

# PACIFIC HEALTH JOURNAL

## AND TEMPERANCE ADVOCATE.

VOLUME IV.

OAKLAND, CAL., DECEMBER, 1889.

NUMBER 12.

J. N. LOUGHBOROUGH, . . . . . }  
 M. G. KELLOGG, M. D., . . . . . } *Editors.*  
 C. P. BOLLMAN, . . . . . }

**A 32-PAGE MONTHLY.**

Subscription Price, . . . . \$1.00 per Year.

**Address.**—All business for the JOURNAL should be addressed to Pacific Press, Oakland, Cal.

All Drafts or Money Orders sent in payment of subscriptions should be made payable to Pacific Press.

All Communications for the JOURNAL should be addressed to PACIFIC HEALTH JOURNAL, care of Pacific Press, Oakland, Cal.

SEVENTY per cent of the human body is water.

MANY cases of chronic illness are due to insufficient water.

CALIFORNIA sent 3,500,000 pounds of honey to Europe last year.

THE appetite is not always a reliable guide as to what food should be eaten.

ACID fruits and wines increase the pain and inflammation of a rheumatic joint.

IT is not always the man who knows the most that wins, but the man who can apply what he does know.

“WITHHOLD not good from them to whom it is due, when it is in the power of thine hand to do it.” Prov. 3:27.

THE value of the mineral products of the United States last year is given at \$591,659,930. In 1885 it was but \$428,713,810.

IT has been found in experiments at Leipsic that skin grafted from a white to a colored person becomes gradually black, and that black skin grafted upon a white person in time turns white.

TUBERCULOSIS is not a rare disease in animals, especially cattle. It is also an established fact that the disease, a form of consumption, may be communicated to human beings through beef or milk.

### DIET AND DISEASE.

PROCEEDING on the well-established fact that the human body is made *from* and *of* what we eat, it must be apparent to all that the healthful or diseased condition of the body bears a very close relation to the nature of the food eaten. The kind of food, the manner of its preparation, its digestion and assimilation, all tell on the result, either a healthful or diseased body being developed. Certain forms of disease are directly traceable to the nature of the food eaten, while indirectly all the food partaken of has either a salutary or deleterious effect upon the system.

In our last we spake of rheumatism and the bearing of different kinds of diet upon the disease; in this article we wish to call attention to other forms of disease and the dietary best calculated for those suffering from, or threatened with, said diseases.

Gout, which is but one of the forms of rheumatism, will now claim our attention. From the London *Lancet* we read concerning this disease:—

“According to Dr. J. Pollock, by far the most important part of the treatment of gout is that which is concerned with the intervals of the disease. It is in this stage that so much can be done for the comfort and guidance of the gouty patient. But be careful not to overlook the individual in your efforts to combat the disease. In young and robust sufferers our advice may be plain and simple: Give up rich and luxurious living, renounce all stimulants, take plenty of exercise, avoid all kinds of excess; in fact, attend carefully to the general health, and you will keep the enemy at bay. The recommendation to ‘live upon sixpence a day and earn it,’ is not a bad one. But in dealing with the old and infirm, and with those whose health has been broken down by the disease, the case is very different. Here we must make great allowances, and carefully study the particular circumstances of each individual case. Attention to the general health is even more important, if possible, in such patients than it is in the young and comparatively healthy. We should insist upon the avoidance of

all habits and surroundings that tend to impair the digestion, to weaken the body, to worry the mind, and so to promote the accumulation within the system of the gouty material. Overwork, severe mental strain, fatigue, anxiety, and all depressing influences, are to be shunned. No doubt it is seldom easy to command the pleasant surroundings, the calm and peaceful life, the freedom from trouble and care, which are so desirable in the maintenance of health; but we must do the best we can, and get our patients to minimize, as far as possible, the evils that cannot be wholly dismissed. A moderate and regular amount of exercise should be taken avoiding indolence on the one hand and overfatigue on the other. Where necessary, the bowels should be kept comfortably open by the use of mild, gentle aperients, and all the secretions maintained in good order. A light, nourishing, mixed diet is the best, not devoid of animal food; the meals should be regular, and the food well chewed. What about wines or spirits? . . . We all know the story of the noble earl who was recommended by the vender to try a well-advertised wine as being free from gouty properties, but who replied that he had fasted the sherry and preferred the gout."

There is one disease of not infrequent occurrence traceable so directly to improper diet that I must not fail to call attention to it in this connection. It is that condition called rickets. Concerning the causes of this disease we read in the "Home Hand-Book" of J. H. Kellogg, M. D., page 1388:—

"The chief causes of rickets are improper food, bad air, and a general lack of proper care. The use of food which does not contain a sufficient supply of phosphates and other organic elements, on the part of the mother, is one of the predisposing causes. This may affect the child not only before birth, but after birth, through nursing. The affection is to be attributed to the use of superfine flour bread, more than to any other one cause. In order to prevent its occurrence, expectant mothers should make free use of oatmeal, graham, and other whole-meal preparations. The same principle applies to the diet of children after they have been weaned. Little if any benefit can be expected from the use of phosphates as they are generally administered in medicine. Ground malt, maltine, and Tromer's extract of malt, are useful nutritive medicines, as they present the phosphates in a natural condition. Every possible measure should be employed to improve the general health of the patient, by means of daily sponge baths and friction to the whole surface of the body, outdoor exercise, sun baths, etc. Particular attention should be given to keeping the stomach and bowels in good condition. Electricity is a valuable tonic agent, and may be used in all cases with good advantage."

Rickets, as a disease, seems to prevail among

animals, as well as among human kind. From one of our exchanges we read as follows:—

"In London it has been impossible to raise the lions born at the zoological garden, all dying of rickets. Lionesses do not suckle their young in captivity, and the young monarchs were fed on old and tough horse flesh. After losing twenty litters, one was fed upon chopped meat, pounded bones, and cod-liver oil; and this litter survived.

"There are few, if any, of the artificial foods which would not be better if a little cream were added at the time they are given.

"Beef extracts are now universally regarded as simply bases for more or less agreeable stimulating drinks. They have little or no nutritive value, but are in truth rather composed of excrementitious elements; so that beef tea has been said to differ but little from urine. One beef preparation claims to be made by adding to the extract the dried and powdered muscular fiber from which it has been prepared, making a truly nutritious and palatable preparation. If to this were added a small percentage of finely pulverized bone we would have the most valuable artificial food ever prepared, for weakly infants, and invalids, and for rickety children—a highly concentrated nutriment. The addition of fat must, however, be made at the time it is eaten, as no animal fat can be allowed to remain in a food which is intended to be kept an indefinite time before it is eaten, unless it is hermetically sealed. Even then it is apt to become rancid. Possibly some vegetable fat, like cocoa butter, could be utilized, but the experiment has not been tried. It seems singular that manufacturers go on imitating an extract which has been proved to be worthless, when the field is open to them for the introduction of so much better products."

Some two years since I called upon a family in Humboldt County, Cal., in which was a child about four years of age who seemed to be losing the power of its lower limbs, and was only able to move about by holding onto chairs. I saw the child eating its meal with simply a plate of potatoes before it. I asked the fond mother if she fed the child any grains, etc. She said, "No, the boy does not want anything but potatoes. Just give him what he wants. He don't want anything but potatoes." "But," said I, "madam, of what do you suppose his bones will be made if you do not furnish the system with bone-forming material? Ere you are aware of it your child will be a hunchback, simply because you have not furnished it with material to form bones in its body." "Well," said the mother, "he don't like anything but potatoes, and I give him just what he likes." The child is now a confirmed case of rickets, with a

hunch-back, and its little chin drawn down upon its breast. All of this undoubtedly could have been avoided if the mother had exercised a little common sense, and realized the necessity of putting into the child's stomach that kind of food which would have obviated the difficulties under which its system labored in its building up processes, namely, a lack of bone and muscle-forming material.

In conclusion we quote from the *Dietetic Gazette* some excellent words under the caption of "The Etiology of Rickets":—

"In the course of the recent discussion on rickets, before the British Medical Association, Dr. Cheadle, of London, gave his views on the subject as follows:—

"Ordinary rickets was primarily a diet disease. It could, he thought, be caused as well as cured by diet. The chief defect appeared to be a want of animal fat. With this there was also probably a deficiency of phosphate of lime; and, thirdly, a deficiency of nitrogenous matter or proteid greatly intensifies the conditions. Rickets is influenced by other conditions, such as want of light and want of air, and it is affected largely by the concurrent existence of syphilis and scurvy. As to the question of prevention, proper hygienic conditions pretty well summed up the whole matter. The food must be carefully attended to. As to the question as to whether enlargement of the liver and spleen was always present in rickets more or less, or only in cases of syphilitic origin, he believed the latter. The treatment should be more by food than by drugs. In these days children are over-drugged—are saturated with drugs. In his opinion cream, or milk which contained the cream, was much more valuable than cod-liver oil, although in the case of the poor, who cannot obtain milk in abundance, the oil is an efficient substitute. Raw meat is a more curative treatment than iron. The foods must have fat, proteid and phosphate of lime—these agents to be combined with fresh air and other favorable hygienic conditions.

"Professor Ranke, of Munich, said that he entirely concurred with these remarks with regard to the etiology of rickets. He also thought that the disease was principally owing to the want of animal fat in the food and the lack of proper hygienic surroundings. As to its connection with scurvy he had not had an opportunity of forming an opinion. In Munich, where he had charge of the children's hospital, they had no scurvy among adults or children. The connection between rickets and scurvy could not be an essential one. He could only look on it in the light that scurvy was one of the diseases which might bring on rickets from its weakening effect. As to syphilis, the great majority of rickety children in Munich and Bavaria were not syphilitic."

J. N. L.

#### DIET, HEALTH, BEAUTY.

A WELL-WORN adage affirms that doctors will differ. It is well that this is so; there must be difference before there can be progress.

I was born a lover of progressive thought, was always ready to champion any "movement," "cause," or "ism," however unpopular, that seemed to promise benefit to the human race. For more than a score of years, during which time I had earnestly championed various radical reforms, I congratulated myself on having escaped being a food "crank." In reading an article on "Diet *versus* Eating," in the January number of *Dress*, it forcibly reminded me of the position I formerly occupied in regard to this matter. Mrs. Miller has admirably put the sentiments and convictions which I entertained for years. Nevertheless, after devoting a considerable period of time to a physiological and scientific study of this subject, and after an extended practice in chronic diseases, and especially including a large number of patients who were dyspeptics and suffering from a prostration of their digestive and nervous systems, I have come to embrace views diametrically opposed to those I before entertained. To the superficial observer, and to anyone who has not given this subject profound attention, I am very well aware that my present views will be set down as those of a food fanatic.

There could not be a greater mistake than to suppose that there are persons who manage to get on, comfortably or otherwise, eating stimulating and rich foods who could not possibly live without such foods. Not very many years ago it was the universal opinion, not only of lay people but of physicians and scientists as well, that alcohol is an indispensable aid in illness. Thousands and thousands of sufferers have had alcoholic stimulants in the form of brandy, wine, or beer administered to them, and have seemed to be greatly benefited. Nevertheless, there is a large force of scientific physicians in the world to-day who have demonstrated, beyond the possibility of doubt, that all patients suffering from the various conditions of weakness and prostration can be better helped by mild and natural remedies than by the administration of alcohol in any of its forms.

There are very many persons who have become addicted to the use of alcoholic stimulants to whom this poison seems to be a necessity. A man who

finds that his digestion is improved by a cocktail before breakfast, and not only takes wine with his meals but gradually finds himself taking more and more of this seductive stimulant throughout the day, finds himself at last injured in health, his nerves shattered, his voice and hands trembling, and confronted with the prospect of an absolute breakdown. He consults his physician, who tells him that to stop drinking is the only way to prevent complete ruin. If this alcoholic victim obeys his physician he will find that he loses his appetite, is despondent, and daily grows weaker; and he will have incontestible evidence that the water he is now taking does not agree with him as well as the whisky which he took before. But it fortunately happens that not only his physician, but his friends and neighbors, are well aware that, whatever the seeming, it is better for the alcoholic victim to abstain from his accustomed stimulant; that his present weakness and prostration are results, not of the water that he is now taking, but of the poisonous stimulant to which he had been accustomed.

No real headway will ever be made in hygienic and dietetic reform until the old saying, "What is one man's meat may be another's poison," is discovered to be an absurdity. Law governs the universe, and it will one day be seen that the law of physiology is as unerring and undeviating as the law of gravitation. It does not matter what the peculiarity of the patient, what difference there may be in temperament, if one walks off the roof of the house and falls to the pavement the damage to one is certain. It will some day be found that whosoever resorts to stimulants of any kind is certain to suffer from the transgression of a very plain physiological law. In the fall from a house-top the amount of damage depends upon the distance and the more or less unfavorable conditions of the fall; in the use of stimulants, either in food or drink, the amount of damage depends upon the amount of stimulant used and the constitutional energy of the person to withstand such abuse.

This is not the place nor the time to bring forward the proofs of the position herein assumed. I am quite aware that these sayings seem dogmatic. I very well understand the difference between dogmatism and proof; I do not expect any reader to accept these positions until proven, and I shall not attempt to prove them in the limits of this article. It is my present purpose only to out-

line my views on the relation of diet to health and beauty.

I well remember one of the first cases that applied to me after I began the dietetic treatment. It was a lady of seventy-two years of age, who was a victim of vertigo to such an extent that she had not been out of her house without an attendant for three years. She was liable, without any warning, to fall in fits of unconsciousness wherever she might be. She could eat but very little food, was exceedingly dyspeptic, emaciated, and weak. When I explained to her that I would take all her stimulants away from her, and put her on a plain diet of brown-bread and milk, she was appalled. "Why!" she said, "I have taken coffee every morning of my life for sixty years. I have to take a spoonful of whisky before every meal, and without it I do not believe that digestion would go forward; and unless I have my beefsteak I think I could not live; and I have never been able to take milk." I explained to her in reply that if nature had been able to sustain her under all those abuses, it would be quite able to do so when freed from them. I explained also that if at first she had no appetite for the plain food, she was not to tempt it by dainties, but simply to abstain until her appetite came to her. For a stimulant I prescribed hot water, to be taken before meals and at any time when she felt the need of one, to be taken as hot as could be used. I shall not soon forget the mournful expression of her face as she said to her daughter, who accompanied her: "I would rather die than take such a treatment; but I am afraid I cannot die, and I shall try this method for relief." On an exclusive diet of brown-bread and milk, with no other food for a year, taken three times a day in such quantities only as she thoroughly relished, this lady, after a few weeks of weakness supervening on the stopping of her stimulants, began rapidly to gain in appetite, and, consequent upon her improved nourishment, in health and vigor. At the end of one year she had gained eighteen pounds in weight, and in two years, having removed from the city, she wrote me that she was the only well member of her household, that her daughter, grand-daughter, and son-in-law, who continued the usual diet of civilization, were all invalids. She wrote: "I wish so much that you could see me; the wrinkles are actually going out of my face"—her face was like a piece of parchment, so yellow and wrinkled was it in appearance.

She often writes to me, and never fails to express her gratitude for the relief, and delight in her restored health. And now, at the age of seventy-nine, she is still rejoicing in health and vigor. Let it not be forgotten that during all this time she has lived almost exclusively upon brown-bread and milk, with a little fruit. On several occasions she yielded to the persuasion of her friends to go back to her former method of life, they arguing that she was now getting so old that she surely must need what they called a more nutritious diet; and each time she found, by a mournful experience, it necessary to return to her plain bread and milk; and now she says she yields no longer to their importunities.

I do not esteem milk a natural diet for man, especially for adults. I believe that grains, fruits, and nuts are our ideal and natural diet; that these foods contain all the elements of nutrition needed, in the best possible condition, combination, and proportion. But I esteem milk a bridge to conduct the meat-enfeebled victim from the artificial diet of civilization to this natural diet; and to it one can safely be confined for years, constantly improving in health, and gradually become fitted for bread and fruit.

Health is the best cosmetic. All artists and painters delight in portraying the beauties of youth. It is my judgment that youth is beautiful largely because it has not yet become diseased.—*Helen Dunsmore, in Dress.*

#### WHAT WE SHOULD DRINK.

WHEN it is considered that man is more than nine-tenths water—as cremation shows—the importance of drinks to health is evident. Our Saviour recognized this when he said, “Whosoever shall give to drink unto one of these little ones a cup of cold water only in the name of a disciple, verily I say unto you, he shall in nowise lose his reward.”

There is no intoxication with water, though some people have lost their lives by the excessive use of cold water in very hot weather; nor is it very healthy to hold a man under water for ten minutes. We write of the temperate use of water. Still one great trouble is that people don't drink water enough to properly thin the blood—secretions and excretions—so that the system can be cleared of its effete matters speedily and promptly. The long-continued retention of secretions that ought

to be thrown off, is the cause of such disease as rheumatism, catarrhs, etc. They affect the heart by thickening the blood, and making it harder work for the heart to do its work.

Again, the use of water, in its full normal quantity, washes out the alimentary canal, keeps the stomach and bowels sweet and clean, and has the effect of “an inside bath.” It keeps up normal peristalsis downward; it makes the tissues soft and pliable; it makes the system run with less friction, so that nerve force is saved for cerebration, and thus the whole force of the intellect can be expended on mental efforts. The mind is clearer, the brain works better and easier, and hence realizes a better income for the owner. . . .

