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J. N. LOUGHBOROUGH, - - - }  
W. P. BURKE, M. D., - - - } *Editors.*

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A TWO-FOOT rule—keep your feet dry.

Do not inquire so much into the affairs of others as your own.

STRUGGLE with adversity, like a vessel combating the waves.

“WHERE the sun does not enter, the doctor does.”  
—*Italian Proverb.*

ACCORDING to the Jewish Talmud, disease was unknown before the flood.

HEALTH can be bought, but it has to be paid for with temperance at the highest rates.

IT is a wise provision of nature that a man can neither kick himself nor pat his own back.

WHAT is that which we wish for, and when we have gotten it we never know we have it?—Sleep.

THE world may owe a man a living, but it is always best to go out and collect it by a little work.

CHEERFULNESS is an excellent wearing quality. It has been called the fair weather of the heart.—*Smiles.*

THE ancient Greek preserved his health by exercise. The modern American undertakes to preserve his by pills. Which succeeds?

BENJAMIN FRANKLIN said that a cheerful face was nearly as good for an invalid as healthy weather—a good thing for nurses to remember.

### TYPHOID FEVER.

(Concluded.)

In our last we promised to speak with reference to the diet of the patient in a case of typhoid fever. All persons have not yet abandoned the old notion of some of our grandmothers, that if one was sick there must at once be special preparations of something “good to eat.” “Now, Johnnie, you are sick, what would you like to eat?” saluted my ear more than once in my boyhood days, and that too when it seemed as though I did not want to hear of food again for a week. But I must be fed, especially if I was sick.

Dr. Bishop, in the *North Carolina Medical Journal*, says that “excessive temperature and many other disagreeable symptoms that arise in the course of a case of typhoid fever are as much due to overfeeding as to any other one thing that can be mentioned. He says that Fothergill graphically describes the condition of the alimentary canal of typhoid patients in these words: ‘There is also a brown chapped tongue well retracted, the brown fur consisting of an accumulation of dead epithelial scales, significant of the condition of the whole intestinal canal, with brown sordes on the teeth, of similar origin, accompanied by the formation of crusts on the lips.’”

Dr. Bishop says: “In such cases a great deal can be done for the alimentary canal. He has used glycerine with the most happy results in typhoid fever and in other fevers with a typhoid condition; glycerine, being one of the very best solvents we have, softens the hard, dead epithelial scales that are caked upon the tongue, lips, teeth, and, in fact, to a greater or less extent throughout the whole alimentary canal. In many cases where glycerine is taken into the mouth and a teaspoonful given to swallow several times a day, this coat is softened, and the tongue and teeth become clean,

the lips become more and more pliant and soft, and are enabled to grasp the vessel that conveys the food, and the patient does not gulp down such excessive quantities of wind."

Dr. Kellogg says\*: "The diet of a fever patient should be very simple, consisting almost wholly of fluid food, as oatmeal gruel, graham gruel, milk, and, occasionally, chicken or mutton broth, or beef tea. We are not much in favor of animal broths, however, on account of their stimulating character. The same objection is valid against the use of beef tea, and especially against the various extracts of beef which are sold at the drug stores, which are almost entirely devoid of nutriment, being of a very stimulating character. No meat nor solid food of any kind, with the exception of toast, should be allowed. Baked sweet apples, ripe grapes, oranges, and lemons are about the only fruits which may be safely employed under nearly all circumstances when the stomach does not reject food. When grapes are taken, the skins and seeds should be rejected. Vegetables should be discarded as deficient in nourishment and hard of digestion. Jellies, rich sauces, preserves, pastries, and other delicacies, should be strictly prohibited. These articles are not only very difficult of digestion, but contain very little nourishment. Milk is an article of food more generally acceptable than any other. It has the advantage of being easy of digestion, and containing all the elements of nutrition. When it cannot be taken alone, it may be combined with barley water or oatmeal gruel, in varying proportions to suit the wish of the patient. When necessary, lime-water may be combined with the milk, in the proportion of one part of lime-water to three or four parts milk.

"In cases in which the patient is too feeble to take nourishment, or is unconscious and refuses to swallow food when it is placed in the mouth, nutritive enemata should be employed. It is a mistake to suppose that a patient suffering from fever requires no nourishment at all until the appetite returns. The opposite extreme of excessive feeding should also be avoided. If the patient takes no nourishment at all, the depression and weakness resulting from the disease will be very much increased, and death may result from the great weakness occasioned by want of nourishment. Excessive feeding will increase the fever. We have observed cases in which the violence of fever

was very greatly increased by the use of large quantities of stimulating food, as beef tea, egg-nog, brandy and milk, etc. The directions sometimes given to feed a patient every few minutes, or every half hour, is pernicious advice, unless the patient is so weak that only one or two teaspoonfuls of food can be taken at a time. Two or three hours is as short an interval as is admissible. As a general rule, it is better that the patient should take food not more frequently than three or four times a day, the quantity being made large enough to afford the required amount of nourishment."

Dr. Frank Duffy, in the *North Carolina Medical Journal*, in speaking of feeding in cases of typhoid fever, says: "Starchy foods are too often neglected in typhoid fever. Bermuda arrowroot-starch, corn-starch, and rice flour make an excellent basis, and have the advantage of being easily made and little risk of being spoiled in the cooking. . . . Even without predigestion starchy gruels can be given with less risk to the patient than any animal food whatever, provided they are not made too thick.

"Another small but all-important thing needs to be mentioned here. See that your patient has sufficient water. A patient with typhoid fever can go a few days on water alone, and with decided advantage, after an improper diet has been followed, and which has run the temperature up to the danger line."

J. N. L.

### FOODS.

BY W. P. BURKE, M. D.

OUR bodies are composed of several different substances, which enter into the composition of living tissues. To keep well, our bodies must have a due supply of each of these substances. If you deprive the body of fruits and vegetable acids, we find scurvy is the result; because the fruits and vegetable acids contain the potash and other things necessary to the cure of scurvy. Again, should we take too much potash in our system, the heart would become irritable as a consequence. The fevered patient must have foods which make muscular and other tissues; the consumptive must be supplied with fatty tissue; the rickety child, with food containing much lime, etc. The true idea is to supply the loss of the system by appropriate foods, either in sickness or in health. I will speak of the potato just here, as I desire to call attention to some things which it contains.

\*"Home Hand-Book," pp. 1184, 1185.

The three-hundredth anniversary of the potato's introduction into Europe from America, was celebrated in the year 1885. Raleigh has the most credit for its introduction.

The potato is about seventy-five per cent water; is deficient in fat and nitrogen. A part of the nitrogen exists in the form of solanine (poison), found in the skin, but destroyed by heat; contains much starch and potash, and but little soda.

Potash taken into the system, even in small quantities, withdraws from it both chlorine and sodium, both constituents of common salt. Potatoes contain much potash and but little soda, and, when eaten largely, the system requires more common salt to make the waste of soda good. This can be done by mixing with the potato such foods as are rich in soda, or by adding a little common salt.

If we adopt a nutritious vegetable diet, fruits, grains, milk, and a limited amount of eggs, much salt will not be needed. Most people use it more as a condiment than they do to meet the physiological needs of the body. It is certain too much of it is used by American people. Much yet remains to be learned on the subject of salt.

The grape contains from 64 to 86 per cent of water, from 10 to 40 per cent of sugar, an acid (malic) similar to that of the apple, tartrates of iron, magnesia, soda, potash, lime, and phosphoric acids, albumen like the albumen in the blood, dextrine, some gum, with tannin and fatty oils. There are no proteids contained in the grape, compared to the amount in wheats, oats, and other grains. By mixing the grape with grains, we have a wholesome mixture when eaten.

For pure water, mineral matters, and refreshing qualities, the grape is of great value. The sugar it contains needs but little, if any, digestion, and is serviceable. Should the grape be eaten too freely, the heart becomes excited on account of the potash it contains, and those with very irritable hearts should eat sparingly of this valuable fruit.

In an acid condition of the blood, the tartrates of potash, lime, and soda, which the grape contains, renders the blood alkaline, and therefore valuable in digestive troubles. The phosphoric acid in the grape makes it good brain food. The tannin, tartrates of lime, soda, and magnesia, give the grape force in some kinds of diarrheas of catarrhal and nervous origin. Sweet grapes do

not cause diarrheas; it is the very sour ones which cause these difficulties. I find the grape excellent for the glutton and gravel difficulties. I feed patients, to reduce them, on gluten crackers, grape, and orange juices, with satisfactory results. Some physicians use the "grape cure" for many diseases but I find it most serviceable in digestive and urinary difficulties.

The grape is good for food here, and we read in Isa. 65:17-21 that it will be used for food in the earth made new: "Behold I create new heavens and a new earth. . . . And they shall plant vineyards, and eat the fruit of them."

THE APPLE.—Apples differ much in composition, but contain from 75 to 85 per cent water, 5 to 12 per cent of sugar, 1 per cent and under of free malic acid, 2 to 9 per cent of albuminous material. It is said to be rich in phosphorus, and a small per cent of other salts will be near its chemical analysis. It is best eaten raw, but heating often brings out of poor fruit fine qualities. A person who eats largely of apples is seldom dyspeptic or bilious. It is an enemy to the whole of biliary troubles; is full of vegetable acids and aromatic qualities. Choose the best apples,—those which have a spicy taste and refresh you at once. On account of the large amount of phosphorus it contains, the brain and nervous system are supported and stimulated to life and activity.

Scripture and geology place the birth of the apple before man's, and all languages have the name of apple in them. It is the most durable and most practical of fruits. The celebrity of this fruit is great, and our translators make Solomon say of it, "Comfort me with apples." "I sat down under his shadow with great delight, and his fruit was sweet to my taste." I believe it is now thought that the *quince* was the fruit meant by Solomon, instead of the apple, as the translators of the common version have it.

(To be continued.)

#### SULPHUR DISINFECTION.

THE following, from Henry B. Baker, M. D., secretary of Michigan State Board of Health, addressed to S. P. Duffield, M. D., health officer of Detroit, Michigan, of which this copy was furnished for the PACIFIC HEALTH JOURNAL, furnishes some very valuable facts and hints relative to sulphur disinfection. The letter of Dr. Baker is

dated, Lansing, Michigan, August 7, 1890, and reads as follows:—

"DEAR DOCTOR: In the Detroit newspapers today, in a synopsis of your annual report, I see that you propose to displace disinfection by fumes of burning sulphur. Permit me to ask your attention, and that of the Detroit Board of Health, to some facts which bear on this subject, and which could not be had except through this office—excluding Detroit and Grand Rapids (the data from which cannot be profitably included with the data from the smaller places). The official reports to this office prove beyond a reasonable doubt that isolation and disinfection *do* restrict diphtheria. I send herewith three diagrams, in which are condensed the experiences of health officers throughout Michigan in over a thousand outbreaks of diphtheria in the years 1886, '87, and '88. They prove that in those outbreaks in which isolation and disinfection were *neglected* there were on the average over fourteen cases, with nearly three deaths to an outbreak. They prove that in those outbreaks in which isolation and disinfection were *enforced*, there was an average of only a little over two cases, with only about six-tenths of one death to each outbreak. It must be remembered that these figures relate to instances in which at least one case of diphtheria had already occurred in the community, and that occasionally several cases occur at once, on the start. The method of disinfection referred to is that recommended by this State board, namely, burning three pounds of sulphur for every thousand cubic feet of air space in a room, infected articles being loosely spread out; and, because of movement of infected articles from the sick-room, and from one room to another, all rooms in the house are disinfected, together with all contents.

"The evidence of the complete success of this method throughout the State (except in Detroit, and possibly Grand Rapids) is so conclusive that it seems to me certain that any failure in Detroit must be due to some imperfection in the application of the method of disinfection. I do not claim that Dr. Chapoton's suggestion is correct,—that it 'was attributable to the carelessness of the disinfecting physician.' I think it is quite likely that the failure in Detroit is due to the use of *too little sulphur*, possibly, also, to the use of something else with the sulphur. (Possibly the exact weight

of the sulphur may not be correctly estimated when mixed with another substance.)