Under the head of what should be drunk, we would instance: (1) Ice-water; (2) cold water; (3) hot water.

1. *Ice-water* is to be used sparingly. It abstracts heat, chills the stomach, and arrests the digestive processes, sometimes for an hour. Its use is a matter of habit, and even in very hot weather will not be relished if the system is kept saturated with hot water enough for its uses—a condition which satiety shows. For example, when patients drink one pint of hot water one hour before each meal, and on retiring to rest, they will not be thirsty or crave water in midsummer even. Ice-water may be tolerated and health maintained *in spite of it*, but our health should be *in consequence* of our environments, and not in spite of them.

2. *Cold water*, that is, water at the ordinary temperature of the house or atmosphere, or cool from a spring, or from jars set in a refrigerator—can generally be used freely by persons in health with good results.

3. *Hot water*.—Such are the diseases and troubles that civilization has entailed on man that it is a rare thing to find a perfectly healthy human being. Hence the use of hot water has been widely and beneficially employed to aid almost every person who has used it.

There is no doubt that brain workers derive great benefit from drinking hot water—one or two pints one hour before each meal, and on going to bed. If the water is cold it may chill the stomach; if it is lukewarm, it may excite abnormal or upward peristalsis, or vomiting. This water at 110° Fahr. to 150° Fahr. will excite downward peristalsis, wash, cleanse, sweeten the stomach, wash out the liver, thin the blood, start the wind gases, tone up the

digestive glands, cleanse the kidneys, moisten the skin, and, best of all, will prepare the digestive organs for their work when the time comes.

Now, anything that lessens the work of running the human machine, or oils it like a locomotive, is a benefit to all brain workers.

As one of my medical class-mates said thirty years ago in his graduation thesis, "Dyspeptic ministers make dyspeptic sermons." There is great truth in these words. How can one who is wrestling in the throes of difficult digestion (dyspepsia) do good brain work? Or, to put it differently, how much better brain work one might do when not agonized or diverted by dyspepsia, one great cause of which is the fermentation of food left too long in the alimentary canal, and which hot water prevents by hurrying the food along at the normal rate of speed.—*E. Cutter, M. D., LL.D., in St. Louis Magazine.*

#### WINTER HOUSE VENTILATION.

ON some accounts the summer is more favorable to health than the winter. Prominent among these is the fact that most persons, particularly females, are deprived of pure air to a great extent, which is among the most important elements of strength and life. Such is the fear of the cold that most persons having the false idea that an unusual degree of heat is unfavorable to warding off a cold, take special pains to counteract the design of the winter, to afford health and strength, so "toning up" the system that it may safely pass through the "cold term," by closed doors and windows, with double windows and various means of closing every possible orifice, that the smallest possible amount of pure air of heaven may not reach the dwelling. While it is manifestly true that winter blasts, snows, and ice, the natural effects of a low temperature, with its "bracing" tendencies, are as needful to health as the warm breezes of the summer, in their season, many of our sitting-rooms are kept at least ten degrees higher in temperature than would be agreeable in the hottest season, of necessity tending to debility. In the attempt, therefore, to avoid colds by too great a heat, these colds are invited, so attended by debility that fevers and other serious forms of disease are the result.

While it is not advisable to be subjected to a cold current of air, particularly when debilitated by heat, when in a copious perspiration, it is pos-

sible to secure a fair share of pure air without such exposure, particularly in our sleeping-rooms, which may be the most easily done by opening the windows of the attic slightly, according to the circumstances, securing a constant change in windy weather. Opening the door leading to it will produce an upward current from all parts of the house, if other doors are also open. It is well to have the doors of unoccupied rooms open, that there may be a general change of the air of the house, which will necessitate a supply, more or less abundant, depending on the wind, the air entering the house through every possible aperture, coming in so gently as not to attract attention, producing no unfavorable effects, no discomfort. It is advisable, also, to have the door ajar leading to the cellar, particularly if the cellar is ventilated, as all should be, having one or two small openings through which foul air may escape, so that the carbonic acid gas made by the breathing of the sleepers and by the fires and lights, being heavier than the air, may fall, like water flowing into the lower parts of the house, in the cellar, to be absorbed by the moisture, or forced out through the openings. If all of the inner doors of the house, including those leading to adjoining buildings, if any, are open, by a great law of the diffusion of gases, there will be a tendency to an equalizing, the foul gases passing into unoccupied rooms, while the good and pure air will enter the sleeping-rooms, constantly improving the air of the sleepers. This is a very safe means of ventilation, two slight openings in the attic, when it is windy, being quite effectual, if there are not many sleepers in the house. I would emphasize the thought that no rooms should be kept any warmer than would be perfectly comfortable in hot weather; that when thus heated there will be less than usual of discomfort from hot heads and cold feet. This unnatural state almost certainly necessitates discomfort and disease, indicating defective circulation of the blood, which cannot long continue without resulting in some form of disease.—*Dr. J. H. Hanaford, in St. Louis Magazine.*

IF many married women were as willing to be pleasant and as anxious to please in their own homes as they are in the company of their neighbors, they would have the happiest homes in the world, and there would not be so many unhappy marriages in the world.

### THE CARE OF THE HANDS.

PROBABLY there is no one thing that makes girls shrink from housework more than the effect it has on the hands, especially in cold weather. It is a real trial to sit down to the piano and spread a stained, rough hand on the ivory keys; or to take one's pen in an unsightly hand to answer a letter; or to pick up a bit of embroidery, if it is only that on perforated hose, and use the needle, when everything that touches the hands sticks to them because of their roughness. Sewing on woolen or silk is at such times a severe penance. There are methods of preserving the hands measurably against the destructive effect of dish washing, scrubbing, and the like. They should be kept as much out of the water as possible, and when the work is done they should be washed clean and rubbed dry. Borax water is good for washing the hands. Coarsely-ground oatmeal is a fair substitute for soap in washing the hands. White unscented soaps are best, as the highly scented soaps are usually made of rancid fats. A solution of oxalic acid will remove fruit stains from the hands, but it must not touch an abraded surface. After washing and drying the hands thoroughly, glycerine and spirits of camphor in equal parts mixed together is good to rub over them. Cocoa-nut oil is a pleasant application. Wearing kid gloves two sizes too large is helpful in preserving the hands. One should have an old pair of gloves to take up ashes in, to sweep in, and to wear in all dirty work that permits the wearing of gloves. If gloves are dipped in not very hot linseed oil they become water-proof, and may be worn while washing dishes. A pair of canton flannel mittens is pleasant to wear when hanging out the clothes on a cold morning. Frequent vigorous rubbing of the hands will promote circulation and keep the skin in good condition. To take the best care of the nails, soak the ends of the fingers in hot water for some time, until the skin is softened, then dry, and with a pair of nail scissors thin off all the dead skin about the nails and trim the nails neatly.—*Selected.*

### MORAL OBLIQUITY.

A PECULIAR case, in which moral obliquity was traced to a physical cause and remedied by a surgical operation, is said to have occurred in New York City recently. A distinguished physician

was called to attend a boy twelve years of age who had received a severe wound from a blow on the head. The wound soon healed, but the boy began at once to exhibit evil traits of character which had never been noticed by his friends before the accident. He would lie, and steal, and act in a brutal manner toward those about him. His parents were pained at the appearance of this sad change of disposition, and appealed to the physician, who studied the case carefully, and proposed a surgical operation upon the head. A piece of the skull was removed, and a splinter of bone was found pressing on the brain. It was removed and the piece of skull replaced, and the boy recovered rapidly. The physician states that the operation was successful in more senses than one, for the vicious traits in the boy's disposition disappeared with his recovery, and he became truthful, honest, and obedient. Some enthusiastic believers in the doctrine of the physical basis of sin will doubtless find great comfort and encouragement in this case. If their theory were true, it would be an excellent plan to establish a hospital for liars and thieves, and restore perfect moral order in society by the use of a bare trephine. Doubtless there is an intimate relation between the brain and the moral sentiments, and an injury to some particular part of the brain may excite and aggravate an evil tendency which already existed in the moral nature. But in cases of moral perverseness no physician save Jesus, who is able to heal the spirit, can touch the real seat of the trouble and restore the soul.—*Christian Advocate.*

### INDUSTRY.

MAN must have occupation, or be miserable. Toil is the price of sleep and appetite; of health and enjoyment. The very necessity which overcomes our natural sloth is a blessing. The whole world does not contain even a brier or thorn which nature could have spared. We are happier with the sterility, which we can overcome by industry, than we could have been with spontaneous plenty and unbounded profusion. The body and the mind are improved by the toil that fatigues them. The toil is a thousand times rewarded by the pleasures which it bestows. Its enjoyments are peculiar. No wealth can purchase them—no indolence can taste them. They flow only from the exertions which repay the laborer.—*Selected.*

## Disease and its Causes.

“SHE HATH DONE WHAT SHE COULD.”

Do your work and do it well;  
Do not stop to think or tell  
That the work is small or low.  
Do your duty as you go.

Hear your Lord and Master say:  
“Go and glean for me to-day;  
Gather up the golden grain,  
Bring it safe to me again.”

Let the reapers far before  
Take the finest grain—there's more  
Scattered o'er the ground. There'll be  
Work enough for you and me.

Then, one day, when you shall stand  
With your sheaf at His right hand,  
Your Master will pronounce it good,  
And say, “She hath done what she could.”

—*Mary Felton.*

### A LESSON FOR THE TIMES. No. 4.

BY MRS. E. G. WHITE.

MAN came from the hand of God complete in every faculty of mind and body—in perfect soundness, therefore in perfect health. It took more than two thousand years of indulgence of appetite and lustful passions to create such a state of things in the human organism as materially lessened his vital force. Through successive generations the tendency was more swiftly downward. Indulgence of appetite and passion combined, led to excess and violence; debauchery and abominations of every kind weakened the energies, and brought upon the race diseases of every type, until the vigor and glory of the first generations passed away, and, in the third generation from Adam, man began to show signs of decay. Successive generations after the flood degenerated more rapidly.

All this woe and suffering may be traced to the indulgence of appetite and passion. Luxurious living and the use of wine corrupt the blood, inflame the passions, and produce diseases of every kind. Parents leave maladies as a legacy to their children. As a rule, every intemperate man who rears children transmits his inclinations and evil tendencies to his offspring; and the evil does not end here; he gives to them disease from his own

inflamed and corrupted blood. Licentiousness, disease, and imbecility are transmitted as an inheritance of woe from father to son, and from generation to generation, bringing anguish and suffering into the world, which is no less than a repetition of the fall of man.

The race is groaning under this weight of accumulated woe, because of the sins of former generations. And yet, with scarcely a thought or care, men and women of the present time indulge intemperance by surfeiting and drunkenness, and thereby leave, as a legacy for the next generation, disease, enfeebled intellects, and polluted morals.

The continual transgression of nature's laws is a continual transgression of the law of God. The present weight of suffering and anguish which we see everywhere, the present deformity, decrepitude, disease, and imbecility now flooding the world, make it, in comparison to what it might be, and what God designed it should be, a lazar-house; and the present generation are feeble in mental, moral, and physical power. All this misery, accumulated from generation to generation, exists because fallen man persists in breaking the law of God.

The effort made to create a taste for the disgusting, filthy poison, tobacco, leads to the desire for stronger stimulants, as liquor, which is taken on one plea or another, for some imaginary infirmity, or to prevent some possible disease. Thus an unnatural appetite for hurtful and exciting stimulants is created, which strengthens with one's years. The increase of intemperance in this generation is alarming; beverage-loving, liquor-drinking men may be seen everywhere.

Intemperance of any kind is the worst sort of selfishness. Those who truly fear God and keep his commandments look upon these things in the light of reason and religion. How can any man or woman keep the law of God, and at the same time indulge intemperate appetite, which benumbs the brain, weakens the intellect, and fills the body with disease? Intemperance inflames the passions, and gives loose reign to lust. Reason and conscience are then blinded by the lower passions.

It is not easy to overcome established habits of taste and appetite for narcotics and stimulants. In the name of Christ alone can this great victory be gained. He overcame in the behalf of man in the wilderness of temptation, in the long fast of nearly six weeks. He sympathizes with the weakness of



fallen man. His love for him was so great that he made his infinite sacrifice that it might reach him in his degradation, and through his divine power elevate him finally to his throne. But it rests with man whether Christ shall accomplish for him that which he has undertaken and is fully able to do.

It is a sacred duty that we owe to God to keep the spirit pure, as a temple for the Holy Ghost. If the heart and mind are devoted to the service of God, if we obey all his commandments, loving him with all the heart, might, mind, and strength, and our neighbor as ourselves, we shall be found loyal and true to the requirements of Heaven.

The apostle says, "Let not sin therefore reign in your mortal body, that ye should obey it in the lusts thereof." He also urges his brethren to earnest diligence and steady perseverance in their efforts for purity and holiness of life, in these words: "And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible."

#### TALKS ON HEALTH.

THERE is nothing which hinders and hampers women more than poor, weak bodies, which are always "on strike," either refusing to do necessary work or doing it with difficulty and positive pain. This unfortunate condition is bad enough for women of wealth and leisure who can afford the luxuries of life, and have time to devote to their infirmities, but for business women, who must go out in all kinds of weather, and be ready every morning to do their regular work, it means defeat and utter failure.

It would surely be time well spent for such women to learn some of the laws of health, and wisdom to obey them. The first requisite for this work is for them to disabuse their minds of the idea that women are by nature feeble, and that efforts to change the prevailing conditions are futile, because contrary to natural laws.

It would seem to have been demonstrated times enough to satisfy any reasonable person, that if women would treat themselves rationally, vigorous health would be easily within their reach. Indeed, their present condition, notwithstanding the many ways in which they outrage their bodies, proves that they have great powers of endurance.

The wonderful achievements of many female gymnasts, and the fact that in some countries women are yoked with oxen to draw heavy loads, demonstrate that they are susceptible of great muscular development.

While such extraordinary physical culture may not be considered desirable, yet these instances are reassuring, in view of so much testimony adduced to demonstrate that women are unequal to ordinary work of either mind or body, or even to that most feminine of occupations—maternity.

In reading the medical literature one cannot fail to be impressed with the fact that women are a boon to doctors, affording them almost unlimited opportunities to show their skill in correcting the so-called blunders of nature.

There are, however, nowadays, many women who persist in believing that invalidism was not the original intention in their creation, and that their misfortunes are caused by art and not nature, their own mistakes and not the Creator's. This is a hopeful state of things, for when we begin to look earnestly for causes, there is reason to believe that remedies, or, better still, preventives, will be forthcoming.

It is beginning to be understood that the trouble commences far back in girlhood, when the child exchanges for in-door occupations, rolling hoop and playing tag, and other amusements which exercise the muscles in the fresh air at the same time that they keep the mind pleasantly occupied. At this period the rational dress of childhood gives place to corsets and tight dresses, and instead of an abundance of exercise and air, they too often sit in a heated room from morning until night, crotcheting, sewing or reading, eating their meals irregularly during the day, and nibbling candy at convenient intervals. When they go out-of-doors, it is for a short, slow walk, and their exercise consists in a dance, which perhaps lasts all night.

With no aim in life except to kill time, and to amuse themselves, is it any wonder that their health fails?

Many of the women now found in business came from this class. Reverses of fortune, or dissatisfaction with this kind of life, have induced them to undertake some kind of occupation. The attempt to be of some use in the world, so full of work, is soon rewarded by an improvement in both health and spirits, proving the truth of Emerson's

words that "a high aim is curative as well as arnica."

But a life of work also has its risks and dangers, which must be appreciated to be prevented, and forewarned is forearmed.

One great danger to health is unsystematic exercise, overuse and work of one part of the body, until it is abnormally developed at the expense of other parts, which are wholly neglected. There are two sources of danger in this—organs which are overworked may, by overfatigue, become weakened, but the parts which are neglected may be the first to break down. Brain workers are sometimes able to do their regular work, when it has become impossible for them to digest their food or keep their feet warm. George Eliot used to sit and write with her feet on a hot brick, and Carlyle could write when he was unable to eat or sleep. The despised and overlooked members frequently assert themselves, and compel us to consider their claims.

Women who are making extraordinary efforts to become proficient in a special direction, must remember that nature does not sympathize with one-sided development, but demands fair treatment for every part, if we would have that even balance which we call health.

This should be borne in mind when we choose our recreations.

An *entire* change will be found to be the greatest rest. The members and muscles which have no part in our regular work, must be brought into action. A little thought upon this subject will enable each one to determine the exercise which she most needs.

Gymnasts understand this and examine carefully till they discover which are the weakest muscles. Then by wisely chosen exercises they bring these unused and undeveloped parts up, until they are as strong as the rest. After this has been done, general exercise is safe and profitable, but by neglecting this precaution, much injury may be done to those inexperienced in physical culture.

Ten minutes spent in simple exercises morning and evening, will do much to fortify one for the day's work.

William Cullen Bryant, in a letter to a friend, tells how he had preserved his health and strength until he was eighty-four years old—never having been sick in forty years, and having none of the infirmities of old age. He spent one hour every

morning in vigorous exercise, with dumb-bells, and other simple apparatus, then walked three miles to his office. He attributed his excellent health largely to this habit of regular systematic exercise.

Blakie, in a little book entitled, "Healthy bodies for our boys and girls," gives very minute and careful directions for simple exercises, which will develop different parts of the body, and are adapted to school or home use.

Suitable exercise, taken in small and increasing doses, will be found a safe tonic, stimulant, and anodyne, for it is nature's own remedy.—*Madana, F. De Hart, M. D.*

#### BEMOANING THE PAST.

It is not unusual to meet people who are always bemoaning the past. There are many such who spend more energy in thinking what they ought to have done and chiding themselves for not having done it, than in thinking what they ought to do and planning how to do it.

Life is really too short for this sort of thing; there is too much to be achieved in the present and in the future to justify continuous dwelling on unimproved opportunities in the past. It is always in order and in time to turn over a new leaf, to begin again, to make stepping-stones of the sins and errors and mistakes of the past, remembering them only so much and so long as to learn how to avoid and overcome them in the future.

"Oh if I could live my life over again," says one, "how differently I would act." But you can't live it over again. The only thing you can do is to live to-day as well as you can, to straighten your lines of action and see that they all point upward, away from the wrong, toward the right. Time spent in mere idle regret is worse than wasted.

Even Job, that man "divulged through heaven to all the angels," refers to the "sins of his youth," and begs that they be remembered not against him.

The atmosphere of regret is debilitating, inervating, asphyxiating. It should be avoided by us as we avoid malarial atmospheres and those saturated with infection. A great purpose will lift one out of regrets, and failing a great purpose many smaller ones will accomplish the same end. In such a world as this there is always enough affirmative, positive good to be done to occupy all one's time and thought, all one's capacity of doing and willing.

"Has your life a bitter sorrow?

Live it down.

Think about a bright to-morrow,

Live it down.

You will find it never pays

Just to sit, wet-eyed, and gaze

On the grave of vanished days;

Live it down.

"Is disgrace your galling burden?

Live it down.

You can win a brave heart's guerdon;

Live it down.

Make your life so free of blame

That the luster of your fame

Shall hide all the olden shame;

Live it down.

"Has your heart a secret trouble?

Live it down.

Useless griefs will make it double;

Live it down.

Do not water it with tears—

Do not feed it with your fears—

Do not nurse it through the years—

Live it down.

"Have you made some awful error?

Live it down.

Do not hide your face in terror;

Live it down.

Look the world square in the eyes;

Go ahead as one who tries

To be honored, ere he dies;

Live it down."

#### INJURY FROM BANDAGING THE EYES.

THE custom prevalent among physicians, as well as the laity, of tightly bandaging or tying up of the eye as soon as it becomes inflamed or even sore is branded a bad one by a writer in *Health*. He says: "It precludes the free access and beneficial effects of the cool air, and at the same time prevents or greatly retards the free access of the hot tears and moribund secretions of the inflamed conjunctiva or cornea or both. In those cases, too, where a foreign substance has got into the eye the bandage—which is usually clapped on the first thing—presses the lids more closely against the ball, and thus increases the pain and discomfort by augmenting the lacerations caused by the foreign body. This cannot fail to be harmful. In those cases where the light is painful it is my habit to adjust over the organ a neatly fitting shade, which, while it excludes the light, allows the free access of air."

#### SOMETHING ABOUT COLD FEET.

A WORD about cold feet, of which very many complain, and such people almost invariably suffer from indigestion and other derangements. An abbreviation of one of the ancient laws of health is, "Head cool and feet warm." An observance of this is certainly one of the primary essentials. If a person wears woolen stockings, as all ought to do in the winter, the most common cause of cold feet is sweating of the same, and it is the consequence of wearing shoes which are too tightly closed around the ankles. While the walking permits them to do so, people suffering from the trouble in question should wear low shoes and top gaiters. In very inclement weather arctics worn over cloth shoes are the best for them; when their feet are so dressed they can walk in the snow for hours without feeling the cold in the slightest degree. It ought to be unnecessary to add that a person should never go to bed with cold feet, for sleeplessness is one of the common consequences. Those who can bear it safely should, before retiring, immerse their feet in cold water for a moment and then rub them briskly with a coarse towel until they are warm. For those in whom circulation is deficient a hot brick or flat-iron, wrapped in flannel, is often essential, and should always be placed in the bed when needed.—*Hall's Journal of Health*.

#### APPLES FOR BRAIN WORKERS.

THE *Germantown Guide* says: "It is stated that by a careful analysis it has been found that apples contain a larger amount of phosphorus, or brain food, than any other fruit or vegetable, and on this account they are very important to sedentary men, who work their brains rather than their muscles. They also contain the acids which are needed every day, especially for sedentary men, the action of whose liver is sluggish, to eliminate effete matter, which, if retained in the system, produces inaction of the brain, and, indeed, of the whole system, causing jaundice, sleepiness, scurvy, and troublesome diseases of the skin."—*Food*.

APPLES contain from 81 to 85 per cent of water; grapes, from 70 to 80. Yet both contain acid and mineral constituents very necessary to the human body. Fruits, therefore, may often act as medicines. It is surely the most desirable form in which to take medicine.—*People's Health Journal*.

## Temperance.

### WHAT WINS ?

THE world has full many a hero;  
Go read what those heroes have done,  
And you'll find that though oft they were baffled,  
They kept up their courage and won  
They never lost courage in failure,  
Giving up, as the weak-hearted will,  
But said, "We will try, and keep trying,  
And conquer all obstacles still."

And this they have done the world over,  
Their tasks were accomplished at last  
By oft-repeated endeavor.  
The young oak may bend to the blast,  
But it springs to its place when it passes,  
And grows to new strength every day,  
And in time it stands firm in the tempest  
Whose wrath whirls the tall pine away.

Defeat makes a man more persistent,  
If the right kind of courage is his;  
He determines to conquer, and does it,  
And this is what heroism is.  
Strive on with a patient endeavor,  
And steadfast of purpose will win.  
Defeat comes to-day; but to-morrow  
May usher the grand triumph in.  
—Eben E. Rexford.

### LORD CHESTERFIELD AND THE DRINK TRAFFIC.

ABOUT the year 1749, Lord Chesterfield made a speech in the House of Lords upon the question of taxing the drink traffic. The following extract from this speech we are sure will be of interest to our readers. Chesterfield said:—

"Luxury, my lords, is to be taxed, but vice is to be prohibited, let the difficulty be what it will. Would you lay a tax upon a breach of the ten commandments? Would not such a tax be wicked and scandalous? Would it not imply an indulgence to all those who could pay the tax? Vice, my lords, is not properly to be taxed, but *suppressed*, and heavy taxes are sometimes the only means by which that suppression can be obtained. Luxury, or that which is only pernicious by excess, though not strictly unlawful, may be made more difficult. But the use of those things which are simply hurtful in their own nature and in every degree, are to be prohibited. None, my lords, ever heard, in any nation, of a tax upon theft or adultery, because a tax implies a license granted for the use of that

which is taxed to all who are willing to pay for it. Drunkenness, my lords, is universally, and in all circumstances, an evil, and therefore ought not to be taxed but punished. The noble lord has been pleased kindly to inform us that the trade of distilling is very extensive, that it employs great numbers, and that they have arrived at exquisite skill; and, therefore, he says, the trade of distilling is not to be discouraged. Once more, my lords, allow me to wonder at the different conceptions of different understandings. It appears to me that, since the spirit which the distillers produce is allowed to enfeeble the limbs, vitiate the blood, pervert the heart, and obscure the intellect, the number of distillers should be no argument in their favor, for I never heard that a law against theft was repealed or delayed because thieves were numerous. It appears to me, my lords, that really, if so formidable a body are confederate against the virtue or the lives of their fellow-citizens, *it is time to put an end to the havoc*, and to interpose while it is yet in our power to stop the destruction. So little, my lords, am I affected by the merit of that wonderful skill which distillers are said to have attained, that it is, in my opinion, *no faculty of great use to mankind to prepare palatable poison*; nor shall I ever contribute my interest for the reprieve of a murderer, because he has, by long practice, obtained dexterity in his trade. If their liquors are so delicious that the people are tempted to their own destruction, let us, at least, *secure* them from their fatal draught by bursting the vials that contain them. Let us crush at once these artists in human slaughter, who have reconciled their countrymen to sickness and ruin, and spread over the pitfalls of debauchery such a bait as cannot be resisted."

### WHERE THE MONEY GOES.

WHEN I was a boy I supposed that my lot in life would be that of a country curate. I resolved to live on oatmeal, more cheaply than anyone in the parish. Whenever the church has been truly great, her teachers have been men of simple life. The apostles and their Master, the fathers of the church, the founders of monastic orders, Wycliffe, Luther, Calvin, Latimer, George Herbert, John Wesley—these all were not anxious for their life, what they should eat. The same may be said of Oriental and Greek philosophers, and of the mas-

ters of learning in all ages. It may not now be possible (see Wesley's 129th sermon) to buy for a penny parsnips enough to last a week; but the literature of the Vegetarian Society teaches us how to spend sixpence; how to reduce the cost of orphanages, hospitals, and missions; how to live on sixpence a day; how to live on a shilling a week; how to cure the drink crave. The money spent by the poor in harmful stimulants and narcotics, or in strong drugs, like tea and coffee, which do nothing to build up the frame, would supply bread and fruit in abundance for all the hungry. The church should learn from Mr. Hoyle that the drink traffic not only destroys family life, ruins health and self-respect, converts wholesome grain into poison, but diverts money from the wage fund. The Caledonian Distillery, turning out spirits to the yearly amount of 1,500,000 pounds, employed 150 hands; cotton goods to the same value would give work to 7,500 hands; that is, the cotton spinner pays 50 men where the distiller pays. Which deserves best of the country? Yet premiers delight to honor with titles not the beneficial, but the deadly trade. The church catechism philosophically includes under our duty to our neighbor that of keeping our body in temperance, soberness, and chastity. If churchmen had always remembered this, the glee, "With a jolly full bottle," could never have been associated with the toast of the church. If we learn what our body requires, and never exceed that limit, our presence at Circean feasts will be a tacit rebuke, as that of Cardinal Manning with his glass of water is. Gordon never went to dinner-parties, but there is a work to be done there. The poor also will find abstinence and thrift easier, when those who have money to indulge abstain on principle.—*J. E. B. Mayor, M. A., in Vegetarian Messenger.*

#### TOBACCO.

SOME profess to find in the words of the Saviour in Matt. 15:11 a warrant for the use of this "filthy weed." To such we would say that it is never allowable to make a general application of a scripture that is particular in its teachings, when such application conflicts with other scriptures. By reading Matt. 15:1-20, it will be seen what superstitious traditions of the Jews the Saviour was correcting. To turn this in favor of the use of tobacco is no less an abuse of the scripture than to turn it in favor of drinking whisky or rum.

Will alcohol defile the man, when taken into the mouth? The drunkard in the filth of the gutter might refer to Matt. 15:11, just as well as the tobacco chewer or smoker. But God's word checks all such caviling, by declaring that drunkards shall not inherit the kingdom of heaven. 1 Cor 6:10. Many other scriptures speak to the same intent. Any individual that would uphold such a filthy and unnatural habit by the words of the Saviour, shows a great lack of discrimination, and perhaps of conscientiousness.

It has been said that it is allowable for a drunkard's wife to speak strongly against ardent spirits, and a fugitive, against slavery. In like manner I may be permitted, with an experience of nearly fifteen years, to speak thus plainly on this subject. A few questions I would propose to those who yet indulge their unnatural appetites:—

1. Do you use tobacco with a fervent desire and an expectation to glorify God by it? 1 Cor. 10:31.

2. Can you "cleanse yourselves from all filthiness of the flesh and spirit," and still indulge in the most filthy habits? 2 Cor. 7:1; see also Rom. 12:1, 2; James 1:21.

3. Can you gratify an inordinate desire for that which is wasteful, filthy, and injurious to body and mind, and yet obey the injunction to "keep yourselves from idols"?

Some say, "I am not a slave to tobacco; I can do without it just as well as not." Such have no excuse for its use; they are more guilty than any other class of tobacco users. But others say, "We cannot do without it; we cannot work nor think if deprived of it." Such have offered a good and sufficient reason why they should break off a habit which thus, according to their own confession, enslaves both body and mind. If your enemy or the enemy of truth should steal your tobacco he would *disarm* you and disqualify you for serving the truth in any capacity.

A very zealous Methodist once told me he could not enjoy any meeting, however good, without his tobacco. I asked him if he enjoyed his tobacco out of meeting. He confessed he did. The conclusion was unavoidable that his tobacco was the chief source of his enjoyment. And this is but the experience of all tobacco users. Thus their strength is in their tobacco. But David said the Lord was his strength. Then let us all be "strong in the Lord."—*J. H. Waggoner, in Present Truth.*

## 3,600,000,000 PENCE IN NOXIOUS VAPORS!

WE believe we are within the true figures when we say that £15,000,000, \$75,000,000, or 3,600,000,000 pence, are puffed away, or, rather, turned into noxious vapors, in England every year. The *Globe* admits that this is "rather an appalling thought." "Even allowing for some exaggeration in the estimate, it is clear that the amount of tobacco actually turned into vapor during the year must represent a great drain on the national resources. This drain, moreover, has increased pretty steadily year by year. If women and children are excepted from the account, the consumption gives not less than 70 ounces for each grown man; and, supposing that the numbers of men who smoke and men who do not smoke are equal, each smoker would consume in the year 140 ounces, or more than 2¾ ounces a week."

We never could obtain a reason why "women" should be "excepted" from the ranks of the smoking community that did not apply to men as well, except that women are the more sensible and economical members of society; and as to "children," we have been equally unable to learn what age is the safe age for the practice of smoking to begin. Young lads seem to fancy they can settle the question for themselves; and health is undermined, and a habit of indulgence acquired, when the foundations of future prosperity and usefulness should be laid in habits of perseverance and self-command, if not self-denial.

We wish we could make every smoker—man, woman, or child—count, we will not say the pence, but the pounds, misspent in this injurious practice every year within the borders of England, and then reckon up what might be purchased in the shape of home comforts by the fourteen millions of pounds now puffed away!—*Hand and Heart.*

## T E A.

THE chemical composition of tea consists in its active ingredients of a crystallizable salt, called theine, which is nearly identical with the alkaloid caffeine found in coffee, of tannin, and of volatile oil. The theine ranges from less than one to over six per cent, the tannin from twelve to eighteen per cent, and the volatile oil from fifty to eighty per cent. Besides these, tea contains those elements which are usually found in the leaves of plants.

Of the three active ingredients, theine plays the most important part. Like all potent alkaloids, it is a powerful modifier of nerve function, and experiments have been made upon animals to determine how the various parts of the nervous and muscular apparatus are affected by it. Cerebral irritation, muscular rigidity, convulsions of central origin, followed by paralysis and death from failure of respiration, are the prominent poisonous effects. In man experiments with large doses of theine, as eight or twelve grains, show increased cerebral activity, as manifested by persistent wakefulness, unnatural mental activity, with uneasiness of mind, great physical restlessness, tremulousness of the muscles, increased frequency of the pulse, and frequent micturition.

An important effect of theine is to diminish the waste of nitrogenous matter in the system, and therefore to seem to make nutritious food last longer and go farther than otherwise it would in sustaining the strength of the body. It is probable from experiment that the volatile oil of tea may have the same effect. Tea is one of many substances—such as coffee, cocoa leaves, tobacco, opium, and alcohol—which, in case of deficiency of food, tend to remove hunger and the distress and sinking arising from deficient nutrition. But heat is a powerful addition to the reviving power of a cup of tea, and the sugar and milk usually taken with it are positively nutritious.

In excess tea produces restlessness, tremulousness, wakefulness, and has a strong tendency to produce dyspepsia. Among the working classes, and notably among the Irish, tea is uniformly used at every meal by both adults and children; and the reason is obvious,—it quiets the gnawings of hunger for a time; but it is well known that the constant use of tea for this purpose produces a disease which finds its cure in opium, and the opium disease once contracted is difficult to cure.

It is not claimed, even by its advocates, that tea supplies material either to feed muscular tissues or to produce heat. Its effect is to increase respiration, and induce perspiration, thus promoting the transformation of food without supplying nutriment, and increasing the loss of heat without supplying fuel. While tea promotes assimilation, there is no ground for believing that it promotes the digestion of food of healthy persons. This admission is from a high medical authority, who nevertheless recommends the use of tea, but he adds:

"The conclusions at which we arrived after our researches were that tea should not be taken without food (unless after a full meal), or with insufficient food, or by the young or very feeble, and that its essential action is to waste the system or consume food, by promoting vital action which it does not support; and they have not been disproved by subsequent researches."