"I respectfully submit that a *few* laboratory experiments should not be allowed to prevail against two hundred and fifty successful ones in the experience of health officers in restricting actual outbreaks of diphtheria in Michigan. During the last three years the known saving of life in Michigan from diphtheria, by isolation and disinfection, has averaged one and one-half persons per day.

"However, there are many laboratory experiments which coincide with the experience of health officers in Michigan. I send you herewith a hectograph copy of an account of experiments by Pasteur and M. Roux, with the co-operation of Dujardin-Beaumont, which proves both the points which I desire to make: (1) That the burning of two pounds of sulphur per one thousand cubic feet of air space is *not* always certainly effective; and (2) that three pounds is effective. This applies to a closed room; if there are openings through which the fumes may pass, more sulphur is required.

"Permit me to suggest that if any method of disinfecting is adopted which involves the movement of infected clothing, or other articles, through the streets to a central disinfecting station, no such removal be permitted until after such articles have been submitted to disinfection by fumes of burning sulphur, or by chlorine gas, or other equally effective gaseous disinfectant, which shall thoroughly permeate the room and its contents.

"From my practical experience and observation with such disinfectants, I wish to commend the method by fumes of burning sulphur *without* the addition of extra moisture to the atmosphere. When such moisture is added, many valuable articles are destroyed, which, without such moisture, would not be injured.

"I trust that this entire subject will receive thorough investigation by your board, and I shall be glad to be informed of the result. The State board of health desires to utilize, for the entire State, all new methods and all new facts which you can supply on this important subject.

"Very respectfully,

"HENRY B. BAKER, Sec."

DISINFECTION BY FUMES OF BURNING SULPHUR.

Experiments by Pasteur and M. Roux, in the Cochin Hospital, of Paris, were carried on under

the observation and with the co-operation of Dujardin-Beaumont, physician of the hospital, and one of the most eminent medical authorities of France. Dujardin-Beaumont makes a summary report of the experiments, in a work entitled "*Les Nouvelles Medications.*"\* A few paragraphs from pages 76 and 77 of this work, show substantially as follows:—

"Twenty grams of sulphur to a cubic meter [1.53 per 1,000 cubic feet of air space] destroys the different micro-organisms in a moist state, but it is necessary to increase this dose if one wishes to destroy some organisms in a dry state. In fact, since the last communication to the academy, M. Bardet and myself, aided by M. Chambon, have continued these experiments upon micro-organisms in a dry state, and particularly upon vaccine virus. We have taken from the pustules of vaccinia, scabs, which we have reduced to fine powder, and placed in chambers where were variable quantities of flowers of sulphur. When a dose did not exceed twenty grams per cubic meter, the vaccine powder did not lose its properties, and one could, by inoculating animals and infants, obtain a vaccine eruption.

"With 30 grams per cubic meter [2.297 lbs. per 1,000 cubic feet of air space] the results obtained were uncertain—sometimes the powder loses its properties—but when the dose is increased to 40 grams per cubic meter [3.06 lbs. per 1,000 cubic feet of air space], the inoculations are always inactive. So, then, for vaccine, and probably for variola, if one desires to destroy the contagious "germs" in a dry state, it is necessary to double the dose of 20 grams which we have already fixed.

"According to the experiments of Vallin, and of Legouest, 20 grams are sufficient for typhoid fever, while, according to Vallin, 40 grams are necessary for the microbe of tuberculosis.

"(In the case of beef-tea cultures, the dose must vary according to the micro-organisms experimented with.)

"The results at which we have arrived are absolutely confirmative with those which have been previously obtained by Polli, of Milan, Pettenkofer, of Munich, Dougall, of Glasgow, Fatio, of Geneva, and Pietra Santa, of Paris, and, finally, of the researches of Vallin, published in his able work upon disinfectants."

We commend these thoughts to the careful study

\*Translation for this note has been received from John H. Kellogg, M. D., Battle Creek, Mich.

and practice of those who have occasion to battle contagious diseases. "What is worth doing, is worth doing well" applies in such cases, surely.

J. N. L.

#### EGGS VS. PORK.

WE sometimes see comparisons made in regard to the cost of raising poultry and hogs; but prices of feed vary so much according to locality that nothing very accurate can be obtained. I believe, however, that it is very generally accepted that the cost of raising poultry is less than that of raising pork; but be that as it may, there is no comparison between eggs and pork as articles of diet. Pork does more to cause dyspepsia, scrofula, and kindred diseases than any other article of diet. Pork grease is indigestible, clogs the liver, causes eruptions of the skin, biliousness, jaundice, produces sluggishness and coarse muscle. Pork will not build up muscle, bone, and brain in fine quality. Not so with eggs; they are specially adapted for such purposes, there being everything necessary in an egg to make a physical body—to create a new life. What a wonderful thing an egg is! It contains nearly or quite everything the system requires, and all ready for assimilation without waste, there being no bone or tendons to be thrown away.

As the blood is the life, so an egg contains that which is readily convertible into blood, the yolk being composed of the ingredients which make pure blood, a fact which is easily discovered by the condition of the yolk during incubation.

I remember some years ago of reading about the blood-eating craze. Some "scientific" man, no doubt, announced that if consumptives, or pale, bloodless invalids, would drink fresh blood, they would be thoroughly rejuvenated—made new again. Consequently, hundreds of people crowded the slaughtering-places to catch the gory fluid as it rushed from the butchered cattle, and drank it! How people will catch at anything new which promises restoration to good health, and at the same time neglect to comply with the conditions necessary to restore and maintain health by obeying the laws which govern life!

It is not blood already made—that people need to put into their stomachs. It is the material that can be converted into blood by the intricate workings of the vital machinery, of which we

know so little. What made the blood of the steer, which the people drank, thinking they had found the elixir of life? Did he find blood and flesh somewhere already prepared for him?

Some people say they eat meat to give them strength. Where do our horses get their strength and powers of endurance?

It is related that an Englishman was once joking a Scotchman because he ate oatmeal. "Why," said the Englishman, "we feed our horses oats." "Yes," said the Scotchman, "and where can you find finer horses than in England, or finer men than in Scotland?"

But to return to eggs again. The cereals are not so readily converted into blood as an egg, because it takes more time and work for the system to separate and assimilate the parts necessary; hence eggs are excellent food for persons of weak digestion, if properly prepared.

If the pale, bloodless invalid, or one who needs more brain food, will cleanse the system by taking the juice of two or three lemons during the day, and use eggs generally as a diet, he or she will do more toward bringing roses to the cheeks and color to the lips than if he swallowed pints of tincture of iron. If the eggs be taken raw, so much the better; that is the condition in which nature intended them to be used. They can be made palatable by beating them well and adding a little sugar, milk and nutmeg.

Eggs are well adapted to the needs of children, because they contain that which is necessary for growing bones, muscle, and brain.

A family of four persons, within my knowledge, has used seventy dozen of eggs within the last two months, but not an ounce of pork.—*Sel.*

#### EXERCISE.

THE importance of exercise as the natural tonic of the body is greatly overlooked and exceedingly neglected in the treatment of chronic diseases of every kind; and irritating and deleterious stimulants are employed to produce those effects in the system which can healthfully result only from proper exercise and pure air. The beneficial effects of horseback riding, to those who are laboring under pulmonary consumption, are often truly astonishing. Individuals afflicted with this dreadful disease, when they are too feeble to mount the horse without help, by riding a short distance the first time,

and gradually increasing the length of the ride daily, become able, in the course of two weeks, to ride twenty miles without stopping by the way, and feel more vigorous at the end of the journey than at the beginning; and there are instances in which such individuals have made journeys on horseback of several hundred miles, and returned to their homes and friends almost perfectly restored to health.—*Sel.*

#### THE FOURTEEN GREAT MISTAKES.

SOMEBODY has condensed the mistakes of life, and arrived at the conclusion that there are fourteen of them. Most people would say, if they told the truth, that there was no limit to the mistakes of life; that they were like the drops in the ocean, or sands on the shore, in number, but it is well to be accurate. Here, then, are fourteen great mistakes: It is a great mistake to set up our own standard of right and wrong; to judge people accordingly; to measure the enjoyment of others by our own; to expect uniformity of opinion in this world; to look for judgment and experience in youth; to endeavor to mould all dispositions alike; to yield to immaterial trifles; to look for perfection in our own actions; to worry ourselves and others with what cannot be remedied; not to alleviate all that needs alleviation, as far as lies in our power; not to make allowances for the infirmities of others; to consider everything impossible that we cannot perform; to believe only what our finite minds can grasp; to expect to be able to understand everything.—*New York Star.*

WHILE cross-examining Dr. Warren, a New York counsel declared that doctors ought to be able to give an opinion of a disease without making mistakes.

"They make fewer mistakes than lawyers," responded the physician.

"That's not so," said the counselor; "but doctors' mistakes are buried six feet under-ground, and lawyers' are not."

"No," replied Warren, "but they are sometimes hung as many feet above-ground."—*Montreal Legal News.*

THE man who will not tell the truth for fear of losing his "respectability" or social standing is too wicked to enjoy his position.

## Disease and its Causes.

### SICKNESS IN OUR ALLEY.

Of all the trash for miles around  
Wherein diseases rally,  
No other place does it abound  
The same as in our alley.  
There death is ever darting out,  
With many a sudden sally,  
And no one seems to think about  
The sickness in our alley.

It has an odor rank and stout,  
The vile accumulation;  
There's quite enough, without a doubt,  
To sicken half the nation.  
The doctors look at it and smile,  
And patients' visits tally;  
They're getting richer all the time  
From sickness in our alley.

Disease of every sort and kind  
Reposes in our alley.  
There all the proper route can find  
To cross the silent valley.  
And so we should our souls prepare  
With pain and death to dally,  
Unless we cease to breathe the air  
Of sickness in our alley.

—*Sacramento Weekly Union.*

### EDUCATION OF OUR DAUGHTERS.

BY MRS. E. G. WHITE.

In the word of God we find a beautiful description of a happy home and the woman who presides over it: "Her children arise up, and call her blessed; her husband also, and he praiseth her." What greater commendation can be desired by the mistress of a home than that which is here expressed. The apostle recognizes the importance of the family relations, and the powerful influence of the home. In his epistles he enjoins certain rules upon families. He says of the children: "Let them learn first to show piety at home, and to requite their parents; for that is good and acceptable before God."

Children can be educated to be helpful. They are naturally active and inclined to be busy; and this activity is susceptible of being trained and directed in the right channel. Children may be taught, when young, to lift daily their light burdens, each child having some particular task for the accomplishment of which he is responsible to his parents or guardian. They will thus learn to bear

the yoke of duty while young; and the performance of their little tasks will become a pleasure, bringing them a happiness that is only gained by well-doing. They will become accustomed to work and responsibility, and will relish employment, perceiving that life holds for them more important business than that of amusing themselves.

In the fulfillment of their appointed tasks, strength of memory and a right balance of mind may be gained, as well as stability of character and dispatch. The day, with its round of little duties, calls for thought, calculation, and a plan of action. As the children become older, still more can be required of them. It should not be exhaustive labor, nor should their work be so protracted as to fatigue and discourage them; but it should be judiciously selected with reference to the physical development most desirable, and the proper cultivation of the mind and character.

Work is good for children; they are happier to be usefully employed a large share of the time; their innocent amusements are enjoyed with a keener zest after the successful completion of their tasks. Labor strengthens both the muscles and the mind. Mothers may make precious little helpers of their children; and while teaching them to be useful, they may themselves gain knowledge of human nature, and how to deal with the fresh young beings, and keep their hearts warm and youthful by contact with the little ones. And as their children look to them in confidence and love, so may they look to the dear Saviour for help and guidance.

Children that are properly trained, as they advance in years, learn to love that labor which makes the burden of their friends lighter. This daily employment closes the door to many temptations to which the indolent are exposed. It is to be deeply regretted that the children of the wealthy are not, as a class, educated to useful physical labor. Riches may be considered a misfortune if they lead their possessor to look upon labor as undignified and degrading.

The world is full of young men and women who pride themselves upon their ignorance of any useful labor; and they are, almost invariably, frivolous, vain, fond of display, unhappy, unsatisfied, and too often dissipated and unprincipled. Such characters are a blot upon society, and a disgrace to their parents. They fill no place in the world, but are an incubus upon it.

Many who consider it necessary for a son to be trained with reference to his own future maintenance seem to consider it entirely optional with herself whether or not their daughter is educated to be independent and self-supporting. She usually learns little at school which can be put to practical use in earning her daily bread; and, receiving no instruction at home in the mysteries of the kitchen and domestic life, she grows up utterly useless, a burden upon her parents.

She spends her time in visiting, gossiping, and in other unprofitable ways, having no aim or object in life but to get as much pleasure out of it as possible. But let fortune change, let riches take wings and fly away, and she finds herself without resources, with no means of supporting herself, no knowledge that she can turn to any account. She has never learned even to wait upon herself, and is wholly unfitted for the stern realities of life.

A woman who has been taught to take care of herself, is also fitted to take care of others. She will never be a drug in the family, or in society. When fortune frowns, there will be a place for her somewhere, a place where she can earn an honest living, and assist those who are dependent upon her. Woman should be trained to some business where she can gain a livelihood if necessary. Passing over other honorable employments, every girl should learn to take charge of the domestic affairs of home, should be a cook, a housekeeper, a seamstress. She should understand all those things which it is necessary that the mistress of the house should know, whether her family are rich or poor. Then, if reverses come, she is prepared for any emergency; she is, in a manner, independent of circumstances.

The fashionable waste of time encouraged or tolerated in children, and especially in daughters, lays the foundation for corrupt morals, and an enfeebled body. Fathers and mothers, how are your children coming forth from under your hand? Are you training your daughters aright, laying for them the foundation of virtuous characters, and teaching them that life is not what it is represented to be in novels, but a reality, claiming earnest thought and labor?

Girls should be taught that the true charm of womanliness is not simply in beauty of form or feature, nor in the possession of accomplishments, but in a meek and quiet spirit, in patience, generosity, kindness, and a willingness to do and suffer

for others. They should be taught to work, to study to some purpose, to live for some object, to trust in God and fear him, and to respect their parents. Then, as they advance in years, they will grow more pure-minded, self-reliant, and beloved. It will be impossible to degrade such a woman. She will escape the temptations and trials that have been the ruin of so many.

A serious error lies at the foundation of the fashionable education of girls; it is the idea that they have no individuality of character, and therefore no need of any special training such as is given to boys in order to prepare them for the battle of life. Many are taught from babyhood that it is ladylike to be helpless, and that it is almost a disgrace to engage in household labor. But when the tenderly-reared daughter of wealthy parents meets with misfortune, and is left without means or friends, and unacquainted with any labor that might keep starvation from the door, then it is that she wakes up, when it is too late, to the terrible mistake of her early life, and the criminal blindness of her overfond parents. Hundreds and thousands of delicately-reared women are to-day struggling with poverty and want, who might be independent and happy if they had been taught usefulness and industry in early life.

It is as essential for our daughters to learn the proper use of time as it is for our sons, and they are equally accountable to God for the manner in which they occupy it. Life is given us for wise improvement of the talents we possess. The greater our opportunities, the greater is our responsibility to the Giver of all good gifts. We are God's property, and must render an account of all our actions to him. How poor will our lives appear in his sight if they are destitute of noble, unselfish actions; if they have been spent in idleness, pleasure-seeking, and frivolity.

Adam was placed in the glorious Eden as the king of the whole earth; yet there was given him a work to do; the Creator required him to dress and take care of the garden. Thus divine wisdom saw it was best for sinless man to have employment; how much more necessary, then, is it for the fallen race to occupy their time with useful labor, thus shutting the door against many temptations, and guarding against the encroachments of the evil one.

Those who have nothing to do are the most miserable of mortals. It is an unsatisfying life

that is guided only by inclination and love of pleasure, in which we look in vain for some generous deed, some earnest, active work, that has blessed the world. In looking over the record of each day, we should be able to find a balance to our account above selfish gratification; something accomplished that elevates ourselves, benefits our fellow-creatures, and is acceptable to God.

### THE GAD-ABOUTS.

BY FANNIE BOLTON.

THE gad-about is the common fly-away that are known in all civilized countries. They are as officious as they are numerous, and are known to be always putting their noses into other people's business. Probably Turkey is the freest from these common birds, as it has taken the strictest prohibitory measures, and usually confines them all to harems or courts. But in our land of freedom, there is no limit to their liberty or mischief.

The gad-about is usually an untidy bird, because, as it has so much to do in trying to clear out the rubbish in other people's door-yards, it has little time to keep its own door-yard clean. Just step into one of their cages and you will conclude that bachelor's hall is preferable. You will see the breakfast table standing piled with dirty dishes, which the cat is seeking to clean up; the baby is crying, and the older children are quarreling, and everything is all helter-skelter because Mrs. Gad-fly has gone to see her cousin, Mrs. Gad-gossip, and the two are so engaged in raking over the characters of the neighbors that home has no place in their thoughts.

Gad-about is commonly of the wasp order of beings, having a most dreadful power to leave a sting wherever they go. They do not meet to pour in oil and wine, but to empty the venomous poison of gossip and slander. Wherever you hear a hissing at the character and motives of others, you may be sure that you are getting on dangerous ground, and unless you want to get stung you had better take yourself away. There are various stages of development in these creatures. Some are only good-natured, careless, loquacious creatures, that simply like to talk to hear the sound of their own voices. Any topic within the scope of their vocabulary is welcome, as food for conversation. But if these young gad-about is would remember

that "in a multitude of words there lacketh not sin," they would restrain their gift of gab, or put it to a better use.

In the first stages of development, the gad-about is restless and uneasy. They want to go somewhere. Nettie Briggs must go over to see Susie Brown, and then they both must go to Alva Nichol's house, and so on. Mother may have bread to bake, baby to care for, dishes to wash, and no end of mending to do, but gad-about has no eyes for these things. She is a seeker after her own pleasure. The young gad-about is very much like the older ones. They talk, and talk, and talk, and talk, but they don't say anything worth remembering. A wise person will let it go right through, or will shut up the door of the auricular palace entirely.

They begin something in this style: "Oh, say! have you seen Jennie Burn's new dress? She said her mother bought it for her to wear at the school-teacher's wedding; but, ha! ha! she wasn't invited." "Serves her right. She is the most stuck-up thing I ever saw. I'm glad she was disappointed. She's a regular hypocrite, too. She will pretend she likes you ever so much; but the moment your back is turned, she is ready to talk about you as though she were your worst enemy." "That's just the way with that meek-faced Mattie Reynolds; one never can tell what she thinks by what she says." "Oh, say! did you notice John Jones going home with Mary Peters the other night? Wouldn't that be a queer match. He's so much younger than she is. She's a regular old maid. Well, she'd have to exercise herself in bringing up another boy. She's an old school-teacher, and knows how to do it." Then the gad-about canvass the merits of this one and that, till the whole neighborhood is overturned. They pick up chips and straws till one thinks of the chickens scratching in the refuse piles in the alley.

At a later stage, the gad-about becomes bitter and cynical. She feels suspicious of everyone in the town. She impugns the motives of friend and foe. Even the minister does not escape her insinuations. "You don't think I'm soft enough to believe that he visits Widow Brown just for charity's sake? Pshaw! I know too well what human nature is. He's got some other motive than to do her good. And then his wonderful hand shaking! Some folks believe he does it for real good-feeling to them, but, la! don't he know where his bread

and butter comes from? He's simply lining his pockets."

"Do you know that Mr. and Mrs. Allen don't live happily together? You never would know it from outside appearances, but I caught them in the midst of a family jar the other day. Mrs. Allen was terribly mortified. I just enjoy seeing such people put out. You know their daughters put on so much style; why, they wouldn't be seen working as my girl does. You never can get a thing out of them, but I tell you, they are none too good for all their fine ways."

This is the way the scavenger of the neighborhood runs on. Truth or untruth, it is all the same to her. She does not stop to carefully weigh her words, as they will be weighed in the balances of the sanctuary. It is in vain that God's sunshine lies in prodigal glory about her door. The gad-about does not rejoice in it. The blossoms swing their pretty censors of fragrance, but she does not distinguish their perfume. The skies lean over her, fraught with the tenderest blue, but it is all unheeded. Her mind is away in the withered fields of bitter thought. She reads no poems, sings no sweet hymns, prays no humble prayers, comforts no weary heart. She is gathering husks for the swine to feed on. She is raking with her muck rake. Like the vulture, she is mentally tearing to pieces some old carcass, and her talons bear a stench about with her from contact with the vile thing.

There is no character that is so fair but the gad-gossip can point out some defect. There is no beauty so beautiful but that the expert can detect some flaw. The gossips seem like so many rippers flourishing their scissors of criticism. The moment a garment is presented, without compunction of conscience, they fall to, and snip and rip, as though they fairly enjoyed seeing everything fall into rags about their feet. They are sharpers. Beware of going into their presence, if there is a shred of the basting still in your new gown. Beware of them if you have a secret, for they become wonderfully acute in probing to the bottom of every wound, and will spare you no more than the surgeon does the boil.

Not all gad-about's have reached this stage of badness; but, mark you, if the tendency is in you to talk about your friends in any way that is detrimental, you are on your way to this very stage of evil. A gad-about is any person who does not

come to do you good, and to open your door to sunshine and purity. A gad-about is a bad person to have around, from a sanitary point of view, for she is never content unless she is stirring up the accumulations of old diseases and irritating new sores, or making them. She carries a sort of virus with her to vaccinate all within her reach. Why should you allow her to pour into your mind her unsanitary communications, and impress your cerebral corpuscles with pictures of horror, and crime, and suspicion?

Take the sword of the Spirit to the gad-about gossip—and, by the way, there are gad-about men as well as women—when they begin to insinuate evil thoughts, give them a thrust. Quote: "Speak not evil one of another, brethren." "Behold, the Judge standeth before the door." When a torrent of gossip breaks suddenly upon you, declare to them: "Every idle word that men shall speak, they shall give account thereof in the day of judgment. For by thy words thou shalt be justified, and by thy words thou shalt be condemned." "Let no corrupt communication proceed out of your mouth." If the sword of the Spirit does not silence the gossip, pray for her, weep for her, but do not listen to her; for you are to "turn away your ears from hearing evil."

O poor gad-about's, when we think of what you might be, if your fountain was only sweetened and made pure, we could weep with sorrow! Your social qualities were given to you by the Lord, and why have you given them to the enemy to use? It is right to visit your neighbors, it is right to speak often one to another, but your words should be of a character that God can write in the book of his remembrance,—words that are acceptable and choice. You should speak for the edification of one another. She who enters into the home of another with the smile of peace on her lips, with the glory of the hope of heaven in her heart, will speak, out of the abundance of her heart, words so sweet that they will be like heavenly manna to the soul.

Cease to be gad-about's. Be home keepers, chaste, sober, adorned with a meek and quiet spirit, which is in the sight of God of great price. If there are traces of the gad-about in you, if you find yourself with the scissors of criticism in your hand, ready to snip into somebody's character, if you find your conversation full of nothings and commonplaces, just close your lips and ask God

to open them, and fill them. The world is full of magpies and chatterers. Oh, for robins and larks and sweet voices to cheer the sick hearts of the world! There are angel songs to be sung, God's words to be spoken, which are purer than silver tried seven times in the fire. Oh, why will we speak that which profiteth nothing? Are we not commanded, "Keep thy tongue from evil, and thy lips from speaking guile"? The lips of the righteous drop words like pearls and roses; the lips of the gossip, as the old fairy story says, drop toads and lizards and scorpions.