One of the most eminent medical professors and practitioners this country has produced thus remarked: "I will not say that excessive tea drinking produces cancer in the stomach, but I will say that I have never known a case of cancer in the stomach where the patient was not addicted to the excessive use of tea.—*Selected.*"

#### TONICS AND BITTERS.

SOME curious revelations on the subject of tonics and bitters are made in a report which has been presented to the Board of Health of Massachusetts. These liquids, like many other things in the world, are not what they seem. Professedly non-intoxicating, they yet contain a very large infusion of alcohol. Of forty-seven different samples which were examined, forty-six were found to contain alcohol in quantities varying from 6 to 47.5 per cent. The average was 21.5 per cent, which represents a greater alcoholic strength than that of sherry. A "cocoa-beef tonic" had 23.2 per cent of spirits, while sherry has only 18 to 20 per cent. "A purely vegetable extract," which is much recommended as "a stimulus to the body without intoxicating qualities," had 41.6 per cent of alcohol, while whisky has only about 50 per cent. This particular decoction is especially pressed upon inebriates who are struggling to reform. A bitter said to be distilled from sea-weed, and to be quite harmless and free from alcohol, has 19.5 per cent. Certain "sulphur bitters" are perfectly innocent of sulphur, and though sold as free from alcohol actually contain 20.5 per cent. One maker's "sherry-wine bitters" has 47.5 per cent of alcohol, or about 2 per cent less than brandy.—*Pall Mall Budget.*

OUR greatest hold on happiness is to tread firmly and faithfully in the path of duty, knowing, and practically submitting to, the knowledge that in seeming loss is sometimes greatest gain for us.

BE always at leisure to do good.

#### MAKING AN EXPERIMENT.

LET us make an experiment. Here is a boy ten years old who has never used tobacco.

"Charley, will you help us to make an experiment?"

"I will, sir."

"Here is a piece of plug tobacco as large as a pea. Put it into your mouth; chew it. Don't let one drop go down your throat, but spit every drop of juice into that spittoon. Keep on chewing, spitting, chewing, spitting."

Before he is done with that little piece of tobacco, simply squeezing the juice out of it, without swallowing a drop, he will lie here on the platform in a cold, death-like perspiration. Put your finger upon his wrist. There is no pulse. He will seem for two or three hours to be dying.

Again, steep a plug of tobacco in a quart of water, and bathe the neck and back of a calf troubled with vermin. You will kill the vermin, and if not very careful you will kill the calf too. These experiments show that tobacco, in its ordinary state, is an extremely powerful poison.

Go to the drug store; begin with the upper shelves and take down every bottle. Then open every drawer, and you cannot find a single poison (except some very rare ones) which taken into the mouth of that ten-year-old boy, and not swallowed, will produce such deadly effects.—*Dio Lewis.*

#### THE FIRST COIL.

A GENTLEMAN states that while sleeping once on a river in Guiana, a large camudi (water boa) aroused him by his efforts to thrust him from the side of the boat, so that he might get a coil around him and crush him. Aware of his danger, he lay as close as he could to the boat's side, till the snake, finding no opening, left him. That snake would not have gone if he could have cast a single coil round neck, body, or limbs. It is the first coil that does the mischief. So of the dealings of the old serpent tempting to indulge in anything that is unlawful. Once let a hold be got and the result may be fatal. Press near to Christ, live closely with him, and so enjoy safety and security.—*Sel.*

LOVE cannot enter the heart without bringing with it a train of other virtues.—*St. Francis.*

A FRIEND is never known till needed.

## Miscellaneous.

### AS THE WINGS OF A DOVE.

THOUGH the dove seeks its food  
Mid soot and rust,  
And its beauty is soiled  
With dirt and dust,  
Yet by rising in air  
With plumage stained,  
Its bright feathers of gold  
Are soon regained.

Precious thought to my soul!  
O symbol grand!  
Though defiled with the sin  
Of Judah's land,  
As the wings of a dove,  
The heart shall be  
That turns from its guilt,  
O God, to thee.

Then arise, ye that dwell  
In shades of night,  
Cast aside that vile robe,  
Be clean and white.  
Like the feathers of snow,  
With silver wrought,  
Are the ransomed and saved,  
The loved and sought.

—*Eliza H. Morton.*

### DIET IN DYSPEPSIA AND INDIGESTION.

THERE is probably no question more frequently asked the physician, nor more important to answer, than, "What shall I eat?" It is fortunate that we can now give a pretty satisfactory reply. Laborious investigations have very accurately classified the various articles of our food according to its chemical constitution and physical characters, and physiology very plainly and attractively points out how each and every one of these different kinds are effectively attacked and digested by the secretions with which the alimentary canal is successively flooded.

We not only know how many ounces of meat, bread, butter, water, etc., is required for the healthy maintenance of the human being at any given age, but have elaborate tables of the amounts and relative proportions of carbon, hydrogen, oxygen, nitrogen, etc., requisite for the same end, and painstaking and painful experiments by the score are recorded wherein it has been proved that man cannot long survive upon a pure diet of any one of the proximate principles of his body. In

fact, the physiology of nutrition has now been brought almost to the condition of an exact science, so far as what takes place in a healthy individual is concerned.

Under a normal state of affairs it never occurs to one, when he is hungry, to calculate the relative proportions of albuminoids, carbo-hydrates, and hydrocarbons in the dishes before him. Instinct teaches him to so regulate his appetite as to adapt the supply to the physiological demand. This is what the lower animals do, and it is what we do when, as Herbert Spencer says, "we are in perfect harmony with our environments."

Here is the trouble. Our physiological organism is out of tune with the concert pitch which characterizes the requirements of modern business and pleasure, and we feel confident that our readers will bear us out in the statement that one of the first evidences of this discord will be manifest in the digestive organs. Right now, if we are on the alert, subsequent serious and fatal degenerations can be averted. The manifestations of derangement are generally flatulence, a sense of weight in the stomach, gastrodynia, palpitation, nausea, constipation, dizziness, hypochondria, and many other familiar symptoms. The books classify these features into a variety of forms,—nervous, atonic, and acute dyspepsia; but we doubt whether any such arrangement would modify the dietetic treatment. To comprehend these symptoms it is necessary, of course, that the physician should be familiar with the physiology of digestion, and of the chemical characters of the various classes of food—that sugars, fats, and starches by means of organisms swallowed with them are all fermentable and convertible into irritable gases and ichorous acids, which not only distress by their physical presence, but hinder the normal processes by their chemical properties. A patient presenting such symptoms should immediately be put upon a natural plan of living. It will not do to put him off with general instructions to eat and drink "what agrees with him." The general catarrhal condition of his mucous membranes, of which he now complains so much, can best be cured by copious draughts of hot water before meals. Antiseptic and astringent sprays to the upper air passages may be necessary, but our experience and belief are, that the whole track will clear up when physiological life is resumed. Washing out the stomach is rarely called for, except in extreme cases.



Then the diet should be strictly according to the following table\* :—

## MAY TAKE

*Soups, etc.*—Thin soups, beef tea, broths.

*Meats.*—Beef, mutton, lamb, chicken, game, venison, chopped meat, meat pulp.

*Eggs.*—Poached, soft boiled, raw or whipped up with water and liquor or wine.

*Bread and Farinaceous Articles.*—Bread sparingly, rice cakes, stale bread, macaroni, sago, tapioca, dry toast.

*Vegetables and Fruits.*—Green vegetables, such as spinach, turnip tops, cresses, salads, celery, sorrel, lettuce, string beans, dandelion, chicory, asparagus, oranges, ripe peaches and pears.

*Drinks and Liquids.*—Water, abundantly; hot water an hour before meals; koumiss, butter-milk, milk and lime water, milk and seltzer.

Thoroughly masticate all foods.

## AVOID

Rich soups, all fried foods, veal, pork, hashes, stews, turkey, sweet-potatoes, all starches and saccharine articles except as allowed, all gravies, made dishes, sauces, desserts, pies, pastry, puddings, ice-cream, wines, malt liquors, cordials, uncooked vegetables, white potatoes, oysters.

Of course the above table can be gradually extended or modified to meet peculiar conditions. But as it stands, we submit it as having served admirably in a type of cases most of which were hitherto unmanageable.—*Dietetic Gazette.*

## HOUSEHOLD MEDICATION.

THE New York *Sun*, through published interviews with leading pharmacists of that city, speaks strongly of a number of dangerous practices continually brought to the druggist's attention in the prosecution of his daily avocation. These facts are in nowise new, but are nevertheless worthy of earnest consideration. The several articles published are of more than the ordinary merit of newspaper utterances, presenting the involved questions fairly and clearly.

\*We have omitted from this list oysters, corn-bread, butter, tea, claret, and dry wines. We have omitted the word "sweet" before "wines," and the word "cooked," before "oysters." The best authorities condemn the use of all alcoholic wines by persons suffering from dyspepsia. Raw oysters may be easy enough of digestion but they are certainly not fit to eat, for the reason that they are scavengers of scavengers. Corn-bread is not easily digested and must be avoided by many dyspeptics.—EDITOR HEALTH JOURNAL.

Taken first for consideration is the evil of "prescription borrowing." "Very prevalent is the practice of copying the prescriptions, which some physician has written for a patient, by people who imagine that they are suffering from the disease for which the medicine was given. A man or woman falls sick and concludes that the ailment is the same which afflicted a next-door neighbor a few months before. He or she borrows the medicine bottle which the latter used, has it refilled, and uses the contents with the feeling that he will be speedily cured, without the expense of medical advice and treatment.

"It would be very well but for two facts,—the average individual cannot diagnose his own sickness; and, second, he does not understand the technical language in which all prescriptions are written. There is not much harm done in the first case. A hard drinker, whose ankle or toe is attacked by gout, imagines he is suffering from a sprain, and buys strong liniment to relieve the latter. After two weeks of agony he becomes scared and goes to a physician, who soon puts him in shape. Another sufferer has erysipelas, and imagines it is hives or some other eruption, and is puzzled when the prescription he has borrowed does him more harm than good. Toothache is mistaken for facial neuralgia, coryza or cold in the head for influenza, rheumatism for sciatica, a sprain for pleurisy, and a cold in the kidneys for Bright's disease.

"But far greater is the evil of copying prescriptions. These are written in various ways, according to the medical school in which the physician has been educated. There is hardly a single drug in the materia medica but can be written in six different ways. Even in stating the amounts to be used the doctor can use apothecaries' weight, the metrical system, avoirdupois weight, or arithmetical proportions, and can use as the signs of the quantities the words fully spelled, their abbreviations, their Latin, French, or German equivalents, or their chemical symbols. All this is incomprehensible to a person who has not had a medical and chemical education.

"For example, he copies a prescription by a French physician who uses the metrical system and orders a gram of a certain drug. He reads the word gram grain, so copies it, and gets only one-fifteenth of the quantity required; or, *vice versa*, he could make a far worse mistake, and get fifteen times the dose. Worse than this are the

mistakes in regard to drugs themselves. *K* or *kal* is the abbreviation of *kalium*, the scientific name for potassium; *cal* bears the same relation to calcium; *kalk* is the German for lime. The three are very much alike to the untrained eye. As a consequence, the prescription borrower writes an order for lime-water when he wants carbonate of potash, for chalk when he wants lye, and quicklime for saltpeter.

"Although a man would not think of meddling with his watch or his clock, or any piece of mechanism, but would intrust its repair only to a competent workman, he often meddles with his own health and physical constitution in the most reckless way. He will take medicines that are only of use in some entirely different circumstances on the mere guess that his symptoms are the same as those for which the medicine was originally prepared. Women are particularly prone to do this. They fearlessly fill up old medicine bottles, and use them in cases where there is not the slightest analogy to the case for which the medicine was originally prepared. They make the most reckless diagnoses. They exchange information as to what the doctors did for their children under what seem to them similar circumstances, and which may be entirely different. They may not know the difference between a common cough and membranous croup, but they will tackle the most dreadful disease with the most inappropriate remedy.

"This apparently growing propensity of people to prescribe for themselves should be checked. The drug store contains elements of destruction quite as dangerous as the gunpowder shop or the saloon, and not the least dangerous equipment is the pile of old prescriptions. People cannot be too strongly impressed with the fact that opiates are hurtful when used in excess, or when administered by unskillful hands. Intelligent physicians and conscientious druggists may do much to this end. Something may be done by careful administration of the laws regulating the sale of poisons. But not the least dangerous element in the baleful business is the indiscriminate use of old prescriptions, and self-doctoring by the ignorant."—*Journal of Balneology*.

A GOOD word is an easy obligation; but not to speak ill requires only silence, which costs us nothing.

## THE FRUIT CURE.

AN ITEM OF PERSONAL EXPERIENCE.

IN July and August, 1858, the writer of this article caught the fever and ague in traveling through the south half of Missouri. He took drug medicines till he had to go to bed from weakness. While prostrate he began to reflect, and his reflection culminated in a resolution to quit the drug medicine and try nature's remedies; for he had become convinced that the usual method of treating the sick with drassic, poisonous drugs was wasteful to the life fund and damaging to the constitution. He therefore quit taking drugs for his ague.

Then came the battle with his relatives; but he resisted their persuasions and put up with their unkind remarks as well as he could in his weakness, and after about nine months of passive endurance, was rid of his chills. He then went to work on a farm, dropping corn on a corn planter. On this corn planter he had to ride, and work a lever with his hand. He was shaken about pretty lively on this planter, for the ground was quite uneven. He was kept at this kind of work until he had dropped 175 acres. The rough riding and shaking upon the planter hurt him a little at first, but improved his appetite. He worked on the farm through the season, till after harvest and fall work, and then hired out to teach school in the South for six months. All through his school term his liver gave him trouble from time to time, and when the term closed, in April, 1859, his skin was sallow and his general health was none of the best.

On closing his school he went up to Mackinaw, Michigan, hoping a Northern climate would tone him up. He there taught a month to finish out the school year, by request, and then, June 12, 1859, took the steamer and went East, and about the last of June fetched up at Dansville, N. Y. He there hired a house and commenced boarding himself and taking a bath daily. He ate but two meals a day, and his bill of fare consisted, under this *régime*, of a quart of new milk daily, with graham bread and mush, and corn-meal mush occasionally for variety. Soon after settling in his hired house the owner of the house asked him if he would not like to pick cherries for him on shares, whereupon a bargain was made to pick

cherries for a third—the owner of the place having a great abundance of the finest elkhearts and oxhearts. While picking cherries one day the writer reflected about as follows:—

“I have read of the grape cure on the Rhine; why not try an experiment, and try the curative properties of a diet of cherries, as I now have a good opportunity to do so. It may give me a healthy liver and consequently a clearer skin.”

To resolve was to do, and I therefore began my experiment. I picked cherries on shares, and ate cherries without stint; and for eight days I ate nothing but cherries—the best of elkhearts. I was not stout enough under this diet to take part in a logging bee, but I felt good all the time, except a feeling of weakness now and then. When these weak spells came on I would go and lie down for an hour or so and get up feeling considerably stronger. The cherry cure worked to a charm; my skin came out clear, and I felt better every way, and I had a wolfish appetite for solid food.

Well, to conclude, I remained at Dansville about four months, living on bread and mush and sweet milk, and all kinds of fruit and berries, as they came on in their season; and weighing myself at the end of the four months, I found that I had gained eighteen pounds in weight. The woman that did my washing remarked, about three weeks after I began to test the cherry cure, that my shirt was not so yellow as it used to be, and that my washing was easier. “Less bilious matter in me, madam,” was my reply.

My skin came out clear and fair—sallowiness that had been with me for eighteen months was all gone. I had my ambrotype taken, and it was the handsomest picture of myself I ever had in my life. I believe cherries are a specific for biliousness. Cherry bark is bitter, has the properties of Peruvian bark, I think; but I find acid fruits—lemons, cherries, and sour grapes—are better for me when I am bilious than any kind of bitter stuff.—*Geo. W. Copley, Huntsville, Ark.*

#### THE SPARE BED.

A FRIEND recently gave us the following eulogy, clipped from we know not where, with the request that we help to extend its circulation. We comply, not without a strong feeling of the uselessness of such effort. It requires more than ridicule to convert the average housekeeper from her blind de-

votion to the traditions of her foremothers concerning the “spare room.”

“Who first called them ‘spare beds’? Why didn’t he name them ‘man killers’ instead? I never see a spare bed without wanting to tack the following card on the head-board:—

#### NOTICE!

THIS BED WARRANTED  
to produce

NEURALGIA, RHEUMATISM,  
*Stiff Joints, Backache,*

DOCTOR’S BILLS, AND DEATH!

“When I go out into the country to visit my relatives, the spare bed rises up before my imagination days before I start, and I shiver as I remember how cold and grave-like the sheets are. I put off the visit as long as possible, solely on account of that spare bed. I don’t like to tell them that I would rather sleep on a picket fence than to enter that spare room and creep into that spare bed, and so they know nothing of my sufferings.

“The spare bed is always as near a mile and a half from the rest of the beds as it can be located. It’s either upstairs at the head of the hall, or off the parlor. The parlor curtains haven’t been raised for weeks; everything is as prim as an old maid’s bonnet, and the bed is as square and true as if it had been made up to a carpenter’s rule. No matter whether it is summer or winter, the bed is like ice, and it sinks down in a way to make one shiver. The sheets are slippery clean, the pillow-slips rustle like shrouds, and one dares not stretch his leg down for fear of kicking against a tombstone.

“Ugh! shake me down on the kitchen floor, let me sleep on the haymow, on a lounge, stand up in a corner, anywhere but in the spare bed! One sinks down until he is lost in the hollow, and foot by foot the prim bed-posts vanish from sight. He is worn-out and sleepy, but he knows that the rest of the family are so far away that no one could hear him if he should shout for an hour, and this makes him nervous. He wonders if anyone ever died in that room, and straightway he sees faces of dead persons, hears strange noises, and presently feels a chill galloping up and down his back.”—*Sanitary Volunteer.*

THE innocence of the intention abates nothing of the mischief of the example.—*Robert Hall.*

ALL are not thieves that dogs bark at.