#### VEGETARIANS.

It is well known that whole races of men subsist upon a non-animal diet. A large portion of the Chinese nation subsists largely upon rice, and the millions of India are debarred from meat eating because of their religious tenets. The peasantry of Europe are practically vegetarians. Among the oat-cake-eating Scotch, the cabbage-soup-and-rye-bread-eating peasants of Northern Russia, the maize-and-macaroni-eating Italians, and the boiled-wheat-and-fruit-eating laborers of Constantinople, there are found multitudes of able-bodied men and women who are capable of performing herculean feats of labor, and who are largely exempt from the ordinary diseases of modern civilization. —*People's Health Journal.*

#### PATENT MEDICINE.

THERE is a law in Bulgaria to the effect that if a patent medicine which is advertised to cure a certain malady fails to do so, the vender of the remedy is liable for damages, and may also be sent to prison for a limited period of time as a punishment for publishing an untruth, to the injury of the public.

#### INFLUENCE OF LIGHT.

ITALIAN physiologists have shown that change of tissue in animal organism is promoted by light. It is further found that the change is so slow in darkness that the ordinary reserve of nutriment stored in the body is sufficient to preserve from starvation for a very long time.

IRREGULARITY of meals is one of the commonest causes of indigestion.

## Temperance.

### GLASS NUMBER ONE.

Glass number one, "only in fun;"  
 Glass number two, "other boys do;"  
 Glass number three, "it won't hurt me;"  
 Glass number four, "only one more;"  
 Glass number five, "before a drive;"  
 Glass number six, brain in a mix;  
 Glass number seven, stars up in heaven;  
 Glass number eight, stars in his pate;  
 Glass number nine, whisky, not wine;  
 Glass number ten, drinking again;  
 Glass number twenty, not yet a plenty.  
 Drinking with boys, drowning his joys;  
 Drinking with men, just now and then;  
 Wasting his life, killing his wife,  
 Losing respect, manhood all wrecked,  
 Losing his friends, thus it all ends.  
 Glass number one, taken in fun,  
 Blighted his youth, ruined his truth,  
 Gave only pain, stole all his gain,  
 Made him at last a friendless outcast.  
 Light-hearted boy, somebody's joy,  
 Do not begin early in sin;  
 Grow up a man, brave as you can;  
 Taste not in fun glass number one.

—*Buds and Blossoms.*

### TEMPERANCE IN SOUTH AMERICA.

A LATE copy of the *Cape Mercury*, published at King William's Town, Cape of Good Hope, contains an interesting narration showing the progress of the temperance reformation among the natives of that colony. It appears, according to the *Inter-Ocean*, that the people of Chief Siwani's tribe were the first to agitate for the removal of the canteens (sutling-houses licensed to sell liquors) from their locations. In this they were successful, and it was found by experience that the restrictions placed upon the traffic, though falling short of total prohibition, were highly advantageous to the tribe.

It was recently reported among them that the government, as a revenue measure, was about to abrogate the restrictions placed upon the traffic within the proclaimed areas. This caused much excitement among them, and was the occasion of the assemblage of a large meeting of Siwani's people, June 22, in front of the court-house in the town, to represent their views to the magistrate, and through him to the government.

That orderly meeting of dusky natives, but recently emancipated from the thralldom of barba-

rism, eloquently pleading for the protection of their homes from the destroying influence of the drink, which is the curse of civilized men, formed a scene of pathetic interest to all who feel the pulse-beat of philanthropic sentiment. If the government does not heed such earnest appeals as were there made, then the white people who rule the colony should first of all be made the subjects of future missionary labors.

An old chief, named Mabo, was first to speak. They asked the government to take the liquor from their homes, and it had done so. He trusted it would now listen to their plea, and not bring it back again. He wanted liquor kept as far away from the black people as possible. Sevis, a son of Siwani, said they looked to the government for protection. They were all agreed as to the good that had followed since the canteens had been closed, and they did not want the white man's liquor brought near their locations again. He was not speaking, he said, as a total abstainer, but he spoke for the good of his people.

The statement of Mema, son of a principal councillor, was to the effect that the women, as well as the men, were addicted to the drink habit. "When the canteens were among them," he said, "their wives spent all their time at them, and they had no wives." If the wives of white people should fall into like habits of dissipation, the men would speedily organize W. C. T. U. societies for the suppression of the evil. The dark-colored sisters, however, turned the tables on the men when they were given opportunity to speak. Nopodi, wife of a notable, said the women were losing their husbands, and being ill treated through drink; but since the canteens had been closed they had been happier, and had become prosperous and contented. Another woman bore testimony to the evil effects of drink, and concluded by saying that she "had almost become tired of being thrashed when the canteens were near them." That sort of experience would make even a white woman "almost tired"! A number of women spoke to about the same effect.

Dr. Dick, the local magistrate, closed the conference by saying that he would present the matter to the government, and that he believed it would be a good day for the natives when strong drink could no longer be sold to the black men. This was greeted by signs of earnest approval by the assemblage. Altogether, the incident may be

noted as an indication that the tidal wave of temperance is reaching all shores.—*Sel.*

#### DO WE NEED STIMULANTS?

ALL physical analogies speak against it. We are frugivorous by nature, partly carnivorous by habit, but certainly not graminivorous; and of all animals, only a few graminivorous ones have a *natural* craving for the mildest of all peptic stimulants. Deer, wild goats, and a few of the larger ruminants, pay an occasional visit to the next saltlick. With this exception, the instinct of all mammals in a state of nature revolts against the mere taste of our popular tipples and spices. Monkeys, lemurs, and the frugivorous plantigrades loathe the odor of fermented fruits. Tobacco fields need no fence; and only the rage of hunger will induce carnivorous beasts to touch salted or peppered meats. Strong spirits and opium are shunned as deadly poisons even by reptiles and the lowest insects. Sustained only by the tonic of the *vis vite*, animals endure the rigor of an Arctic winter, and perform their physical functions with an energy far surpassing the exertions of the most active man.

That mental vigor is compatible with a non-stimulating diet, is proved by the teetotalism of many ancient philosophers, and such modern brain workers as Peter Baile, Grimm, Laplace, Combe, Franklin, and Shelley. But can abstainers combine mental activity with physical exertion, and especially with the monotonous, long-continued drudgery of the laboring classes? In other words, will total abstinence do for the people at large? Is the prosperity of a nation, or even of a community, consistent with a *bona-fide* observance of the Maine law? We may doubt if absolute naturalism *a la* Dio Lewis was not something phenomenal even in the century of Cincinnati; nor have theologians yet decided the point whether the "sweet wine" of the old Hebrews was *must* or a sort of *Bordeaux sec*.

The Pythagoreans of Magna Grecia relaxed their principles before they became a national party. Still, history furnishes one excellent test case in point: The Western Saracens abstained not only from wine, but from all fermented and distilled drinks whatsoever; were as innocent of coffee as of tea and tobacco; knew opium only as a soporific medicine, and were inclined to abste-

miousness in the use of animal food. Yet six millions of these truest sons of temperance held their own for seven centuries against great odds of heavy-armed Giaours, excelled all christendom in astronomy, medicine, agriculture, chemistry, and linguistics, as well as in the abstract sciences, and could boast of a whole galaxy of philosophers and inspired poets.—*International Review*.

#### WHAT I LOST BY SIGNING.

I HAVE been thinking about the losses I have met with since I signed the total-abstinence pledge. There isn't a man who has lost more by stopping drink than I have. Wait a bit, and I will tell you what I mean. There was a job of work to be done in the shop and the boss called for me. "Give it to Spencer," said he, "he's the best man in the shop."

Well, I told my wife, and she said: "Why, John, he used to call you the worst! You've lost your bad name, haven't you?"

"That's a fact, wife," said I. "And it isn't all I've lost in the last sixteen months. I had poverty and wretchedness, and I've lost them. I had an old ragged coat, and a shocking bad hat, and some water-proof boots that let the wet out at the toes as fast as they took it in at the heels. I've lost them. I had a red face, a trembling hand, and a pair of shaky legs that gave me an awkward tumble now and then. I've lost those. I had a habit of cursing and swearing, and I've got rid of that. I had an aching head sometimes, and a heavy heart, and, worse than all the rest, a guilty conscience. Thank God, I've lost them all!"

Then I told my wife what she had lost: "And you had trouble and sorrow, and a poor, wretched home, and plenty of heartaches, for you had a miserable drunkard for a husband. Mary, thank the Lord for all that you and I have lost since I signed the pledge!"—*The Agitator*.

#### SELF-INDULGENCE, SELFISHNESS.

TOBACCO users are, almost invariably, selfish to a degree. They seem to think that their comfort is all that needs to be considered under any circumstances. A man who would insist that noxious fumes of tobacco should not be forced upon him by those addicted to the weed, would be set

down as selfish in the extreme. And yet tobacco users are continually thrusting their own selfishness upon other people. What right has any man to befoul his breath and his clothes with the rank stench of stale tobacco and inflict himself as a nuisance upon his neighbors and companions who do not use the stuff?—*The Appeal*.

#### THE DRINKING HABIT.

STATISTICS show that among intemperate persons between the ages of twenty and thirty the mortality is five times greater than among temperate persons. From thirty to fifty the mortality is four times greater with the intemperate, and from fifty to sixty it is three times greater, while from sixty to eighty it is twice as great. These are figures that do not lie, and old toppers and moderate drinkers should take a hint. In a group of total abstainers, aged twenty, the average of life left is forty-four and two-tenths years, while with moderate drinkers the average would be fifteen and six-tenths years. That is to say, a total abstainer on an average would live to be sixty-four, while the moderate drinker would be cut off at thirty-five. A drinker is more liable to accidental death than a sober man is, and in addition to that he is steadily breaking down his constitution.—*Hall's Journal of Health*.

#### TOBACCO PLEDGE.

THE king of Italy is, says a writer in the *American Register*, of Paris, known for his temperance in all things except smoking. He is an exceedingly small eater, and as to drink, his guests may have it in plenty, but his own favorite "tipple" is water. His one great weakness was a good cigar. In this respect he had abused himself until his nerves had begun to suffer. He had asthmatic turns, could sleep but little, and then had to be propped up by plenty of pillows. Some weeks ago his physician told him what was the matter, and King Humbert said: "From this day forth I will not smoke another cigar, or anything in the shape of tobacco." The result has been a most noticeable improvement in his health. King Humbert is a man of iron will, and no one doubts that he will keep his pledge to the end of life.

DELIBERATION too far prolonged defeats its own ends.

### SCANDINAVIAN CURE FOR DRUNKENNESS.

IN Norway and Sweden a man who habitually drinks is liable to be shut up in prison for drinking, not for what he does while drunk. They say that drinking makes him an idle and useless member of society, so he is to be shut up to be cured. As soon as he is put in prison, he gets nothing to eat but bread and wine. He cannot eat the bread alone; it is steeped in a cup of wine.

The first day or two the toper takes this food very readily and says it is good. The third day he says it is tiresome; the next day he don't like it; the fifth day he hates it; the sixth day it makes him ill; by the tenth day the toper loathes the very sight or smell of wine. Then in a little while the sobered toper is let out of jail. Then hot soup, milk, coffee, or water are the only drinks he can endure to take. I have read that a toper cured in this way very seldom goes back to drink. There is a Latin proverb, "*Similia similibus curantur*," which means, Like cures like.—*Youth's Temperance Banner*.

INTEMPERANCE IMPEACHED.—Dr. Chalmers arraigned intemperance in the following words: "Before God and man, before the church and the world, I impeach intemperance. I charge it with the murder of innumerable souls. I charge it as the cause of almost all the poverty, and almost all the crime, and almost all the ignorance, and almost all the irreligion, that disgrace and afflict the land. I do in my conscience believe that these intoxicating stimulants have sunk into perdition more men and women than found a grave in the deluge which swept over the highest hill tops, engulfing the world, of which but eight persons were saved. As compared with other vices, it may be said of this, 'Saul hath slain his thousands, and David his ten thousands.'"

PRINCE BISMARCK, it is said, has given up cigar smoking altogether. "An inveterate smoker such as I used to be," he recently remarked, "probably gets through a hundred thousand cigars in his life if he reaches a fair average age. But he would live longer and feel better all his time if he should do without them." Then why not do without them?

INDUSTRY is the great character-builder.

### HE WOULD NOT BE TEMPTED.

A CERTAIN boy, who had been taught the nature of strong drink, and who had promised ever to shun it, was sent to a school the master of which was not a teetotaler. One day, the master, being in a friendly mood, offered the boy a glass of wine, which he declined. Wishing to see how far he could be tempted, he urged the boy to drink the wine, and finally promised him the gift of a watch if he would only drink. The boy declined, saying, "Please don't tempt me; if I keep a teetotaler, I can some day buy a watch of my own; but if I drink and take your watch, I may later on have to pawn it to get bread."—*Temperance News*.

### RUM IN ENGLAND.

LONDON, April 17th.—Goschen, Chancellor of the Exchequer, presented the budget in the Commons to-day. It shows that the expenses exceeded the estimates by £11,600, and that the receipts exceeded the estimates by over £3,000,000. Commenting on the gross revenue from alcoholic beverages, £29,265,000, Goschen said the figures showed a universal rush to the beer barrel, the spirit bottle, and the wine decanter. It is a circumstance that must be deplored. A closer examination would not diminish the surprise, for the largest increases had been, of all spirits in the world, from rum.—*California Prohibitionist*.

ALL over the Christian world the greatest number who suffer from the curse of strong drink are those who "let it alone," yet who must pay the penalty of the sins of others, and all this because the law, for a price paid into the public treasury, licenses a favored few to promote the ruin of many; because a Christian government sells indulgences, and incentives to vice, and for pay licenses its agents to tempt its citizens to crime.—*Hon. A. B. Richmond*.

THE downfall of ancient empires can, in many cases, be attributed to the vice, immorality, and extravagance of their citizens. Who does not know that when the unbridled appetite for carnal pleasure became the absorbing ambition of the Romans, that mightiest people of the past became the weakest, and were an easy prey to the hardy Goths and Vandals?—*Rev. C. B. Mitchell*.

## Miscellaneous.

### MIGHT BE.

How bright and fair the world might be  
 Were men more often known  
 To try and mend—not others' faults—  
 But, better far, their own;  
 Did we but try mankind to teach  
 A nobler, better way,  
 Not merely by a formal speech,  
 But actions, day by day!

How bright and fair this life might be,  
 No more a troubled dream,  
 If men would live for what they are,  
 And not for what they seem;  
 Did we but garner less of wealth,  
 Which leads so oft astray,  
 And more of mind and soul delights,  
 That cannot pass away!

How bright and fair this world might be,  
 What marvels 'twould unfold,  
 If men would do one-half for love  
 That now they do for gold!  
 If we to truer, simpler ways  
 Were only more inclined,  
 We then should learn life's choicest gifts  
 Are health and peace of mind.

—Sel.

### A VISIT TO THE RETREAT.

BY MRS. A. B. C.

ARE you tired of work, care, or business? Are you sick? and do you wish you could feel well again, sleep soundly, and get real hungry? Well, pack your trunk and start at once for the Rural Health Retreat, near St. Helena. You will find the stage at the station, with its well-kept horses (do you know, I judge a man by the way he keeps his horses), all ready to take you the short two and one-half miles to the Retreat. The grade is so gradual you hardly notice it until you are half way up Mt. Howell, and see little glimpses of the beautiful valley below. Erelong you see the bank walled with rock on your right hand, and you have entered the grounds. Soon a smooth turn brings you to the front of the house. At once something says to you, "Peace." Strange faces greet you kindly, and earnest hearts are hoping good things for you. You feel it as you step into the hall, and the motherly matron shows you your room.

'Twas night when I got there, and, oh, how sweet

and clean my room looked; and how nice and tidy everything was! One could hardly help dreaming sweet dreams with such surroundings. Inside your door you will see program and rules. By reading them you learn the doctor's hours, meal-hours, and all things needful for your well-being. You take your morning walk, enjoy the fresh, clear air and the beautiful scenery. Some are interested in croquet, others in the flowers; but you cannot decide from which side of the house is the loveliest view; and, hearing the bell for prayers, you decide, as you are one of the family now, you will go in and take your place with the rest, and leave the view for further consideration.

The singing is spirited, the Scripture reading earnest, and the prayer asks for just what you need and wish with all your heart you could possess. You decide that these people are sincere in their religion.

Next comes breakfast, and with the rest you seek the clean dining-room. The breakfast is hot, and well served, and good; but so different from home. You wonder if you ever will like mush. The gems are very light, and the butter is fresh and sweet, and you decide you will not starve; just here comes a juicy beefsteak, which you wonder to see some refuse. The fruit is above reproach. You really seem to be in a new world; for new questions unconsciously come up, and you make new decisions as day follows day, and you find yourself growing better.

The doctor is kind, attentive, and you believe he knows just your case, and how to cure you. You say, "Well, I'll give this a fair trial and see what there is in it." The attendants are all so thoughtful; and as you walk about the house you are pleased with its perfect adaptability to its purpose.

After a chat with the friendly book-keeper, I found that the entire building and grounds are open to inspection; and erelong, under the guidance of the polite superintendent, I was learning all I could of the institution and its management. The main building is five stories high, with porches on four floors, where the patients may enjoy the beautiful scenery to their heart's delight. The busy city, the restless ocean, the noisy mart—these things suit us when we are well; but to the tired, worn one how restful to view the peaceful valleys, nestling so cozily between the hills that guard them.

For those who cannot walk, rolling chairs are provided. Speaking-tubes are also on every floor,

for the convenience of nurses and helpers. The whole is kept spotlessly clean by a corps of intelligent workers, under the able management of a quiet, self-reliant-looking lady they call "Sister Ings." We find hot and cold water on every floor, and also every other convenience for patients who are not able to go up and down stairs. The elevator, noiseless and steady, carries patients up and down to meals.

We next went to the light, airy dining-room, which will seat seventy-five. We passed through the serving-room into the tidy kitchen. These people have queer ideas about eating. They think it makes a great difference in one's health what they eat, and how it is prepared. (Sh! "Thim's my sintiments tew.") Consequently they want intelligence to rule the diet of both sick and well. The superintendent's own wife, "Sister Fulton," they call her, reigns lovingly here; and her helpers are ready to execute all her commands. Her eyes are quick to see, her tongue quick to tell; but 'tis all so smooth and calm, there is no jar. All who are able are expected to come to the dining-room for their meals; but there are many who are served with trays in their rooms. The family will average one hundred and seventy-five persons. The fifty or more helpers in the various departments have a dining-room by themselves.

Next we passed through the bakery, where bread, rolls, and a great variety of crackers are made. The very best material of every kind is used, and, as in every other part of the house, everything was *so clean*. The kneading machine for the cracker dough claimed our attention first. Then the rolling machine for rolling, stamping, and cutting the crackers into proper shape for the oven. This is a fine, large one, with a capacity for seventy-two loaves of bread at one time—and such bread! It tastes just like mother's. We peeped into the oven and saw six trays of crackers just getting a crispy brown.

Then the cellars claimed our attention, three of them, cool, well ventilated, and having a wholesome smell of good things.—vegetables, canned and fresh, in the first one, fruit in the second. Seven thousand quarts of fruit in glass bottles is a pretty sight. Tons of berries and grapes are bottled every year.

Then the milk cellar, which furnishes genuine milk and cream for \$200 a month, and eggs are there; used at the rate of one thousand a week.

Then the ice-house and meat-safe were looked at. Only the best meat is used, and between forty and fifty dollars worth supplies the demand.

Then we stepped out to the carpenter's shop, the blacksmith's shop, the paint-shop; and machine-shop. Here we find an engine of forty horse-power hard at work forcing steam all over the building, to warm every room, hall, and office; and, although he is a very hungry fellow, consuming one thousand cords of four-foot wood in a year, we do not complain of him, for he does all the hard work in the laundry, and makes himself useful in various ways. We understand preparations are being made to put another boiler of sixty horse-power in, besides the one now in place.

In the laundry we found busy hands and cheerful hearts attending to that very needful part of our living work, washing and ironing. The clothes are all marked with your initials before washing. Steam runs the Adam's washer, the wringer, and the mangle; thus labor is lightened, and work made perfect. It is soon to be enlarged and a steam drier added.

We visited the stable and found sixteen stalls in good order, and counted seven horses, clean and sleek, contentedly eating hay that had been lowered to them from the loft above. In the carriage-house we saw two stages, two buggies, one cart, and a farm wagon.

The Retreat property consists of twenty-one acres; but the institution also owns a ranch of eighty acres farther up the mountain. Here they raise their chickens. They have two orchards and a fine vineyard, the products of which speak well for Napa County. Besides the main building, there are three cottages and twelve tents on the ground. We are surprised at the great amount of work that has been done here to make this hill-side a pleasant home for invalids. Walks are terraced and walled in every direction, water pipes laid, flowers and trees planted, and everything done that could be done to accomplish the object desired.

I had previously made the acquaintance of the matron of the "ladies' bath-room," a careful little lady, who showed me the many conveniences for applying just such treatment as the doctor prescribes for each particular case. A placard struck my eye, "True modesty can be shown in a bath-room as well as in a parlor," and I thought, "Good! that idea will prevent familiarity"—and I found it true. Having heard about massage, galvanism,

fomentations, etc., I had quite a curiosity to try them, and a few days before I had received a prescription from the doctor, and, placing myself in said matron's hands, she in turn handed me over to one of her strong young helpers. I received a steaming, thumping, rubbing, and something which put new life in every vein, and said to that grim monster pain, "Begone."

Pardon the digression. My guide informed me that thirty males and fifty females had received treatment that day. I did not visit the "gents' bath-room," but heard good reports from those who did.

There is a neat and well-furnished chapel, where services are held every Sabbath, also a prayer-meeting each week, and an occasional lecture by Doctor Burke, on some topic of interest. These people are very devout and reverential in their worship; and, better than that, they practice what they preach. One does not feel oppressed with it, but rested by it; and ere you know it, your faith in God and his power to help will grow stronger.

There is also a large, light, airy gymnasium, where all who are able gather each evening for a short practice with dumb-bells, clubs, etc., or march about the room, the piano answering meanwhile to the able touch of some helper or patient.

There—and I have not told you about the springs, nor the drives and walks, nor one-half I should about Doctor Burke and his able assistant, Miss Doctor Wightman, or ever so many other things. So you had better go and see if you do not find it better than I have told you.

#### DRINKS FOR INVALIDS.

VERY often invalids may be indulged with a liberal allowance of refreshing and nourishing drinks when solid food and cold water would be absolutely dangerous. Notwithstanding the fact that many of the beverages for the sick are so exceedingly simple, how seldom one meets with them properly prepared! Take, for instance, the wholesome drink of barley water, that in many cases of illness is so highly recommended, but is often so poorly made as to nauseate, whereas it should be palatable and nourishing. There are two kinds of barley water, the clear and the thick, but the former is generally preferred. To make it, proceed as follows:—

Wash two tablespoonfuls of finest pearl barley in two or three waters, then put it into a pitcher

with a tablespoonful of crushed loaf sugar, and a dessert spoonful of lemon juice, if desired. Pour over these ingredients a quart of boiling water, cover closely, and leave it thus for two or three hours, until quite cold, when strain carefully and serve. The thick barley water, which contains more nourishment—though not so palatable—is made by boiling three tablespoonfuls of barley in a quart of water with half a teaspoonful of salt. Boil gently for three-quarters of an hour, then add another pint of water and simmer for an hour longer. Strain the liquid, and when quite cold, sweeten and add lemon juice according to taste. But most people prefer it with the salt only.

Rice water is also a useful drink in most all cases, and is prepared by washing thoroughly half a pound of the best quality of rice, and boiling it in a quart of water, with a slight seasoning of salt, for twenty minutes; strain the liquid off into a pitcher and pour over the rice another quart of boiling water, which latter may be allowed to boil until all the goodness is extracted from the rice. Strain again into the same pitcher with the first liquor, and mix well. Before serving, the rice-water should be quite cold, and, if necessary, it should be strained a second time.

Toast water, too, when made, is a most pleasant and refreshing drink, and is usually relished by most invalids. Its preparation is very simple. Take a slice of stale bread and toast it very slowly until it is darkly browned on both sides, but not at all burnt; put it into a basin and pour over it a quart of boiling water. Then cover closely, and when cold, strain carefully, flavor to taste, and it is ready.