## Household.

### A HERO

EARTH'S bravest and truest heroes

Fight with an unseen foe,  
And win a victory grander  
Than you or I can know.  
We little dream of the conflict  
Fought in each human soul,  
And earth knows not of her heroes  
Upon God's honor roll.

One of earth's little heroes  
Right proud am I to know;  
His name for me is Mother,  
My name for him is Joe.  
At thought of a ten-year-old hero  
Perhaps have many smiled;  
But a battle-field's a battle-field,  
In the heart of man or child.

There were plans of mischief brewing,  
I saw, but gave no sign,  
For I wanted to test the mettle  
Of this little knight of mine.  
"Of course you must come and help us,  
For we all depend on Joe,"  
The boys said; and I waited  
For his answer—yes or no.

He stood and thought for a moment,  
I read his heart like a book,  
For the battle that he was fighting  
Was told in his earnest look.  
Then to his waiting playmates  
Outspoke my loyal knight:  
"No, boys; I cannot go with you,  
For I know it wouldn't be right."

How proud was I of my hero,  
As I knelt by his little bed  
And gave him the bed-time kisses,  
And the good-night words were said!  
True to his Lord and manhood  
May he stand in the world's fierce fight,  
And shun each unworthy action,  
Because it "wouldn't be right."

—Selected.

### WOMAN AND HOME.

BUT how fares it with the baby of the tenement?

The tenement baby, like its aristocratic compeer, awakes early in the morning too. It is awake at dawn and then dozes off into fretful sleep again. It awakened at short intervals during all the first part of the night, and roused its tired, impatient mother with its peevish wailing. Its lips are

parched, and its thin hands hot; its eyelids but half closed. It rolls its head now and then in a feeble way. It seems consumed with heat, but when its mother puts a spoonful of water between its lips the weakened stomach refuses to take the liquid.

The father, worn with his day's toil, is angered at the suffering innocent disturbing his sleep. Harshly, perhaps, he chides his wife for not hushing the child. She gives to it an empty breast, from which it turns with renewed wailing. Then she tries another expedient. She hastily prepares some milk and water and feeds the baby a few spoonfuls. She knows it is good milk. Did she not buy it herself of Jacob, who keeps four cows in a rear shed, and sells the lacteal fluid they supply so much cheaper than she can get it of a milkman? To be sure the poor kine stand day after day, from week's end to week's end, from one month to another, in the same stalls almost knee high in offal. But she is certain it is good milk, real cow's milk, for did she not see Jacob milk the cows?

So she gives it to her baby, trotting it up and down on her knees the while. It is teething, and the summer heat makes it ill. She is so worn that scarcely can she keep her weary eyes open till she has finished feeding her offspring. Then she takes it back into the bed occupied by herself and the father. He turns over as she lies down, and testily hopes "the young'un will keep still, now it's got its stomach full."

Scarcely has the mother fallen asleep before another cry arouses her. The milk and water put down the little one's throat has been rejected by its stomach. Again she rises and turns up the wick of the smoking kerosene lamp. She dandles the child up and down, for she knows not what to do to quiet it.

Its wailing disturbs other inmates of the tenement. Out of a window a neighbor woman puts her head and calls to her:—

"Reach out your hand," she says; "I've got a bit of medicine that will quiet the baby."

She gives her a bottle and bids her administer a half teaspoonful. It is a brown liquid and has a strange smell. She gives it to her infant unhesitatingly. Then it falls into a heavy sleep that lasts till dawn. When it awakes it frets, but it does not always fret. Its eyes are heavy and have a glazed look.

"Th' children's eyes always do look bad when they're teethin'," says an old dame who comes in to borrow a half cup of sugar.

The tenement baby's hands and face are not sponged when it awakes. Its mother is very busy getting breakfast. Instead of fresh breezes the odor of sizzling salt pork comes to the nostrils of the sick infant. The father, or an older child, feeds it crackers and water "to keep it quiet" until the morning meal is on the table. The mother sits down with it in her lap. It gets now and then a "bite of potato" or a "sip of coffee," for it is a hand-fed baby.

The flies buzz around it, covering its soiled robe and lighting on its feverish mouth.

Sometime during the day its mother will wash the hand-fed, tenement baby and change its clothing if she has the garments. She will tell her neighbors that she cannot keep it clean, for "its victuals will not stay down."

Thus the tenement baby frets and frets through the summer days. If by chance an unusual allowance of constitution carries it through, it is with diseased digestive organs, which may affect its life.

The tenement-house, hand-fed baby may be a worthless drunkard or a criminal, because during the first three years it lived it was half starved for food and fresh air.

The tenement-house, hand-fed baby may be a corpse before half the summer is run, because it was quite starved for proper food and the blessing of heaven, which should be free and easy to get,—fresh air.—*Chicago News.*

#### A THOUGHT FOR THE GIRLS.

EVERY girl should be on her guard to repel the first liberty which is taken by young men. If it is only the touch of a hand on her arm or shoulder, it should not be allowed for one instant. It may seem but a trifle the first time, yet, if repeated, it may prove to be something greater, and not so easily frowned down. A young friend of mine, in an unusual burst of confidence, told me that she had once allowed a gentleman to kiss her without reproof; and after that he did so whenever he pleased, only laughing at her objections.

"Why did you allow it the first time?" I inquired.

"Oh!" was the reply, "I thought he cared for

me; but I have since discovered that he makes it his business to go as far as he can with every young lady he meets."

This reminds me of a married gentleman of my acquaintance, who, although never considered a fast young man, yet bore the reputation of being a flirt. This is how I heard him explain himself on one occasion years after his marriage:—

"I knew numbers of young ladies, and after being introduced to one whom I liked, I immediately desired to ascertain her mental and moral caliber. If she were "fast" or "soft" I wanted no more to do with her. As a rule, I could kiss a girl, or put my arm around her, after a few weeks' acquaintance. They all knew my reputation as a flirt, but with the exception of two I kissed them all in less than three months after our first meeting. The first kiss in every case was the last, as I never returned to the scene of victory."

"What was your object?" one of his listeners inquired.

"I wanted to get married," was the answer, "and wished to make sure that my wife never did and never would accept any other man's caresses. Of course, if girls allowed mine, I knew they were just as likely to give someone else the same privilege."

"And what of the other two?" was asked.

"Oh! after I had known Belle several months, she would permit me to keep my arm around her, although not to kiss her; she was a very sweet and high-principled girl, and for quite a while I thought I had met my fate. The other rare-exception I had known several years. She had many admirers, and I did not like being one of a crowd; but I visited her continuously for two years after the evening Belle first permitted my arm around her. At the end of that time she kept me as studiously at arm's length as ever. By that time, however, I had discovered that she was the one woman in the world for me. I proposed, was accepted, and she has been my wife for ten years."

Now, although one can hardly attempt a defense of their conduct, I believe there are many young men who take liberties with young girls for this same purpose. If girls would only stop to think they would never allow any undue familiarity from men who do not care for them, and such presumption on a man's part is almost certain proof of his indifference or contempt; for no

one will willingly run the risk of offending those whom they truly love. A man's affection and respect increase tenfold when he is kept at his proper distance. Sometimes a very simple liberty taken and allowed leads to shame and ruin.

Mothers should look after their daughters better in this respect. Every girl should be taught that the only certain proof of a young man's affection and honorable intentions is an offer of marriage. Let our sons and daughters both be counseled and forewarned, and our standard of social purity be the very highest.—*Mrs. S. H. Snider, in Housekeeper.*

#### HOUSEHOLD CONVENIENCES,

IN the matter of conveniences for doing housework quickly and well there is a great deal yet to be written and said for the enlightenment of both men and women. Because our grandmothers wrung all their clothes by hand, we should not be required to do so, if it is possible to obtain a wringer. If any woman sets her heart on having a wringer and a washer and a sewing machine and a house organ, she will be very apt to have them, just as her husband will contrive to have the latest and best machinery in his work. She may not get them all at once, but get them she will. The house organ is included in the list of conveniences, because it is such a concord maker in the family. Instead of sitting down to lament over her fatigue, the tired mother or daughter may soon learn to play it away. It is as important that we should have all the facilities for resting as well as for working, since both tend to the same result.

The final end of all the conveniences and facilities for doing housework should be to save time and strength for the cultivation of those powers which are noblest, and those faculties which survive the body. Our mothers need time to go into the open fields and woods, and give themselves up to the enjoyment of trees and flowers and clouds and singing birds and sighing breezes; need time to forget in the perusal of the varied books and periodicals, so numerous and interesting, the petty annoyances and narrowness of daily life; need time to cultivate the social instincts, and to keep themselves fresh and blooming for their husbands, their children, and their friends.—*Selected.*

A GOOD life keeps off wrinkles.

#### USEFUL RECIPES.

A LADY subscriber who is especially interested in the household department of the JOURNAL says: "Please give us a recipe for making good yeast and fruit puddings, such as are used at the Retreat." In compliance with her request we give the following:—

*Hop Yeast.*—Upon half a cup of hops pour a quart of boiling water, and boil half an hour in a granite-iron or porcelain sauce-pan. Pare half a dozen medium-sized potatoes, boil until thoroughly done, mash and sift through a colander to remove lumps. To this add half cup of sugar and one-third cup of salt, a teaspoonful of ginger and two tablespoonfuls of flour, stir well together. Over this pour the hop water and stir thoroughly. Turn to the stove and bring to a boiling point. Remove to cool, and when lukewarm add half cup of good, lively yeast. When thoroughly light or fermented, put in glass cans and cover tight. If put in a cool place it will keep three or four weeks.

*Fruit Pudding.*—Put into a pudding-pan, in alternate layers, raised dough and pleasantly acid apples, having the first and the last layer of dough. Set in a warm place until it is light, and bake in a moderate oven until it is done; or put into a steamer and steam until the fruit and dough are thoroughly cooked; the length of time depends upon the size of the pudding. To be eaten with sweet sauce or cream and sugar. The dough made for bread will answer as well as if prepared purposely. A. M. LOUGHBOROUGH.

*Passover Bread.*—Take eight ounces of fine flour, and one full ounce of butter. Cut the butter into small pieces. Then rub the butter into the flour, dry, until it disappears; then add just water enough to make a very stiff dough. This may be improved by pounding it with a hammer until it can be rolled smooth. Then roll out to about three-sixteenths of an inch in thickness. Then crease with a knife, pricking through every half inch both ways, making it into squares nine-sixteenths of an inch in diameter. Be sure to cut deep enough so that it can be easily broken into squares. Bake in a hot oven about fifteen minutes. This bread is excellent for communion purposes.

*Unfermented Wine.*—Gather ripe grapes, I count Isabella the best, and pick off all the stems

and bad grapes. Crush them up without breaking the seeds. Place immediately over the fire in a granite-iron kettle, bring the whole mass to a full boil. Skim off what you can of the froth. Place it now in the press boiling hot (in a cotton bag), and press the juice out. This will give all the color that is needed. Strain it through a cloth and put it back into the pot. Again bring it to a boil. Put up in glass jars the same as fruit. In a few months, when settled, open the jar, being careful not to shake it up, leaving all the substance that is settled in the bottom of the jar, and put into a pot and bring to a boil again, and rebottle, and it will keep forever. J. I. TAY.

#### CROUP TREATMENT.

"I SEE in a late issue of *The Rural* that one signed "Mercy Monroe" has been having a very severe time with croup in her family. Allow me to say a word about that dreaded disease. We have a family of three children, and they have all had croup almost from the time they were old enough to have colds up to the present time (oldest ten years). But we pay (of late years) very little attention to it. If I find one of them is going to have an attack of it, I give a teaspoonful of hen's oil. Some use goose oil with equally good results. When we kill a fowl for table use, I skim off the oil from the water, put in a tin dish, and boil until water is all out; then put in a bottle. If the child is very sick with croup on putting it to bed I give another spoonful. Have found it more beneficial if given warm; I also rub the chest with it and take a cloth wet in tepid water, wring as dry as I can, and place it on the chest and put a flannel cloth over this and bind it tightly. So far our children have been bright and comfortable the next morning. But to relieve the cold and dryness in the throat, on going to bed I give another spoonful. I sometimes think that we do not take disease in time so as to head it off. When your child shows any sign of croup, start your oil, is my motto.—*Aunt Nellie, in Pacific Rural Press.*

As soon as winter approaches, Americans are apt to devise methods for keeping all habitable places—homes, churches, offices, public halls, railway cars, and the like—at fever heat. Living in an abnormally high temperature from November till May not only invites colds, with their train

of evils, but is productive of nervous diseases as well. The tired, languid feeling which assails so many people in the spring is due, in part, to the baking process during the winter months.—*Home.*

#### HELPFUL HINTS.

THE house showeth the owner.

SQUEEZE not the orange too hard lest you have a bitter juice.

MILK is generally conceded to be the best diet for a typhoid fever patient.

SUGAR and sweet foods should be avoided by those suffering from catarrh.

To remove spots from marble use a paste of whiting and benzine.

USING sweet skimmed milk instead of starch for calicoes and gingham is said to be much better than the starch.

TO EXTRACT "STAINS FROM SILVER.—Salammoniac, one part; vinegar, sixteen parts. Mix and use this liquid with a piece of flannel, then wash the plate in clean water.

WHEN eggs are high, the best way to get them is to have warm quarters for the hens, and feed on a variety of food, with meat as a portion of the ration three times a week.

COLOGNE WATER.—Alcohol, one gallon; oil of lavender, twelve drachms; oil of rosemary, four drachms; essence of lemon, twelve drachms; oil of bergamot, twelve drachms; oil of cinnamon, twelve drops.

CRACKS in floors may be neatly but permanently filled by thoroughly soaking newspapers in paste made of a half pound of flour, three quarts of water, and half a pound of alum mixed and boiled. The mixture will be about as thick as putty, and may be forced into the crevice with a case-knife. It will harden like *papier-mache*.

TO CLEAN LOOKING-GLASS.—1. Remove with a damp sponge fly stains and other soils (the sponge may be dampened with water or spirits of wine). After this dust the surface with finest sifted whiting or powder-blue, and polish it with a silk handkerchief or soft cloth. Snuff of candle, if quite free from grease, is an excellent polish for a looking-glass. 2. Remove all fly stains and dirt by breathing hard on them and rubbing them with a soft rag, then tie up some powder-blue in a piece of thick flannel, and with this carefully polish the whole surface.

## Healthful Dress.

### LITTLE THINGS.

SCORN not the slightest word or deed,  
Nor deem it void of power;  
There's fruit in each wind-wafted seed,  
Wasting its natal hour.

A whispered word may touch the heart,  
And call it back to life;  
A look of love bid sin depart,  
And still unholy strife.

No act falls fruitless; none can tell  
How vast its powers may be,  
Nor what results infolded dwell  
Within it, silently.

—Selected.

### HINTS FOR THE SEASON.

THERE is a tendency at this time to confine ourselves too closely to the house, where we become so enervated by overheated, close rooms, and an oversupply of food, that we are extremely susceptible to climatic changes, thus, from colds, laying the foundation of many ailments.

Cold air is not always pure nor warm air impure, though ventilation is necessary at all times. A person working in a room where there is some method of changing the air will be able to labor longer without fatigue; the brain will be more active, and the countenance more animated than in a close apartment.

Every occupied room in the house should be aired for a shorter or longer time each day, according to temperature, the sleeping-rooms and kitchen needing special attention. No matter what devices are resorted to, one cannot enjoy sound, refreshing slumber in an unaired bed and room. This should be attended to early in the morning, and in cold, damp weather the windows should be closed before the moisture has crept into the sheets. Don't lay the pillows out at the windows, for besides being unsightly, there is danger of their becoming damp from the drippings. On a thawing day do not leave the windows open long, except at the top, if the bed stands near them. The fresh air must be admitted for a time and the bed left open after the windows are closed.

The cellar at this time should receive special attention, particularly if potatoes and other vegetables are stored there. A cellar ventilated only into the house gives the rooms a peculiar damp, moldy smell, dealing disease and death to the inmates. Whenever the mercury stands above zero, have the cellar windows open a few hours in the middle of every day, closing them before the frost has a chance to creep in, and you will be trebly paid for the trouble in the better health of the family, to say nothing of the better keeping of the fruits and vegetables.

Drains and cess-pools also need disinfection and ventilation [Don't have a cess-pool.—ED.], as when below the

reach of frost the cold drives the mephitic vapors up into the house, though we do not detect them as quickly now as in warm weather. Use salsoda, copperas, ashes, and dry earth freely, and you will perhaps prevent a mysterious case of diphtheria, or scarlet or typhoid fever.

Colds are frequently caused by putting on cold clothing or wraps. Never do this when it can be avoided, but let them hang before the fire some time before wanted. One who is careful to do this and dresses in conformity with the weather, will seldom contract a cold from going out. Chills are one of the most disagreeable and serious effects of a cold, and often precede fevers and pneumonia. When these are felt, put the feet at once into hot water, or apply dry heat, at the same time drinking hot lemonade, catmint tea, ginger tea, or even hot water. Envelop yourself in blankets and get into a thoroughly aired and warm bed, having the temperature maintained by means of heated soapstones or hot-water bottles. When possible, brisk exercise in the open air is one of the best methods of breaking up a cold or driving off a chill. Keep the mouth closed and exercise till perspiration is started and all unpleasant sensations removed. And just here is the critical point—beware how you cool off.

Go into a comfortably warm room and remove your wraps, one at a time, retaining an extra garment; . . . warm the feet thoroughly, and, wrapped in a blanket, get into a warm bed and stay there twenty-four hours, when, unless the cold is unusually severe, you will come out as good as new.

Warm, loose shoes with inner soles of cork or felt, and thick, home-knit stockings, are preventives of cold feet, and do much towards equalizing the circulation. Those who have a "creeping of the spine" will find comfort in a double piece of flannel basted in the back of the undervest, and a pair of silk or woolen wristers.

Flannel nightgowns are a necessity for the feeble and the aged, but are expensive and apt to "full" [Colored, striped ones will not.—ED.] even with the most careful washing. A substitute is found in a blanket sewed up two or three feet at the bottom. Lay this in the bed, slip the feet into it, gather it up close about the shoulders, and head if you like, and see if you do not find it the most comfortable thing you ever tried for cold weather. If you supplement this with a warm soapstone in the foot of the bed, Boreas may howl, and the mercury crawl into the bulb, but it will have no effect on you.

People often wake in the morning with a feeling of stuffiness in the nose and head, as though a cold were coming on, though they may have been perfectly comfortable through the night. This unpleasantness is sometimes prevented by wearing a cap, and if the head be sensitive, or the hair thin, this may be made of flannel. Where there is a tendency to sleep with the head under the bedclothes the cap should always be tried, as the practice is extremely pernicious, often causing lung difficulties and scrofula.

A room where the temperature falls to the freezing point is unsafe as a sleeping-place for any save the most robust. Few can stand the lowering of vitality and are uncomfortable, if not sleepless nights, consequent upon removing the clothes worn during the day, donning a cold nightgown, and slipping between icy sheets. Like a cold-water bath, there are few systems strong enough to endure it. Heat is



life, cold is death, and we must be physically comfortable in order to be healthy.

Overheated rooms are debilitating; sufficient light woolen clothing should be worn, and enough out-of-door exercise taken so that we can be comfortable in a somewhat lower temperature than that usually maintained.

Children must have daily exercise in the open air, but must be warmly clad in woolen from top to toe. Leggings are easily made from a pair of old stocking legs. Cut to fit, hem the bottom, put on a strap, run an elastic in the top, and you will have a good article at no expense and with very little trouble.

The foundation of life-long disease and suffering is often laid in the school-room. Especially is this the case in the country where the school-houses are draughty and imperfectly heated. Keep the little ones at home in severe weather unless you are sure they will be comfortable during the session. Another bad thing is sitting with the back to the window or against an outer wall, and children should be cautioned to do neither.—*Selected.*

#### THE EFFECT OF THE CORSET UPON THE CAPACITY FOR BRAIN WORK.

LOWENFIELD (*Journal of Psychology*) has attacked the corset question from another side. He finds that the relative diameter of the cerebral blood-vessels as compared with the weight of the brain is in some cases nearly twice as great as in others, and that it increases with increase of age; and he draws the natural conclusion that the capability of continuous mental exertion and the development of talent must depend very largely upon this factor. These three facts are not without connection. A large amount of food is necessary for the production of a large amount of energy. But the amount of food which the human machine can transform into work depends upon the breathing capacity of the lungs, and that depends upon the amount of air which can be supplied for its combustion, and that depends upon the wearing or the not wearing of corsets. With a generous supply of blood, the proportion of it which can be turned in upon the brain is very variable, and must be capable of being largely influenced by habit. Hence the amount of intellectual work which can be done by woman it is within her own power to regulate to a much greater extent than might have been supposed possible. It has been noticed that college women have largely given up the wearing of the corset, and it is doubtless a custom that will become more and more widespread; it would seem strange that anyone should care to pour into himself intellectual food at the same time that he carefully shuts off the draught of his furnace, and so prevents its utilization.

#### WHY WOMEN GET SHORT OF BREATH.

In order to ascertain the influence of tight clothing upon the action of the heart during exercise, a dozen young women consented this summer to run 540 yards in their loose gymnasium garments, and then to run the same distance with corsets on. The running time was two minutes and thirty seconds for each person at each trial, and in order that there

should be no cardiac excitement or depression following the first test, the second trial was made the following day. Before beginning the running the average heart impulse was 84 beats to the minute; after running the above-named distance, the heart impulse was 152 beats to the minute, the average natural waist girth being 25 inches. The next day corsets were worn during the exercise, and the average girth of waist was reduced to 24 inches. The same distance was run in the same time by all, and immediately afterward the average heart impulse was found to be 168 beats per minute. When I state that I should feel myself justified in advising an athlete not to enter a running or rowing race whose heart impulse was 160 beats per minute after a little exercise, even though there were not the slightest evidence of disease, one can form some idea of the wear and tear on this important organ, and the physiological loss entailed upon the system, in women who force it to labor for over half their lives under such a disadvantage as the tight corset imposes.—*From the Physical Development of Women, by Dr. D. A. Sargent.*

#### HOW TO DRESS CHILDREN.

Let Them Wear the Peerless Hygienic Corded Waists  
—Beautifully Corded—Superior Shape.



Style 70.

FOR children, misses, and young ladies, unsurpassed for convenience and durability, new patent buttons, secured with a patent tape fastening—can't pull off—and patent cord-edge button-holes. Skirts and stockings supported directly from the shoulder.

Style 20, for children, four to seven years of age, made of sateen jean, white and drab, in sizes 20 to 28 inches, waist measure. Retail price, 70 cents.

Style 25, for children four to six years of age, superfine silesia, white and golden brown. Sizes 20 to 28, waist measure. Retail price, 85 cents.

Style 36, misses' waist, button front, for ages six to twelve years. White and drab, with cloth-covered pliable steels, in patent pockets; can be easily removed or replaced. This waist secures an especially nice fit, as it admits of adjustment at the lacing up the back. Misses put it on easily without assistance. Sizes 20 to 28 inches, waist measure. Retail price, \$1.00.

Style 40, young ladies' waist, best sateen, same as style 36, only it has a fuller form, suitable to young ladies, or ladies of a slender form. Sizes 20 to 28 inches, waist measure. Also style 70 (illustrated in cut above), each \$1.50, post-paid. Address Rural Health Retreat, St. Helena, Cal.

## Publishers' Department.

### THE RURAL HEALTH RETREAT.

WE intimated in the November number that W. P. Burke, M. D., was to take the position of medical superintendent of the Rural Health Retreat. He entered upon his duties there about October 10. We are informed that the work of the institution is going forward agreeably to all concerned.

Since November 1 both institutions, *i. e.*, the Health Retreat and the Sanitarium at Napa (about eighteen miles apart) have come under one management. Dr. Burke with his corps of assistants is keeping up the work in both places, and the superintendent writes us that "both houses are about full." But let none, in consequence of this statement, who may be in need of the instruction and treatment given, fail to make early application for information concerning their particular case. Lay your plans also to visit the institution and receive treatment as soon as possible.

Under judicious medical skill and proper care here rendered, patients rapidly recover their health. So it will be seen that some are all the while returning, cured, to their homes. This of course makes room for others to enter. Let it be remembered that a health institution, anyway, is very much like the famed New York omnibus, "always room for one more passenger." So let invalids correspond at once with W. P. Burke, M. D., Rural Health Retreat, St. Helena. Get circulars and information, and above all do not put off seeking aid for your particular ailments. Remember that the best of care for the comfort and cure of patients is given both in winter and summer. Everything possible will be done for you, even during the "rainy season," so do not delay till summer what ought to be attended to at once.

### THE SANITARIUM.

FROM October 18 to November 7 it was our privilege to be in Battle Creek, Michigan. During the most of this time the weather was exceptionally fine, strikingly reminding us of California climate. During the last week we were favored with a bountiful rain, for which that part of the country had been for several weeks in suffering need.

While in Battle Creek we had the pleasure of making a thorough inspection of the great medical and surgical sanitarium of that city, which is conducted by J. H. Kellogg, M. D. This is the largest institution of the kind in the world. Our readers will find a representation of these buildings in our advertising pages. After a thorough inspection, we can assure all that the notice of the institution made in its advertisements is very modest. Any candid visitor will agree with us that "the half has not been told."

Seeing this institution with its accommodations for its family of over five hundred patients and helpers, its various appliances for the treatment of all forms of disease, its well-skilled physicians and trained nurses and helpers, will satisfy anyone that here is a means for the accomplishment of a great amount of good, both physically and mentally, in the world, and that it is destined to scatter light and happiness in the homes of thousands.

It was our privilege, in the month of August, 1876, to be one of a committee to secure the present site of this sanitarium. Here, in what had been the commodious residence of Judge Graves, was opened a home for invalids, where they might be treated on hygienic principles. This institution held a fair share of the patronage of like institutions until the year 1876. At that time surgery was introduced as an important factor in the work. Since that time the growth of the institution has been simply marvelous.

### HEALTH AND TEMPERANCE.

DURING the recent session of the American Health and Temperance Association, held in Battle Creek, Michigan, plans were devised for the more extensive circulation of literature setting forth these principles. The books and periodicals of the society are such that they should be brought as rapidly as possible to the attention of those who need this kind of instruction.

The managers of the Sanitarium have recently organized a school for instruction in Health and Temperance missionary work. It is proposed to send out companies of well-trained persons to towns and villages, where they will labor in the interests of the education of the people in health and temperance principles. Of this effort they say:—

"Instruction will be given by means of health talks, conversations, lectures, and readings. We believe that a missionary effort in this direction, intelligently carried forward, may be the means of accomplishing quite as much good as missionary effort of any other kind. Certainly there is no direction in which enlightenment is needed more than in this. The gospel of health is preached far less frequently than its merits demand. Education in the proper care of the body, and the proper management of its surroundings, lies at the very foundation of mental and moral, as well as physical, health. Young men and women who desire to fit themselves for this work should correspond at once with the managers of the Sanitarium, from whom they can obtain any further particulars required."

As this association contemplates active work in foreign countries as well as America, the name of the association was changed from "American" to "International." The officers elected for the ensuing year are as follows: *President*—J. H. Kellogg, M. D., Battle Creek, Mich. *Vice-Presidents*—D. A. Robinson, London, England; L. R. Comradi, Hamburg, Germany; I. J. Hankins, Cape Town, South Africa; M. C. Israel, New Zealand; E. G. Olsen, Copenhagen, Denmark; L. Johnson, Christiania, Norway; O. Johnson, Amot, Sweden; G. C. Tenney, North Fitzroy, Australia; H. P. Holser, Basel, Switzerland; L. McCoy, Battle Creek, Michigan. *Secretary*—Mrs. C. E. L. Jones, Battle Creek, Mich. *Executive Committee*—J. H. Kellogg, M. D., O. A. Olsen, W. C. White.

### A HEALTH INSTITUTION IN COLORADO.

THE climate of Colorado has obtained a world-wide reputation for its congeniality for those suffering with asthma and pulmonary difficulties. We have long hoped that the time would come when there would be opened, at some suitable point in the State, a hygienic resort for invalids.

From what we read in the September number of *Good Health* we conclude that this hope is soon to be realized. The publishers say:—

"For a number of years back the managers of the Sanitarium have been constantly receiving urgent calls from Colorado for the establishment of a branch Sanitarium in that State. Dr. Kellogg visited Colorado last year with the view of looking over the ground with reference to the establishment of such an institution. Since that time calls have been still more importunate, and the inducements offered so great that the managers of the Sanitarium at Battle Creek, Mich., have about decided to establish a branch institution in Colorado at an early date. We are not yet prepared to announce when the institution will be opened, but it is very probable that an announcement of this kind will be made before many months. The location of the institution is not yet fully decided upon, but it will very probably be somewhere in the vicinity of Colorado Springs. An institution of this sort has been long needed, and will doubtless be very liberally patronized, as Colorado is filled with invalids at all seasons of the year, who crowd hotels and boarding-houses, where no proper accommodations are found to receive them, or give them the necessary care. An institution in Colorado which will give to sick people the skillful care, nursing, and treatment which is provided at the Battle Creek Sanitarium, would not fail of being a complete success."

JOURNEYING from Battle Creek, Michigan, to California, we spent the last three weeks of November in East Portland, Oregon. We were surprised to learn on our arrival that there was much typhoid fever in the place. One man told us that at one time last summer there was as many as one hundred cases of typhoid fever in the place. We wondered at this, and thought it best to look about the town and see if there was not some apparent fever pit. Our tour of inspection brought us to the following conclusions:—

1. While most of the town lies high up, with the grandest opportunity for sewerage into the Willamette River (some thirty feet below the main part of the town), the place seems greatly destitute of sewers.

2. At the back of some of the buildings, bordering on the gulches which run through the town into the river, there is a great amount of garbage, dirt, and slops. This is a regular breeding nest for fever germs.

3. Anyone having a slight idea of the growth of microbes, who will pass up J Street from Fourth to Fifth, keeping a sharp lookout at the left, and thence down Fifth Street to L, keeping an outlook at the right, will see in that space breeding-pits for microbes and fever germs sufficient to require many barrels of "Radam's Microbe Killer" for their extermination.

After a tour of inspection of some of these piles of rubbish, we asked ourselves the question, Has the town of East Portland no board of health? or do the people rely on the purity of the atmosphere and the incoming daily tide from the sea to purify this filth, which is too high up for the latter to reach, and much too low and putrid for the atmosphere to purify?

We could but contrast this place with Battle Creek, from which we had recently come. A short time since a New England man, who was in Battle Creek on a visit, said to

my brother-in-law (in irony): "This is the meanest town I ever saw in one respect. I have looked the town all over, and I cannot find a back street in it. The back yards are just about as nice as the front yards."

The facts are, Battle Creek has enjoyed for over twenty-two years the instructions of the physicians of a first-class sanitarium. The citizens have had set before them constantly the fact that to have health our premises must be kept clean, in the back yard as well as in the front yard.

With all respect to the many neat residences and cleanly-kept parts of East Portland, we indulge the hope that the day will come when enough of the citizens will be aroused to the fact that fever and filth are so nearly associated together so that they will elect a board of health who will clean up these microbe nests which exist in too great profusion adjacent to some of their ravines.

#### CLOSE OF THE VOLUME.

WITH this number we close volume four of the *PACIFIC HEALTH JOURNAL*. Ere the first number of volume five shall reach all of our readers, the annual Christmas holiday will be passed. We wish all a Merry Christmas. We thank you for your patronage during the last year, and request a continuance of the same as we enter upon the new volume. We hope to fill its pages with live reading on questions of practical use to the household, and to all in our daily lives. One of the features promised for the new volume is a practical hygienic story of real life, for each number, from the pen of Fannie Bolton.

WOULD you live pure lives? Then take for your guide the counsel of the apostle Paul: "Whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are *pure*, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, *think on these things.*"

If we judge correctly from the favorable expressions concerning hygienic cooking-schools, made in the recent meetings of the International Health and Temperance Association, there will be an earnest effort made during the next season to establish such schools in different localities.

A LADY writing on the subject of healthful dress, thus briefly sums up the matter: Wear union under-garments. Wear no corsets. Wear princess dresses. Wear broad, soft, flat, heelless shoes. Take plenty of fresh air. Have plenty of exercise. *Good.*

IT is the intense excitement—the excitement of social life, the ball-room, the theater, and the various forms of fashionable dissipation that make our American girls fade so rapidly.—*True Flag.*

#### TIME TO RENEW.

Please examine the date on the address label of your *Journal*. Many subscriptions expire during November and December. Please renew at once for 1890 and we will send you the number for December 1889 **Free**. Subscription price \$1.00 per year.

**HEALTHFUL FOODS.**

HAVING at our Health Retreat a revolving oven, and first-class cracker machinery, we are prepared to furnish the foods advertised below, at their respective prices. These foods are not only adapted to those suffering from digestive ailments, but are also excellent for all persons who wish food free from lard and all other deleterious shortening. None but the purest and best articles are used in the manufacture of these foods.

**Oatmeal Biscuit.**—These are about twice the thickness of an ordinary cracker, are slightly sweetened and shortened, and made light by yeast, exceedingly palatable. They are recommended for constipation, if the person is not troubled with acidity or flatulence; per lb. . . . . 12 cts.

**Medium Oatmeal Crackers.**—Made about the same as the above, only they are not fermented; per lb. . . . . 10 cts.

**Plain Oatmeal Crackers.**—These are neither fermented, shortened, nor sweetened. They have an agreeable, nutty flavor, and are crisp and nice; per lb. . . . . 10 cts.

**No. 1. Graham Crackers.**—Slightly sweetened, and shortened. Just the thing for persons with fair digestive powers and inactive bowels; per lb. . . . . 10 cts.

**No. 2. Graham Crackers.**—Shortened, but not sweetened. Very palatable; per lb. . . . . 10 cts.

**Plain Graham (Dyspeptic) Crackers.**—These crackers contain nothing but the best graham flour and soft water, yet by the peculiar preparation of the dough they are as crisp as though shortened. If by exposure to dampness they lose their crispness it may be restored by placing them in a hot oven for ten or fifteen minutes; per lb. . . . . 10 cts.

**White Crackers.**—These are made of the best patent flour shortened. But they are not mixed with lard or any other deleterious substance; per lb. . . . . 10 cts.