Oatmeal gruel is a hot drink and highly esteemed in cases of severe or feverish colds, or in any other cases where a state of free respiration is desirable. Mix two tablespoonfuls of medium oatmeal to a paste with a little cold water, and add to it, by degrees, a pint of boiling water; turn the preparation into a perfectly clean sauce-pan and boil gently for twenty minutes, stirring nearly all the time; season pleasantly with salt, and cream if the condition of the patient will permit its use. Let it be served as hot as possible, and in a pretty, dainty-looking dish.

In serving food to invalids ever bear in mind that all the dishes should be the very prettiest we possess, the spoons and forks be brilliantly polished, and the cloth which covers the tray be spot-

lessly white, so that the meal, however trifling, may present as dainty an appearance as possible. It is frequently by these means alone that sick persons can be induced to take the nourishment which helps so largely towards their recovery. Would it not, therefore, be a sad pity to neglect these trifles?

A. M. L.

### TO TELL THE WEATHER.

BENJAMIN FRANKLIN was the first to discover that storms in this country travel from west to east. He was interested in observing an eclipse, and found that, while the observations were spoiled in Philadelphia by a rain-storm that came on just at the beginning of the eclipse, the sky was clear at Boston until after the eclipse was over. By communicating with intervening towns, he learned that the storm traveled at a uniform rate. Simultaneous observations taken in all parts of the country show that nearly all great storms follow the same general direction—from the west to the east. The same is true of cold or hot waves. Therefore, to tell what the weather will be, in advance, we have only to find out the conditions that prevail west of us. This is practically the course pursued by signal service.

The direction of a storm is frequently diverted by some local cause. A low barometer, or large amount of moisture in the air, attracts a storm, and may either change its course entirely or hasten its advance. The rate at which a storm travels between two points is, in fact, calculated by the gradient or decline of the barometer from one point or the other. When a storm is advancing, the wind blows to meet it. Thus, a wind blowing from east or southeast indicates the approach of a storm from the west. When the storm center has passed, however, the wind changes and follows the storm.

If a person has a good barometer and a wind gauge, he can tell pretty correctly when a storm is coming. Without the instrument, the clouds can be watched, and when seen to be moving rapidly from the southeast, and there are indications of the presence of much moisture in the air, a storm is not far away. The old Scotch saying, that—

“A red sky at night is the shepherd’s delight,

A red sky in the morning, shepherds take warning,”

is partially true in this country. The red sky in the morning indicates an excess of moisture in the

air, and a storm is therefore likely to occur before many days.

The circle around the moon, or lunar rainbow, shows the presence of moisture in the air. Moisture at a high altitude produces a large rainbow, and at a low altitude, a small bow. The smaller the bow, therefore, the nearer is the moisture, and, consequently, the sooner will the storm develop. The old saying that the number of stars to be seen inside the circle indicates the number of days before the arrival of the storm, is not reliable, as the position of the moon in the heavens may make the number great or small, without regard to the storm conditions.

All attempts at predicting the weather for months in advance are mere guess-work. Such superstitions as trying to foretell the severity of a winter by the thickness of the breast-bone of the goose or the fur of animals, originate in some obscure quarter, and are not worth the attention and circulation they receive.—*Chicago Inter-Ocean.*

### SLEEP.

How many hours’ sleep do you require? As many as you can get. That is the general answer to such a question. No rule can be laid down. Jeremy Taylor thrived on three hours, and so does Cardinal Newman. Many centenarians are contented with five hours, but some of them require eight or nine. Unless you are afflicted with a pronounced insomnia—a thing widely different from occasional and even troublesome wakefulness—you are foolish to employ any kind of narcotic drug. But there are two rules of sleeping that everybody may adopt without hesitation: (1) Never let yourself be awakened by anybody else, but wait until you have slept out your sleep; (2) get up as soon as you wake. If you follow these two rules, the hours of sleep will very soon regulate themselves. If you read yourself to sleep, you should read a heavy book, not a light one—a book that taxes and tires your brain, not one that stirs and stimulates it. A dull book is good, a stupid one is better.—*St. James Gazette.*

Of the fifty thousand drunkards who die every year in the United States, a large proportion—Mrs. Emma P. Ewing declares—have the appetite for intoxicants aggravated, if not implanted, by the food which constitutes their daily diet.

## Household.

### TO-DAY.

WHATEVER our lot or condition,  
 Whatever our cross or our care,  
 If we walk in the murky shadows,  
 Or out in the sunlight fair,  
 Will not the path be far smoother,  
 And our hearts find far sweeter rest.  
 If we lift only one day's burden  
 At a time, and then do our best?  
 To-morrow the sun may shine brightly,  
 Though to-day it is cheerless and drear;  
 Yet to-day we must do our full duty,  
 And walk onward with never a fear.  
 The future so wisely is hidden,  
 With all of its toil and unrest;  
 Let us trust to God's loving-kindness,  
 And still cheerfully do our best.

—Mrs. L. Y. Gilbert.

### OUR GIRLS AND THE DEPOTS.

THERE is an enjoyable fascination for all about the incoming and outgoing of an express train, with its motley crowd of passengers, each in eager but silent pursuit of his own destination and purposes. Such a scene furnishes one of the best opportunities for the study of human nature in its many varied phases, especially in our larger cities or towns; while in our smaller towns and villages, the locomotive's whistle, the exchange of mail, etc., brings a thrill of life from the outside world that is felt by all. To the young, in particular, the depot or station, with its quickly-shifting panorama, has a charm that is well-nigh irresistible, judging from the numbers one generally finds in these places at train-time.

Mothers, are you blind to the dangers that lurk here for your children—girl or boy, I care not which? Do you think because you live in a small town and know the station agent, that no harm can come to your daughter there? Perhaps she and her mates tease so to go that you consent, though with a protesting inflection, and an admonition not to be rude or boisterous. Possibly, you have vetoed her going there at all; but even then it is wise to know whether or not your commands are heeded. I am sure that I have seen young girls around the station whose parents would not approve of it, and who did not even dream of

their being there. Facts, abundant and startling, prove that in these places many a young and innocent girl has taken her first hesitating, but fatal, step in a life of shame.

In one of our smaller towns, I once saw a whole omnibus full of rollicking, careless school-girls riding to the depot. They were very noisy, not to say rude, attracting the attention of everyone, and flirting and chatting with the train men with an ease and abandon that was sickening and alarming. It was evidently a customary recreation with them. Then they were treated with cigarettes by the express agent, which one or two at once lighted; and, amid the waving of handkerchiefs, scene one, two, or three—which was it?—of this tragedy for some home, was ended! Now, these girls were not from low or poor families, but every one of them was from our so-called highest circles; and I could but think to myself that, had I at once gone to their mothers, armed with proof the most convincing, I could not have persuaded one of them that her girl did anything out of the way; and I might have even found difficulty in making them believe their girls were there—for such maternal blindness is by no means uncommon.

The moral atmosphere of a railroad station is not wholesome or elevating to our girls. It is the resort of loungers and loose characters, and in no other place can a young girl so quickly and effectually rub off the sweet blush of maidenly modesty and reserve. The habit of frequenting these places is becoming so alarmingly prevalent among our young people that the matter ought to be agitated, and mothers put on their guard.

Allowing our girls to go to the depots with their mates "just for the fun of the thing," is encouraging an idle, loafing habit, which is just as despicable in a woman as in a man, and which as surely leads to vice.—*Housekeeper.*

ACCORDING to medical classics, the use of meat in summer causes more diarrhea than fruits; the meat spoils quickly in hot weather, and acts as an emetic or a purgative.

LET the main sermon of your life be illustrated by all your conduct, and it shall not fail to be illustrated.

"THERE are many whose tongues might govern multitudes if they could govern their tongues."—*Prentice.*

### OLD LIME AND HOW SHE WAS SAVED.

"I'm afraid we're going to lose old Lime," said Mr. Williams, looking dejected; and well he might feel anxious, for old Lime was their only cow, and every poor man knows what a wonderful help a good cow is to a family.

Minnie Ray, the maid of all work, was washing the supper dishes as Mr. Williams came in, and, looking up quickly at the sad-faced man, asked, "What ails her, Mr. Williams?"

"I think," replied Mr. Williams, "she has the colic, as she keeps shaking terribly all the time."

"I'll tell you what to do for her," continued Minnie, with a good deal of animation. "Papa saved our old Jule once when she had the colic, and I know just what to do."

Mr. Williams' face said plainly that he had but little faith in this girl-doctor's skill, consequently there was no surprise on the part of Minnie when he asked not for the remedy; but she comprehended the situation, and was full of anxiety and determination, too, and, standing erect and looking the discouraged man in the face, she said, "We had better go to work immediately, for the colic kills quick."

"What shall we do, Minnie?" Mr. Williams now asked, but with no particular assurance in his tone.

"Go quick, Dan, to the river and cut some hemlock boughs, all you can bring." Minnie issued her orders like one born to command, and as she talked she worked, beginning at once to rebuild the fire in the kitchen stove.

"Mr. Williams," she said, "please fill the boiler half full of water. I think I can save the cow."

"What are you going to have us do, Minnie?" Mr. Williams at last asked. "I'll tell you when we get the water over to heat," said Minnie, as she ran to the shed for the boiler, at the same time handing the water bucket to the disconsolate man.

Minnie's enthusiasm was contagious even to Mr. Williams, for he did go with rapid steps to the well, and the creaking of the windlass told that its rotation was at swifter rate than usual. By the time he had sufficient water in the boiler, Minnie had a great pile of wood by the stove, and the well-fed fire was crackling in a way that promised boiling water soon. She had also succeeded in finding two stones about as large as a baby's head, which she placed in the oven to heat. At this

point Dan came in with his load of hemlock branches, and Minnie, with her characteristic energy, seized her sharp knife from its place over the kitchen table and fell to cutting up the branches and piling them in a heap on the table. Mr. Williams and Dan drew jackknives from their pockets and followed her example without asking why or wherefore.

As they worked, Minnie asked, "Have you put blankets over the cow?" "Yes," was the reply, "all we had at the barn." "Well, Mr. Williams, I haven't had time to tell you before, but we're going to give the cow a hemlock steam. That is what father did for our old Jule. Oh, I want more stones!" she exclaimed, suddenly breaking off in the midst of her description of what father did. "Dan, where can we get more? see, like these," opening the oven door as she spoke. "I know," said Dan, and he was off in a wink. By the way, Dan particularly appreciated Miss Minnie, and thought what she had confidence in was sure to prove a success, hence it was that he so promptly and unquestioningly obeyed her requests. Dan, at least, believed that if the cow could be saved, Minnie could do it, and he was glad that he could render aid in the effort, and felt that obedience was a pleasure to such a command.

As Minnie began to crowd the hemlock twigs into the boiler, Mr. Williams again spoke, saying, "You did not tell us what we are to do, Minnie?" "No," replied Minnie, "there isn't time, Mr. Williams. Now will you please keep a good fire while I go and get some more blankets." Soon she returned with such a pile of blankets and comforts as to almost cover her from view. Dan was there putting his stones into the oven. "That's right, Dan; a good lot you have, too. Now if you will take these blankets to the barn, and put them over the cow; put one on from one side letting it hang down to the floor, and here's a paper of pins—pin it onto the blanket that is now over her along her back. Three or four pins will be enough. Then another blanket from the other side the same way, and so on." Perhaps it was well for the cow that Mrs. Williams was away on a visit, as she might have objected to this use of her bedding, but Minnie considered of first importance the life in danger, even though it was only valuable animal life.

When Dan took the blankets and departed for the barn, Minnie turned to Mr. Williams, saying,

"I was telling you what father did for his horse, but see, the water is boiling. We will take it to the barn. I can carry one end of the boiler. Soon the steaming water was under the cow, and, after seeing that the blankets were as carefully and closely pinned as possible, Minnie continued: "Now I will go to the house and keep up a fire so as to have the stones good and hot. So much of the steam will escape, you see, that we shall need hot stones to put into the water to keep up the heat and steam. In about five minutes Dan had better come to the house for two of the stones."

When Dan came for the stones, he said, "Old Lime doesn't shake as she did; I believe she feels better already."

"I'm glad," was Minnie's response; "it would be hard on Mr. Williams to lose her. You can carry the stones in this kettle. Put them into the boiler carefully with the fire shovel so as not to splash the hot water on the cow. Come back in about five minutes for more stones." Each time Dan returned for more stones he reported favorably, and finally Minnie returned to the barn to superintend the work of removing the hot water and blankets.

"Begin," said Minnie, "by taking off two of the outside blankets. Now roll the rest down from the cow's neck, and rub her vigorously with these coarse towels and then with the brush you use in brushing the horses. When her shoulders are thoroughly rubbed, cover them with these dry blankets, and then roll the damp ones down a little farther and rub and brush again and cover with the dry. You had better tie or strap the dry blankets on securely so they will not slip off during the night. Now I will go."

Morning came, and old Lime was ready as usual to go to the pasture.

If there were any two things that Mr. Williams appreciated above others, they were smooth shirt bosoms and good square meals, and these he had long enjoyed at the faithful hands of Minnie. As he sat at breakfast, he said, "Well, Minnie, I can unhesitatingly give you a first-class recommend as a good cook, a good laundress, and a good veterinary doctor," and with a touch of high esteem in the tone of his voice, he continued: "I am sure I shall remember last night's lesson; for, undoubtedly, you have saved the life of our valuable cow—but one question—in case the hemlock boughs could not have been found, what would you have done?"

"Done the best we could," said Minnie, "with the hot water and stones. Possibly the steam would have proved effectual without the boughs, but I would have them if possible."

MRS. M. J. BAHLER.

#### ART IN THE KITCHEN. NO. 9.

"COOKERY should be both a science and an art. The cook should be educated, should know the value of all foods, know how to combine them in order to procure a suitable proportion of all their ingredients for the daily needs of the body, and how to preserve and bring out their best qualities and properties. Men as well as women should learn the art and the science of preparing food properly. Women are more inclined to take to the art side of the subject, and the men to the science of it. A combination of their knowledge and of their tastes is preferable to either alone. The fundamental principles of all cookery should have their foundations laid deep in knowledge. This would render the subject a delight instead of, as now, a drudgery."

There are so many things connected, with the art of cookery that will both encourage and discourage the beginner, or even the practical cook, that, though a failure should meet you occasionally, do not become so utterly disgusted with your efforts that you will resolve to "never try again." All undertakings must have a beginning, and to become a good cook is not the work of one day, or even two. Long years have been spent in the kitchen, by the best cooks, and still they have much to learn. It is said that the railroad engineer holds the lives of the passengers in his hands, that according to the degree of faithfulness and vigilance on his part, their safety depends; and no less, in fact, in a more general degree, does the knight of the kitchen hold the health and life of her subjects in jeopardy. We would that all might see the importance of, and realize how much the good of society depends on, good cookery. "Whatsoever thy hand findeth to do, do it with thy might," says the wise man; and should we add the remainder of the saying, it would be too late to make amends when the sure work of bad cookery has spent its force on the poor subjects.

When this article is read by many, the world that "lives to eat" will be racking their brains with plans for their holiday festivals, Christmas and

New Year dinners. It is not in our province to give a bill of fare for the table; we have tried to make some suggestions, that, with the aid of the many valuable recipes that have been furnished you through the HEALTH JOURNAL, you may at least avoid the mistake of our fathers and mothers, and the consequent result,—a severe case of indigestion afterward.

All richly-seasoned food should be avoided for the sake of health, as well as the moral effects on our youth. Temperance in all things should be the motto. Discard fully the use of everything that is intoxicating, in your cookery and on the table. Do not imperil the habits of your friends and families by setting the wine cup before them in any form. God has pronounced a curse on the one that putteth the bottle to his neighbor's lips.

The holiday festivities may be made profitable to all. Do not instill into the minds of the young that the chief of all aims of man is to eat and drink. The Creator has made us for a much higher, nobler purpose. He has endowed us with higher principles, that should be cultivated; and as we approach the time when we hope to become perfect in our mental attainments, we must not think we can do so to the neglect of our physical, also. If our bodies are the temple of the Spirit of God, we must keep the temple clean, lest we grieve that blessed guest away.

And now, as we say adieu to those who have so patiently read these poorly-penned articles, and with grateful thanks to the writers from whom we have been able to quote so freely, we wish all the readers a Merry Christmas and a Happy New Year.

M.

#### NOTES IN COOKING.

**MACARONI SOUP.**—One quart of boiling water, into which put a small cup of macaroni broken into small pieces. Let it boil an hour, or till tender, then add a pint of strained stewed tomatoes, and one more quart of boiling water if the first has boiled away. To this add two teaspoonfuls sugar, and salt to taste. Just before serving, pour in a half a cup of cream, and sift in three rolled crackers, and serve hot with croutons.

**VEGETABLE OYSTER SOUP.**—Take one quart of pared and sliced vegetable oysters (in preparing them, scrape, cut them into round pieces, and drop them into cold water); if liked, use half a cup of shredded codfish, add two quarts of cold water,

and cook two hours, or until tender. Add one quart of hot milk, or water if you have not the milk. Just before serving, add one cup of cream, or one large tablespoonful of creamed butter, and five crackers rolled fine, or a cup of toasted bread crumbs. Serve hot.

**BRUSSELS SPROUTS.**—Two pounds of sprouts, two ounces of creamed butter, salt to taste, a pinch of carbonate of soda. Wash the brussels sprouts in salted water and trim off the outside leaves, put them into a sauce-pan of boiling water, with salt and soda added. Let them boil fast with the lid off till tender, from twenty to thirty minutes, according to age. When done, strain them off in a colander, put them into a stew-pan with the butter or cream if preferred, and toss them in this until thoroughly hot, and then serve.

**BLACK FIG PUDDING** (dried figs).—One-fourth pound of sifted flour, one-fourth pound of sugar, one-fourth pound stale white bread crumbs, half a pound of figs cut in small pieces, two eggs beaten together in a bowl, half a cup of milk mixed with the eggs. Wet up the ingredients all together. Put in a well-oiled mould and put oiled paper over it, rolling the edges of the paper to keep the steam and water out; set in boiling water or steamer and steam three hours. This pudding will keep for weeks. Serve with lemon sauce or any kind preferred.

**VELVET BISCUIT.**—Take one quart of sifted flour, three eggs, three teaspoonfuls sugar, one of salt, one heaping tablespoonful creamed butter, half a cake of compressed yeast or a half a cup of liquid yeast, and one small cupful of warm milk. If these biscuit are for twelve or one o'clock lunch, set them at seven or eight in the morning. Dissolve the yeast in a third of a cupful of tepid water, pour it into a bowl with the milk, beat in one pint of flour, cover the bowl, set it in a warm place. When the batter is risen to a sponge, which should be in about two hours, add the butter, sugar, salt, eggs, the yolks and whites beaten separately, and the flour. Knead this mixture well and let the dough rise in a warm place. When light, roll it on the board to the thickness of a half an inch. Cut into cakes with a small round cutter. Place half of the cakes a little distance apart in a buttered pan. Butter each of these cakes lightly, and place the remaining half of these cakes on top of those in the pan, having cut them

one size smaller. Cover with a cloth, and let them rise to double their original size; it will take about an hour and a half. Bake in a moderately hot oven for twenty-five minutes. Just before taking from the oven, brush over with the yolk of an egg mixed with one tablespoonful of sweet milk.

**STRAWBERRY CREAM.**—One pint of fresh strawberries, three ounces of granulated sugar, three-fourths of an ounce of French gelatine, half a pint of cream, the juice of one lemon. Take all the stalks off the strawberries, put them on a silk or hair sieve, sprinkle half an ounce of sugar over them, and pass them through the sieve. Put the gelatine into a stew-pan with two tablespoonfuls of cold water, the rest of the sugar, and the juice of the lemon. When the gelatine is melted, strain it into the strawberries, add the cream well whipped, stir all lightly together, pour into a pint mould, and set. MRS. F. L. McCLURE.

### WORRY.

SOMEONE has said, "It is not work but worry that wears men out." Worry prevents sleep, impairs the appetite for wholesome food, exhausts the nerves, oppresses the brain, depresses the spirits, predisposes the system to disease, sours the temper, renders its victim disagreeable to his companions, and a plague to himself, and shortens life. The man who worries constantly does not live at all in the highest sense. He exists, moves about, and sometimes blusters furiously, but never tastes the sweetness of life. Always looking out for some change which will introduce him to a state of contentment and happiness which he has never known, he is dead while he lives. The man who enters the contest against life's emergencies with steady nerves and deliberate thoughtfulness and confident expectation and manly courage, is bound to win, but the soul that forever worries is almost sure to lose. A good prayer for every Christian would be, "From all forms of worry and discontentment, good Lord, deliver us."

ICELAND, with a population of 70,000, is entirely Protestant, and has no theater, no police, no prison, and not even a justice of the peace.

PURITY, sincerity, obedience, and self-surrender are the marble steps that lead into the spiritual temple.—Bradford.

### HELPFUL HINTS.

MOISTENED alum applied to a cut or a scratch is said to be very good.

BRITTLE finger nails may be helped by occasionally rinsing them in alum water.

PEOPLE rheumatically inclined should eat celery freely.

THE right side should be the position chosen for sleep, as it aids both digestion and the circulation of the blood.

To kill a felon or relieve a burn spread salt on a cloth saturated with spirits of turpentine and bind it on. Said to be a "sure cure."

To open a fruit jar easily, wind a towel wrung from hot water around the top of it, allowing it to remain long enough to soften the rubber.

VEGETABLE OYSTERS.—After washing and scraping, put them into weak vinegar and water; the vinegar prevents them from becoming dark in cooking.

NUTS are a neglected article of diet. They form a partial substitute for meats, but they should be eaten at meal-time, just as any other food should. Better in the morning or at noon.

WHEN the juice of acid fruits has spotted colored goods, touch the place with ammonia water. This counteracts the effect of the acid, and will usually restore the color. The ammonia will quickly evaporate, leaving no residue.

THERE are some flannels and other delicate-colored fabrics which owe their beauty of tint to acid-coloring compounds; for this reason, they are apt to become dull and faded-looking from the use of soaps and alkalis. In such a case, the addition of a small quantity of vinegar to the rinsing water will usually restore the brightness of the color.

THE color in delicate-tinted linens and cottons is sometimes "set" by the addition of a tablespoonful of black pepper added to the wash water. Let the article soak in this pepper tea for some time, then add the requisite amount of soap to the water and wash as usual. Ox-gall is also good to preserve delicate colors, and need be used only once. A good mixture is one teaspoonful of borax and one tablespoonful of ox-gall to a pailful of hot water. Dry all colored articles in the shade, and wrong side out.

# Healthful Dress.

## A RARE TREASURE.

THE mother who teaches her daughter  
To cook, sew, and keep the house neat,  
Is the mother who thinks of her duty,  
For all must have something to eat.

The girl who knows how to do house-work,  
And is willing to do all she can,  
Will make a good wife, and her husband  
Will be a most fortunate man;

For he will possess a rare treasure,  
A loving and neat little wife,  
And a well-ordered home, that is sure  
To be free from both discord and strife.

—Malina.

## ANCIENT FOOT-COVERING.

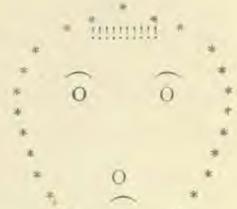
It appears from history that the Jews, long before the Christian era, wore shoes made of leather and wood; those of their soldiers were sometimes formed out of brass or iron. The Egyptians wore a kind of shoe made of the papyrus. The Indians, the Chinese, and other nations, wore shoes made of silk, rushes, linen, wood, or the bark of trees, iron, brass, or of gold and silver. Luxury has sometimes covered them over with precious stones. The Greeks and Romans wore shoes of leather; the Grecian shoes generally reach to the middle of the leg; the Romans used two kinds of shoes, the calceus, which covered the whole foot, something in the shape of our shoes, and the soles, or slipper, which covered only the sole of the foot, and was fastened with leather thongs. The calceus was worn with the toga, when a person went abroad, and slippers were put on during a journey and feasts. Black shoes were worn by persons of ordinary rank, and white ones by women. Red shoes were put on by the chief magistrates of Rome on days of ceremony.—Joseph Moore, in Dress.