**Whole Wheat Wafers.**—Composed of flour and water. Made especially for dyspeptics, and those of weak digestion; per lb. . . . . 10 cts.

**Gluten Wafers.**—Especially good for those troubled with acid or flatulent dyspepsia, or those suffering with nervous exhaustion, and who wish to restore nerve power speedily. Such as have to live largely on meat, because they cannot digest vegetable food, will find in these wafers a valuable substitute; per lb. . . . . 30 cts.

**Anti-Constipation Wafers.**—Composed of rye-meal and whole wheat flour. Crisp and palatable. Persons suffering with painful dyspepsia, or tenderness at the pit of the stomach, should use whole wheat crackers in preference to these. For all other forms of dyspepsia or constipation, these are just the thing; per lb. . . . . 12 cts.

**Fruit Crackers.**—The best varieties of foreign and domestic dried and preserved fruits are used in the preparation of these crackers. They are exceedingly wholesome for those

of normal stomachs, but are not recommended for confirmed dyspeptics; per lb. . . . . 20 cts.

**Carbon Crackers.**—These are especially intended for cases of dyspepsia in which there is acidity of the stomach, heart-burn, and flatulence of stomach or bowels. The black color of the cracker is due to the presence of pulverized carbon, which acts as a preventative of fermentation, and is an absorbent of irritating gases resulting from indigestion; per lb. . . . . 15 cts.

**Wheatena.**—This is a preparation of wheat which is subjected to a process by means of which it is partly digested, and rendered readily soluble in the digestive juices. Good for persons suffering with slow digestion and constipation; per lb. . . . . 12 cts.

**Avenola.**—This is some like the preceding in the mode of its preparation, except that it has also the finest oatmeal with the wheat in its combination. It contains a large proportion of bone, muscle, and nerve-forming material. It is a good food for infants, and for all invalids of weak digestion; per lb. . . . . 13 cts.

**Granola.**—This is a preparation from various grains, and combines all the qualities of the preceding preparation. There is no farinaceous preparation in the market that will compare with granola. This is the verdict of those who have given it a fair and impartial trial; per lb. . . . . 12 cts.

**Diabetic or Gluten Food.**—This is a form of bread deprived of its starchy and saccharine elements, but retaining all the other palatable and nourishing elements of the flour. By the use of this food and the observance of careful dietetic rules, this obstinate disease (diabetes) may be kept at bay for many years, and cured in cases where a cure is possible. It is prepared with great care, and has been thoroughly tested. It is a perfect substitute for animal food in cases of nervous debility, and is to be used in the same cases as those for which the gluten wafer is recommended; per lb. . . . . 30 cts.

**Infants' Food.**—Most of the food offered in the market as infants' food contains too much starch for the digestive powers of the infantile stomach. The article here offered will often be digested when other articles of food cannot be eaten without producing serious derangement of digestion; per lb. . . . . 30 cts.

Some of the goods here offered may be higher priced than those shortened with lard, etc., but you may rest assured of securing, in these foods, pure, healthful articles, conscientiously prepared.

For fifty cents you may receive, post-paid, a sample package of these foods, and thus decide what to order in larger quantities. Give them a trial. Address,

RURAL HEALTH RETREAT, ST. HELENA, CAL.  
 Orders taken also at Pacific Press, Oakland, Cal.



# The Largest Sanitarium in the World.

THIS Institution, one of the buildings of which is shown in the cut, STANDS WITHOUT A RIVAL in the perfection and completeness of its appointments. The following are a few of the methods employed:—

Turkish, Russian, Roman, Thermo-Electric, Electro-Vapor, Electro-Hydric, Electro-Chemical, Hot Air, Vapor, and Every Form of Water Bath; Electricity in Every Form; Swedish Movements—Manual and Mechanical—Massage, Pneumatic Treatment, Vacuum Treatment, Sun Baths. All other agents of known curative value employed.

## A SALUBRIOUS SUMMER CLIMATE.

A Lakeside Resort, Steamers, Sail Boats, Row Boats, Bathing, etc.

**SPECIAL DEPARTMENTS** for the Treatment of Diseases of the EYE, EAR, NOSE, THROAT, LUNGS, and DISEASES OF WOMEN. Special Advantages afforded Surgical Cases. Good Water, Perfect Ventilation, Steam Heating, Perfect Sewerage.

The managers have permission to refer to leading members of the medical profession. For circulars, with particulars, address, **MEDICAL AND SURGICAL SANITARIUM, Battle Creek, Mich.**

## THE SANITARIUM TRAINING SCHOOL FOR NURSES.

THE managers of the above Institution have had for several years, in successful operation, an extensive Training School for Nurses, which is carried on in connection with the Sanitarium. The course of training in this school is the most thorough and comprehensive of any in this country, and the graduates of this school readily find good and lucrative employment.

Terms are such as to place the excellent opportunities afforded by this school within the reach of all properly qualified persons who may wish to avail themselves of its advantages. For circulars, address

**SANITARIUM TRAINING SCHOOL FOR NURSES, Battle Creek, Mich.**

## HEALTH GOODS.

AT the Rural Health Retreat there are kept constantly on hand the following valuable articles, which may be obtained, post-paid, at the prices affixed:—

Hygienic Corset	\$2 00
“ “ Peerless Corded	2 50
Emancipation Waist	1 50
Form (Bosom)	50
Dr. Gray's Abdominal Supporter	2 50
Dr. Gray's “ “ with Hose Supporter (extra large)	3 00
No. 1. Hygienic Supporter	2 50
No. 2. “ “	3 00
School-girl Shoulder Braces	50
Skirt Supporters	35
“ “ Silk Stripe	50
Shoulder Brace Skirt Supporter (Ladies')	60
“ “ “ (Misses')	50
“ “ “ and Hose Supporter	1 00
Skirt and Hose Supporter	75
No. 90 Hose Supporter, Daisy Clasp (Ladies')	30
No. 80 “ “ “ (Misses')	25
No. 70 “ “ “ (Children's)	20
No. 60 “ “ “ “	15
No. 17 “ “ Shoulder Brace, Button (Ladies')	50
No. 18 Hose Supporter, Daisy Clasp (Misses')	40
No. 19 “ “ “ (Children's)	35
No. 7 “ “ Shoulder, Button (Ladies')	60
No. 8 “ “ “ (Misses')	40
No. 9 “ “ “ (Children's)	40
No. 10 “ “ “	35
Corset Hose Supporters (especially for Hygienic Corset)	35
Hygienic Safety Supporter (monthly bandage)	50
Skirt Supporting Hooks, double set of four	25
“ “ Swivel, set of four	20
Corset Laces (Elastic)	10
Clasps for Supporters	05
Combination Suit Patterns	40
Fountain Syringe, Glass Tubes	(No. 1, \$2 00 No. 2, 2 25 No. 3, 2 75)

Rubber Water Bottles, 1 quart	1 50
“ “ “ 2 quarts	1 75
“ “ “ 3 quarts	2 00
“ “ “ 4 quarts	2 25
Address,	RURAL HEALTH RETREAT, ST. HELENA, CAL.



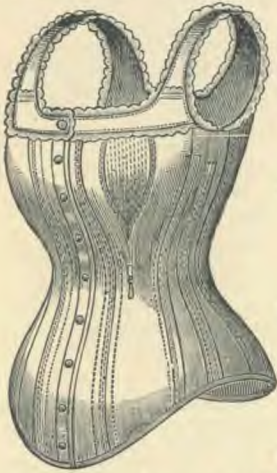
**A \$20 A Day Man!** from Ohio. Here is a portrait of Mr. Garrison, of Salem, Ohio. He writes: "Was at work on a farm for \$20 a month; I now have an agency for E. C. Allen & Co's albums and publications and often make \$20 a day." (Signed) W. H. GARRISON.

William Kline, Harrisburg, Pa., writes: "I have never known anything to sell like your album. Yesterday I took orders enough to pay me over \$25." W. J. Eimore, Bangor, Me., writes: "I take an order for your album at almost every house I visit. My profit is often as much as \$20 for a single day's work." Others are doing quite as well; we have not space to give extracts from their letters. Every one who takes hold of this grand business piles up grand profits. **Shall we start YOU in this business, reader?** Write to us and learn all about it for yourself. We are starting many; we will start you if you don't delay until another gets ahead of you in your part of the country. If you take hold you will be able to pick up gold fast. **Read—**On account of a forced manufacturer's sale **125,000 ten dollar Photograph Albums** are to be sold to the people for \$2 each. Bound in Royal Crimson Silk Velvet Plush. Charming decorated insides. Handsomest albums in the world. Largest size. Greatest bargains ever known. Agents wanted. Liberal terms. Big money for agents. Any one can become a successful agent. Sells itself on sight—little or no talking necessary. Wherever shown, every one wants to purchase. Agents take thousands of orders with rapidity never before known. Great profits await every worker. Agents are making fortunes. Ladies make as much as men. You, reader, can do as well as any one. Full information and terms **Free**, to those who write for same, with particulars and terms for our Family Bibles, Books and Periodicals. After you know all, should you conclude to go no further, why no harm is done. Address E. C. ALLEN & CO., AUGUSTA, MAINE.

## WHO CHANGED THE SABBATH?

A TRACT of 24 pages, which fully answers this question, and shows how Sunday displaced the Bible Sabbath. Extracts given from Catholic writers. Price, 3 cents. Address, PACIFIC PRESS, Oakland, Cal.

**MADAME SALISBURY'S**  
**PEERLESS HYGIENIC CORSET WAIST.**  
 UNEQUALED FOR  
**ELEGANCE**  
 AND  
**PERFECTION**  
 OF FIT.  
 —§—  
 GRACEFUL,  
 HEALTHFUL,  
 PERFECT-FITTING.  
 —+—  
**COMBINING**  
**HEALTH, COMFORT,**  
**BEAUTY and**  
**DURABILITY**  
 WITH  
**ELEGANCE OF FORM.**



SEVERAL years' experience has led to great improvements in Hygienic Corsets and Waists, and we feel that we can now offer, with great confidence, the new waist which may be justly called the most **Perfect-fitting and Healthful** waist in the market.

In modeling the different parts, great care has been taken to blend together the curves of the bust, waist, and hips in such a manner as to give an easy, graceful, and beautiful shape, **perfect in fit**, and yet it does not bind or draw in any part. We claim absolute perfection of comfort and beauty.

With these new improvements, the entire weight of the skirts and stockings is transferred to that part of the shoulders best adapted to sustain their weight, and supporting them almost without the wearer's consciousness, and without the least inconvenience, thereby relieving the back and hips from all superfluous weight of the clothing that drags so heavily and increases the pressure brought upon the delicate organs of the pelvis.

Beautifully made in fine, soft-finished English Silesia, in white and golden brown, with patent button front. The buttons are of finely-finished pearl, secured with a patent tape fastening—with patent cord-edge button holes; under the buttons is a flexible steel, which may be worn or taken out at pleasure. Cords are used to give the necessary stiffness, also flexible side and back steels (in patent pockets); by removing them, you have absolutely the very best Health Waist made. Sizes, 19 to 32. Mailed on receipt of waist measure and \$2.50. Sizes 33 to 36, \$2.75. In stating size, deduct one inch from a snug measure taken at the waist line over the dress. Address,

**RURAL HEALTH RETREAT,**  
**ST. HELENA, CAL.**

**CHRIST AND THE SABBATH:** Or Christ in the Old Testament and the Sabbath: in the New, by Elder James White. Paper covers, fifty-six pages, sent post-paid for ten cents. Address, **PACIFIC PRESS, Oakland, Cal.**

**BOUND VOLUMES.**

WE are prepared to furnish all the back numbers of the **PACIFIC HEALTH JOURNAL** in two bound volumes, with leather backs and corners, cloth sides, and gilt title upon the back. One book contains Volumes 1 and 2, the other Volume 3. They will be sent by mail, post-paid, for the sum of \$2.25 per volume, or \$4.00 for the two volumes. These books contain a vast amount of reading of the greatest importance to those who wish to learn how to regain or preserve health, also just the information needed for those who wish to make a home healthful, agreeable, and attractive. You will never regret investing the price of these volumes. Please send your orders, accompanied with the price for either one or both the volumes, and they will be promptly sent to your address. Direct to **PACIFIC HEALTH JOURNAL, Oakland, Cal.**

**THE HYGIENIC**  
**Abdominal and Back Supporter.**



No. 1 - - - - - 30 to 35 inches.  
 2 - - - - - 35 to 40 "  
 3 - - - - - 40 to 45 "  
 4 - - - - - 45 to 50 "  
 Larger Sizes to order, 50 cts. extra.

These Supporters are made of selected material, and support the abdomen in the most comfortable manner. They are secured by elastic bands at front and back, which, combined with the stiff sections, give the desired support, and may be adjusted to any style of form by lacing both front and back. The buckles and slides being made of brass cannot rust, and being *nickel-plated* are not liable to corrode.

This Supporter may be worn with or without a Corset.

Price Complete, With Hose Supporter, \$3.00.

Send measure taken **very snug**, next the skin, over the full part of the abdomen.

Address,  
**RURAL HEALTH RETREAT,**  
**ST. HELENA, CAL.**

**THE SECOND COMING OF CHRIST.**

BY ELDER JAMES WHITE.

This pamphlet gives a brief exposition of the twenty-fourth chapter of Matthew, and its relation to other scriptures bearing upon the subject of the time and manner of the Second Advent, and invites your careful and prayerful attention to the prophetic address of the Son of God as delivered upon the Mount of Olives. Paper covers, sixty-four pages, sent post-paid for ten cents.

Address, **PACIFIC PRESS, Oakland, Cal.**

# THE AMERICAN SENTINEL.

AN EIGHT-PAGE WEEKLY JOURNAL, DEVOTED TO

THE DEFENSE OF AMERICAN INSTITUTIONS, THE PRESERVATION OF THE UNITED STATES CONSTITUTION AS IT IS, SO FAR AS REGARDS RELIGION OR RELIGIOUS TESTS, AND THE MAINTENANCE OF CIVIL AND RELIGIOUS RIGHTS.

It will ever be Uncompromisingly Opposed to anything tending toward a Union of Church and State, either in name or fact. It is well-known that there is a large and influential association in the United States bearing the name of the "National Reform Association," which is endeavoring to secure such a RELIGIOUS AMENDMENT to the Constitution of the United States as will "place all Christian laws, institutions, and usages on an undeniable legal basis in the fundamental law of the land." While there are many persons in this country who are opposed to, or look with suspicion upon, this movement, there are few, outside of the party, who realize what the influence of this amendment would be. The object of the *American Sentinel* will be to Vindicate the Rights of American Citizens, which, we believe, are threatened by this association. It will appeal to the very fundamental principles of our Government, and point out the consequences which would be sure to follow should they secure the desired Amendment to the Constitution. Every position taken will be carefully guarded and fortified by sound argument. Due respect will always be paid to the opinions of others, but the rights of conscience will be fearlessly maintained.

## TERMS.

Single copy, one year, for - - - - - \$1 00  
*American Sentinel* one year and "Prophetic Lights," paper cover, - 1 50

Sample copies FREE.

If no Agent in your vicinity, write to the Secretary of your State Tract Society or Address,

AMERICAN SENTINEL,  
 1059 Castro St., Oakland, Cal.

## COMBINATION UNDER GARMENTS.

These Convenient Garments, Two in One, Combine Health, Comfort, and Economy.



Fit the body smoothly, without pressure, forming waist and drawers in one piece without band or binding.



we furnish patterns for high or low neck, long or short sleeves, cut from nice manilla paper. Price 30 cents, size 30 to 38 inches, bust measure, "even numbers." mail, on receipt of the price. Address,

**RURAL HEALTH RETREAT,  
 St. Helena, Cal.**

## PACIFIC HEALTH JOURNAL

AND TEMPERANCE ADVOCATE.

A THIRTY-TWO PAGE MONTHLY MAGAZINE, devoted to the dissemination of true temperance principles, and instruction in the art of preserving health. It is emphatically

### A JOURNAL FOR THE PEOPLE,

Containing what everybody wants to know, and is thoroughly practical. Its range of subjects is unlimited, embracing everything that in any way affects the health. Its articles being short and pointed, it is specially adapted to farmers, mechanics, and housekeepers, who have but little leisure for reading. It is just the journal that every family needs, and may be read with profit by all. Price, \$1.00 per year, or with the 300-page premium book—"Practical Manual of Hygiene and Temperance," containing household and cooking recipes—post-paid for \$1.40.

Address, PACIFIC PRESS, Publishers, Oakland, Cal.

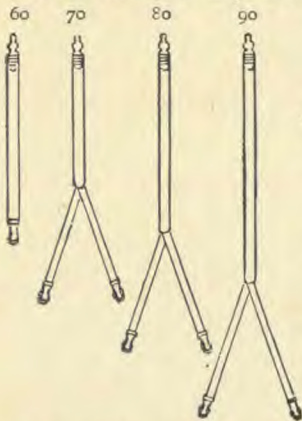


Can be attached to all the skirts in one minute, securing and holding them together, so they may all be put on or off in less time than one skirt is usually put on and secured. This Supporter transfers the weight of the skirts to the shoulders, from which is experienced relief and immediate improvement in health. Price, plain, 35 c with silk stripe, 50 c.

Garters are another serious source of functional obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in

the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. The stockings should always be suspended by being attached to some other garment by means of buttons or a proper suspender.

**The Daisy Clasp Stocking Supporters**



Obviate the necessity of ligatures around the limbs. The left hand cut, No. 60, represents the Supporter for a small child; price, 15c. per pair. No. 70, Children, 20 c. No. 80, Misses, 25 c. No. 90, Ladies, 30 c.

The cut below represents the DAISY CLASP, open. When closed, it firmly grips the stocking and holds it in position.



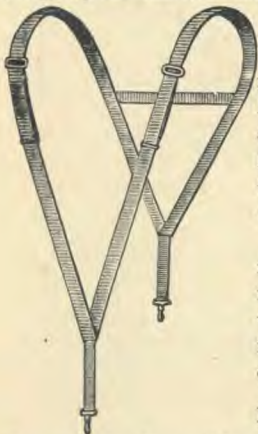
**Daisy Clasp Stocking Supporter.**  
To be attached at the waist.

Either the Suspender or the Daisy Clasp Supporters may be obtained, post paid, at their respective prices. Address,

**Rural Health Retreat,**  
St. Helena, Napa Co., Cal.

**The Ladies' Hygienic Safety Supporter.**

*For firmly and securely holding in place the periodical bandage.*



This useful and much desired article, unlike all others in the market, supports the bandage from the shoulders, thereby avoiding all pressure upon the hips and abdomen, and avoids the injurious effect caused by wearing belts.

It has received the highest recommendations from the medical faculty, is approved and worn by the Ladies' Dress Reform Committee, and commended by every lady at sight.

Mailed on receipt of 50 cents.

For any of the above articles, address

**RURAL HEALTH RETREAT,**  
ST. HELENA, NAPA CO., CAL.

**THE LIGHT RUNNING**

**NEW HOME**

**SEWING MACHINE**

**HAS NO EQUAL.**



**THE LADIES' FAVORITE.**

**THE ONLY SEWING MACHINE THAT GIVES PERFECT SATISFACTION**

**NEW HOME SEWING MACHINE CO. ORANGE, MASS.**  
CHICAGO - 28 UNION SQUARE, N.Y. DALLAS, ILL. ATLANTA, GA. TEX. ST. LOUIS, MO. FOR SALE BY SAN FRANCISCO, CAL.

The New Home Sewing Machine Company, Pacific Department, Distributing Office: 725 Market Street, History Building, San Francisco, Cal. Write for a copy of our beautiful new Waltz Song, "Rock-a-by Dolly," mailed Free to any address, also a lithographed banner, a fine set of chromo cards, and illustrated catalogues. Mention this paper if you want a quick response.

**HEALDSBURG COLLEGE,**  
*HEALDSBURG, CAL.*  
**A MODEL EDUCATIONAL INSTITUTION,**  
**ESTABLISHED IN 1882.**

**SEVEN YEARS OF GREAT PROSPERITY BECAUSE FOUNDED ON SOUND PRINCIPLES. LABOR COMBINED WITH STUDY.**

**FOUR courses of instruction, classical, scientific, biblical, and normal; also preparatory instruction given in a primary and a grammar course.**

**Instruction thorough and practical, not only in the collegiate courses but especially so in the preparatory courses.**

**Discipline rigid, yet parental, combined with strong moral and religious influences**

**Expenses moderate. The whole cost to the student for tuition, board, lodging, lights, washing,—all expenses except for books and clothes, from \$18 to \$20 per month of four weeks.**

he fall term began September 2, 1889. For descriptive catalogue and further information address the principal,  
**W. C. GRAINGER, Healdsburg, Cal.**



# INDEX TO HEALTH JOURNAL, VOLUME IV.

## POETRY.

As the wings of a dove	368
Be obliging	22
Blues, the	104
Bravest battle, the	120
Be brave	308
Blessings of the year	336
Clinging	18
Common sense	216
Counsel	268
Come ye apart and rest awhile	272
Dyspeptic's plea	35
Doing his will	72
Determination	108
Doctor, the	112
Destiny	236
Farmer John's soliloquy	130
Fashion	152
Furbelows the	348
Fit for any king	304
Fairies' war, the	340
Grumbler, the	84
Good housekeeper, the	116
Good cheer	280
Husbandman, the	176
Hasty words, th	160
Hand of God, the	300
Hero, a	372
In the garden	932
Lesson a	40
Little things	376
Lesson in butter	148
Little blue bottle, the, that took too much	204
Life work	328
Modern doctor, the	144
Men wanted	300
My mother's hymn	244
Not fit to be kissed	14
Nature's feast	76
Physique, a	88
Peace with God	332
Questions	54
Resolution	140
Released	312
Right and wrong	344
Surfeiting	80
Stomach's plea, the	168
Slavery	184
Secret of life, the	208
Slipping away	212
Step by step	240
September	276
"She hath done what she could"	300
Uses of adversity	254
Valuable knowledge	46
We reap what we sow	172
Where do you live?	296
What wins	304

## PROSE.

Alcoholic fanticide	108
American Vegetarian Society	122
Apoplexy	133
Apostasy of Solomon, the	168, 200, 232
All hail! reform	183
Air bath, the	195
Are your closets well ventilated?	262
Alcohol in everything	271
At the Retreat	314
About eating	324
Aching feet	331
Atmosphere and its uses, the	338
Apples for brain workers	363
Best beef tea	7
Breathing by males and females	37
Boiling water	33
Bake beans	39
Bread and water	49
Beware of the cow	52
Best bed-time stories (the)	54
Blank in the farm-yard, a	81
Baron Cuvier	97

Be cheerful	105
Breathing	179
Busy mothers	180
Bills of fare	187
Beer drinking	204, 230
Bar keeper's conscience, a	239
Bread made from wheat	240
Bound volumes	251
Beef for hot blood	263
Baby help	277
Beauty and bathing	293
Bread making	307
Boy character	311
Bread, and how to make it	349
Bemoaning the past	362
Coffee drinking and blindness	11
Cleaving unto dust	17
Christian recreation	40
Consumptive cattle	49
Cleaning tinware	57
Care for the nerves	65
Cholera	67
Climate and distribution of cancer	71
Care of the nails, the	71
Croup	107
Concerning cereals	119
Cigarettes	142
Coffee drunkenness	143
Common-sense parents	148
Channing on overeating of flesh	152
Cooking-schools	154, 314
Color of clothing, the	161
Complaining dyspeptic boarder, the	167
California wines	172
Cigarette evil, the	174
Crinoline	185
California loveliness	187
Cancer	203, 243
Chowder fiend, a	207
Chicken cholera	215
Collapse in fever	227
Christian courtesy	244
Corset, the	249
Chapel at the Retreat, the	250
Care of the ear	267
Cancer and vegetarianism	275
Children's dress	284
Complexion, the	292
Cigarettes	303
Cost of liquor	303
Common-sense punctuation lesson	306
Confidence between mother and daughter	308
Cheap disinfectants	311
Cramp	331
Care of infants, the	341
Care of the hands, the	359
Croup treatment	375
Cologne water	375
Close of the volume	379
Domestic hints	94
Drinking water	43
Drink statistics	46
Digestibility of starch	75
Death in the spare bed	82
Delicious dish, a	83
Dress reform and hygienic garments	89
Druggists' orders	101
Diseased meat	102
Dram drinking and evil deeds	109
Diphtheria	138
Duchess of Rutland, the, on total abstinence	141
Dress reform	147, 217
Disease and food	151
Delectable sausage, the	164
Directors' meeting	187
Dietetic value of fruits	197
Dead doctor, the	203
Doctor Craigie	203
Dean Swift's joke	211
Dangers in a meat diet	230
Drinking a farm	239
Diphtheria a century ago	259

Diet and disease	266, 359
Domestic finance	273
Dr. Joseph Garretson	306
Diet and rheumatic diseases	321
Deficient saliva	325
Dry beds and damp beds	330
Disease from a book	330
Diet, health, beauty	339
Diet in dyspepsia and indigestion	355
Extract from "Life of John Wesley"	67
Economical bills of fare	86, 150, 180, 214, 246, 310
Experimental test, an	121
Excitement an evil	134
Emancipation waist, the	152
Equipoise waist, the	153
Extensive patronage	154
Electroscope, the	275
Economy in cookery	278
Economical work	309
Effects of tight clothing, the	344
Effect of the corset upon the capacity for brain work, the	377
Feminine logic	13
Fashionable life	72
Furniture polish	87
Frackles	87
Fire-proof material	87
Few words on dress reform, a	88
Food, Home, and Garden	123, 314
Food and nutrition	129, 161, 193
Fever germs in drinking water	139
French officer's testimony, a	141
From the Housewife	171
Fashion	181
Fly paper	181
Famous dances	199
Free trade or prohibition	207
Fruit or meat	209
Female economy	243
Food for infants	257
Fifty years a vegetarian	295
Fume of tobacco	300
First coil, the	309
Fruit cure, the	379
Genevieve reformer, a	6
Good rules to remember	57
Gastric epilepsy	75
Good health, strong nerves	97
Giants	165
Gloss starch	183
Green whitewash	247
Gospel of physical improvement, the	248
Hygienic principles	3
Home, the	22
Home politeness	23
How finger nails grow	25
How to make oatmeal bread	25
Helpful hints	26, 57, 87, 119, 151, 183, 215, 247, 311, 343, 375
How thirsty plants get water	35
Hints to housekeepers	56
Hindoo vegetarians	65
His own diagnosis	69
How coffee came to be used	79
Horrors of Alaska	82
How to live happily	118
Hygienic cools	122
How to make him eloquent	151
Hygienic cooking	154, 219
His explanation	171
Home decoration	181
How to dress children	185, 377
Hair doctoring	202
How to treat a wife	213
Healing of wounds	215
Healthful dressing	217
Half not told, the	219
Hygiene in the home	241
How pins are made	243
Health lectures	250
How old Sol was made to see himself	269
How breweries help a city	270

# INDEX

	PAGE.		PAGE.		PAGE.
Home-making	276	Our boys and their friends	148	Thoughts for women	116
Healthful dress for women	313	Old shoes	210	Temperance essential to Christian character	136
How to dress warmly	313	One thing needful, the	211	Two opinions of whisky	142
Health and sanitation	326	Origin of the pound weight	271	Toothache	151
Home thrust, a	343	Opium	302	To effectually fasten up rat or squirrel holes	151
How to dress hygienically	344	Poisons generated in food	4	Too much hugging and kissing of children	170
Health and Temperance Association	346	Proper education	8	To get rid of red ants	183
Household medication	359	Pigs <i>versus</i> babies	13	To keep the birds from fruit	183
Household conveniences	374	Porkers	13	Tight lacing and other diseases	184
Hints for the season	376	Poisoned by tobacco smoke	48	That ache in the back	198
Health and temperance	378	Philosophy of eating, the	71	Tobacco	205, 305
Health institution in Colorado, a	378	Putting an enemy in his mouth	79	To keep the hair from falling out	215
Iron in the blood	10	Plain talk to mothers, a	84	To get rid of black ants	215
Inflammation of the lungs	40	Postage on agricultural supplies	87	To cool water without ice	215
Intemperance	46	Patients	90	Therapeutic value of water	228
Improvements at the Retreat	90, 218,	Papering whitewashed walls	110	Tobacco and the blood	238
Ice as a remedy	167	Pencil for writing on glass etc.	119	To cool a room in hot weather	245
Ironing items	203	Power of fashion, the	132	Tight lacing	249
Indigestion	213	Phosphorescence of the sea, the	132	Toilet, the	261
Interesting trifles	234	Peerless hygienic corded waists	153	Theory of a cold	263
Ingrowing toe nails	235	PACIFIC HEALTH JOURNAL	155	Trappist monks, the	263
I want to vote for my pa	237	Peculiar action of drowning persons	171	Tuberculosis, its contagious nature	266
Independence	310	Profuse sweating for the cure of hydrophobia	178	Total abstinence and health	271
Isaac Pitman and vegetarianism	326	Pneumonia	202	Tossing the baby	299
Influence of dress, the	344	Preparation of foods	225	Temperance beer	332
Industry	359	Philosophy of marriage	231	Tobacco smoke	333
Injury from bandaging the eyes	363	Pond mud as a diarrhea breeder	262	Temperance in South Africa	335
Jamaica ginger drunkards	206	Poison habit, the	261	Troublesome weeds	339
Keeping potatoes	25	Paper for cigarette making	274	Talks on health	361
Kidney diseases	147	Pin-worms	277	Three billion six hundred million pence in noxious vapors!	366
Kalsomine	151	Political Prohibitionist for 1889, the	282	Tea	367
King Lemu's lady	212	Proper diet	289	Tonics and bitters	373
Length of human life, the	13	Pure water	293	Thought for the girls, a	365
Liquor trade in Africa, the	16	Poisoned by tobacco	299	To extract stains from silver	375
Life	18, 50, 80, 112, 144,	Pitcairn Islanders	304	To clean looking-glass	375
Losing time in getting health	36	Past and present of pett coats	312	Use of cocoa, the	5
"Light" bread	38	Poisonous wall paper	327	Use of water at and before meals	198
Liquor crimes	47	Right use of blessings, the	8	Uses of the lemon, the	199
Leaving off drink	169	Reforms	70	Use of adjectives, the	274
Lakeful of catarrh specific, a	169	Retributive justice	76	Useful recipes	278, 374
Lucifer match	129	Rural Health Retreat	122, 218, 250,	Unappreciated genius	293
Leave your windows open	139	Rum's ruinous reign	149	Uncertainty of life	298
Lady's dress, a	153	Recipes	150	Use of sweet apples	344
Lectures	218	Remedy for nausea, a	166	Vegetation in winter	12
Ladies (?) smoking	239	Rural Health Retreat Association	186	Variety in diet	24
Lace curtains	247	Road-side stations in Norway	302	"Vick's Floral Guide"	123
Lesson for the times, a	360, 328, 296,	Study with the children	55	Vital functions, the	146
Love of dress	286	Sleeping in the woods	107	Victim of brandy, a	173
Lectures	282	Self-reliance	118	Veils	178
Lead a hand	307	Small waist, a	121	Value of regular habits	214
Long life	331	Stooping	135	Victim to the morphine habit, a	239
Lesson from Solomon, a	340	Sweating of the feet	135	Ventilation	292, 339
Lord Chesterfield and the drink traffic	364	Scarlet fever distribution	179	Value of beef tea, the	299
Mistake of young married people, a	22	Sleeping habit, the	179	Vegetarians in China	307
Medical value of lemons	49	School of temperance and hygiene	186	Word of warning, a	15
Mackerel poisoning	71	Sleeplessness	196	Waste of food and drink	17
Maxims for a young man	87	Shade trees	199	What "wife" means	23
Miss Chapin's experiment	115	Signs of death	203	Woman's dress corsets	42
Magazine dress	122	Spiritual effects of intemperance	204	Where does the sin commence?	47
Muscle-forming food	146	Stop and weigh	210	What shall we wear?	68, 100
Meretriciousness in dress	216	Squills	214	Woman's dress	74, 106, 216
Managing children	244	Sunshine	215	What liquor costs	78
Meat inspection	275	Stern reality of pain, the	230	Wine drinking	79
Milk better than brandy	307	Sleep and electricity	260	Wise mother, a	90
Making the world happier	310	Snuff taking among the Zulus	267	What I know about tobacco	110
Model insect, a	313	Some household hints	279	Want of courtesy to children	118
Man's possibilities	324	Stinson & True	282	Wome 's waists	120
More health and less sin	334	"Strong drink"	300	Woman's dress - shoes	137
Meal and water	339	Scientific temperance	301	What children should wear	152
Moral obliquity	359	Stimulation	302	What shall we wear on our feet?	152
Making an experiment	367	Selfishness	305	What tobacco can do	173
Nervousness	1	Shall we banish the basque?	345	What it costs to smoke	171
Nutrition and teeth	39	Something about cold feet	363	What our boys must learn	181
Nonpatent medicine	49	Spare bed, the	371	What favors longevity	197
New Year's at the Retreat	58	Sanitarium, the	378	Wise captain, a	207
Nerveless Chinese, the	135	Trades in high life	7	What shall we eat?	208, 249, 272, 316
Need of arm exercise, the	139	Total abstinence	14	Woolens for summer	281
No more birds in bonnets	181	Teach your boys	17	Work and wine	302
Never grumble	183	Testimony of patients	20	What alcohol will do	303
Nervous patient, the	231	Ten commandments for bathers	21	What some great men thought of the corset	313
Nutritive value of gluten	246	Table manners	23	World's exposition of 1892, the	314
Need of fat foods, the	275	Tanning hides	26	Words of approval	314
Need of dress reform	280	To prevent a felon	26	What prohibition does	312
New process of treatment	282	Ten commandments and intemperance	48	Words of commendation	312
Nervous system, the	291	Testimony of Mrs. Eliza Haffner	53	What we should drink	347
New method of ventilation	295	Training for girls	55	Winter house ventilation	357
Organs of external sense	33	Total eclipse, the	58	Where the money goes	368
Oleomargarine	42	Tobacco blindness	79	Woman and home	364
Odds and ends of soap	87	Transmission of mental disease	83	Why women get short of breath	377
Our children—importance of early training	104	Table as an educator, the	85		
Opium hell	143	To take rust from kettles	87		
		Trichina in pork	101		
		Teach girls to cook	105		
		Tea drinkers' diseases	106		