## CORSETS AND CONSUMPTION.

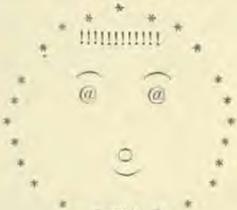
ACCORDING to the United States Census Report for 1880, five females die of consumption for every four males. In other words, the number of deaths from consumption among women and girls is one-fourth greater than among men and boys. Women are, as a rule, less exposed than men to the inclemency of the weather and sudden changes of temperature, by which pulmonary ailments are often produced. Is it not fair to conclude that the enforced disuse of a considerable portion of the lungs by the wearing of corsets and other restraining articles of dress is the real cause of their excessive mortality from consumption?—Sel.

“WHAT is woman's sphere?” To be mathematically correct, we suppose woman's sphere is, being always round when you want her, and sometimes when you don't want her.—Lowell Citizen.

## OF CORSET IS.



\* This is the shape of a woman's waist on which a corset tight is laced. The ribs deformed by being squeezed press on the lungs till they are diseased. The heart is jammed and cannot pump. The liver is a torpid lump. The stomach crushed cannot digest, and in a mess are all compressed. Therefore this silly woman grows to be a fearful mass of woes, but thinks she has a lovely shape tho' hideous as a crippled ape.



\* This is a woman's natural waist which corset never yet disgraced. Inside it is a mine of health. Outside of charms it has a wealth. It is a thing of beauty true, and a sweet joy forever new. It needs no artful padding vile or bustle big, to give it "style." It's strong and solid, plump and sound, and hard to get one arm around. Alas, if women only knew the mischief that these corsets do, they'd let Dame Nature have her way, and never try her "waist" to "stay."

—Ex.

BANDANA is from an Indian word, to bind or tie, because it is tied in knots before dyeing.  
CALICO, from Calicut, a town in India, formerly celebrated for its cotton cloth, and where calico was also printed.

### THE HYGIENE OF UNDER-CLOTHING.

In a moist and changeable climate like ours, where rheumatic affections, catarrhs, sensitive throats, and bronchial tubes are so prevalent, an especial effort should be made to maintain a healthful equilibrium of the temperature of the skin. To effect this, woolen or silk under-clothes should be employed summer and winter—not a patch of an under-vest, covering neither chest, shoulders, nor limbs, but a garment which shall clothe these as well as the trunk.

A lady with one thickness of linen over arms and shoulders will tell you that she is half-dead from the heat. The thermometer stands at 96° in the shade. You place your hand upon the perspiring skin; it is clammy and cold. A poor sufferer, her joints swollen with rheumatism, said to me on a hot summer's day: "I perspire so, and suffer so terribly from the heat, that it is as hard to bear as my illness." The touch of her skin chilled me like wet ice. "You should wear light woolen or silk garments next your skin," I said; "no half-way business, but all over, from neck to wrists and ankles." I had hard work to convince her that she would be made more instead of less comfortable by doing as I advised, but I finally succeeded, and with the happiest results.

There is great variation in the amount of clothing which different people require. Some seem to be almost insensible to cold; others, like poor Harry Gill, their teeth they chatter, chatter still. Special directions must therefore apply to special cases; but certain broad rules can be laid down for all.

Light woolen or silk underwear, suitable for midsummer, is not warm enough for spring or fall wear; and for winter a still heavier grade is needed. Partially-worn winter garments can often be wisely utilized for intermediate service; otherwise, new ones of suitable thickness should be provided. Many persons make the mistake of wearing under-garments in winter which are too thick. These are likely to be all of woolen material, which, very closely woven and very heavy to begin with, has shrunk in the washing. They impede the healthful interchange between the air and the transpirations of the skin; the latter reabsorbs into the circulation the poisonous matter which it has essayed to throw off; it exhales a peculiar sickly odor; the cutaneous nerves lose tone and action; they convey their disturbed impressions to the great centers, and all portions of the nutritive and eliminative systems suffer in consonance.

I have seen the most depraved physical conditions result from the wearing of very heavy, closely-woven flannels, which, after a few washings, had become almost impervious to air and moisture.

Too little clothing is equally bad. It prevents free action of the skin, which is constantly being chilled, and the vitality is lowered by the draughts made upon the internal heat in its efforts to resist the external cold.

Also the body should be evenly clothed, instead, as is often done, especially by women, the clothing being massed upon the trunk and the limbs left half clad.

Many ladies wear low-necked and sleeveless under-vests, so that they shall not feel the change so much in *décolleté* dressing. This course is a constant menace to the health,

and the danger is doubled whenever the baring process is carried out. The custom, except in its most moderate indulgence, is reprehensible from every point of view.

It is perhaps needless to say that "cleanliness is next to godliness," especially in the matter of under-clothing.

The changes should be frequent enough to prevent any possibility of an unhealthful accumulation of the exhalations and exfoliations from the skin.

Two changes per week in cold, and daily or bi-daily changes in warm weather, are pretty good rules, if varied to suit especial conditions.—*Dr. Lucy M. Hall, in The Sanitarian.*

### RED FLANNEL.

THE prevailing notion that red flannel has medicinal properties is entirely erroneous. The red or any other color in clothing has no beneficial effect whatever. On the other hand, there is sometimes danger from poisoning by wearing colored fabrics next the skin. Luckily, the fashion now tends to natural colors in wool and other under-garments, which are always to be preferred to colored goods of any kind. They are warmer, cleaner, and more healthful than any kind of colored goods to be found.—*St. Louis Magazine.*

### KEEP THE FEET DRY.

WHENEVER the walks are moist, as they almost always are at this season of the year, the feet should be protected by rubbers or overshoes when out-of-doors. This extra foot-covering should, however, be worn only when out-of-doors. If worn all the time, the feet are made to perspire, and are more liable to be cold than if not protected at all.

It may be a mistake to educate girls to a love of science and literature, and then set them to doing house-work; but girls thus educated do not think so.

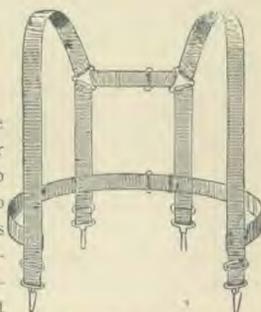
BLANKET is called after Thomas Blanket, a famous clothier, connected with the introduction of woolens into England about 1340.—*Trade Journal.*

### A SHOULDER BRACE AND SKIRT SUPPORTER

To which the skirts can be hooked, may be obtained for 60 cents; misses' size, 50 cents, post-paid. Those who have been using these articles could not be induced to dispense with them. Their practical utility must be apparent to all who give them even a careful look and a moment's thought.

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RURAL HEALTH RETREAT,  
ST. HELENA, C.



## Publishers' Department.

### AT THE RETREAT.

BEING desirous of looking over the grounds of the Rural Health Retreat once more before leaving the Pacific Coast, I made a visit to the institution October 9, 10. The view from the verandas of the main building is always grand and imposing. The mountains on either side of the Pratt Valley, covered with evergreen to their summits, are a refreshing sight. Other parts of the State may represent as fantastic-shaped hills and dales, but at this season of the year, in many instances, they are covered with only dried-up grass and bare, unsightly rocks. Not so with Sonoma Range, Glass Mountain, Sugar Loaf, and the foot-hills of the Howell Mountain, surrounding the Retreat, which are thickly covered with fir, manzanita, or madrone trees.

The grounds, and the flower-gardens around the buildings, and, in fact, the whole buildings, presented a most scrupulously neat and clean appearance. We noticed the freight wagon of the institution busily employed in hauling gravel from the streams of the valley and from Glass Mountain, and placing it upon the roads and walks all around the building, so as to be well prepared for the winter rains. Last year the heavy rains came on so early that there was but little time for such preparations to be made; and not only so, but the wood supply for the winter, which was in the mountains above the buildings, was cut off by the softening of the mountain roads. It is not so this season, for in the capacious wood-shed and around it, I noticed hundreds of cords of the best kind of wood, indicating that there would be no lack in that line for keeping the patients comfortable the coming winter.

I learned from Doctor Burke that for most of the summer season the Retreat had been full to overflowing. We counted twelve tents still standing, occupied by patients and helpers. More room must be provided to meet the growing patronage of this successful institution. I shall expect to hear, with the opening of another spring, that more buildings are being erected.

My two days' stay at this hill-side home was very pleasant indeed, and it was with some reluctance that I turned my steps from this spot, where I have spent so many pleasant days during the last six years of my connection with this institution, to engage in making preparations for other duties, and other labors in different climates. The Rural Health Retreat will ever hold a large place in my affections, and I shall ever have strong desires for its prosperity. May it be made a means of scattering health, blessings, and happiness in the pathway of thousands. L.

### PLEASE RENEW.

A NUMBER of subscriptions to the JOURNAL expire with this number. Examine the address label and see if it is your paper. Please renew at once. Can you not do a good Christian act of love by getting some of your neighbors or friends to subscribe? Better still for you, send two new subscribers, at \$1.00 each, and the publishers will send you the JOURNAL FREE for 1891.

### CLOSE OF THE VOLUME.

WITH this number we close the fifth volume of the PACIFIC HEALTH JOURNAL AND TEMPERANCE ADVOCATE. For the last four and a half years I have had the privilege of an editorial connection with the paper. The first year and a half was covered by the first volume, consisting of nine numbers, of twenty-four pages each, issued each alternate month. The last three years it has been a 32-page monthly, with a cover. We have been gratified to note, from month to month, an increase of interest in the JOURNAL, which has been apparent in that its field of usefulness has been enlarged by an increase of patronage.

It has been our endeavor to place in the columns of the JOURNAL such instruction as would be of practical advantage to those wishing to know how to live to keep well, and how to be happy. As my responsibilities and editorial connection with the JOURNAL cease with this number, I wish to tender to all our readers thanks for their forbearance, but especially for their kindly words of good cheer and commendation of the JOURNAL. As I go to take hold in other fields of labor, in other parts of the country, it would be inconsistent for me to retain the editorial management of the paper. I trust our readers will give their encouragement to those upon whom this burden will now fall. As this number will reach our readers in the midst of the yearly festivities, I wish you all a Merry Christmas and a Happy New Year. L.

### EASTWARD BOUND.

MONDAY afternoon, October 13, 4 P. M., found our company, consisting of twelve adults and two children, at Sixteenth Street, Oakland, "well fixed," on board the tourists' sleeper, "booked" for a trip over the Sierras and Rockies. Our six sections of the car took the front half, and we were pleased to find, as we arrived in Sacramento, that the remainder of the car filled up with an orderly set of ladies and gentlemen.

Not much of special interest is to be found in a night passage up the Sierras and through the forty miles of snowsheds, at this season of the year, save observations on the keenness of the air, as we rise so suddenly from the mild atmosphere of the bay to an altitude of seven or eight thousand feet above sea level, and come so soon into the region of "Jack frosts" and even "black frosts." Our porter seemed to be a little crusty, either from overmuch loss of sleep, or with the idea that the car was run for his special benefit instead of the accommodation of the passengers. Many reasonable wants of the passengers seemed to be met by him with the "contr'y to reg'lashuns." However, when he had received a few dimes from some of the passengers, he did appear to regain his equilibrium a little. To get a look at "Cape Horn," near Colfax, where the railroad train seems to be hung up on a crag of the mountains, some two thousand feet above the American River, part of the company sat up until midnight, but reported that, as there was no moonlight, all that could be seen was a light streak of water down in the deep chasm below.

Daylight found us at Truckee, gliding rapidly down a beautiful stream of the same name. Soon we were out into the Great American Desert, with its alkali plains and sage-

brush, and here and there an irrigated spot bearing its verdure to show us what might be produced in much of these arid wastes could water be brought upon them for irrigation. The time of this trip was passed in pleasant chats with fellow-passengers, with singing, etc., and after a second night of good sleep we found ourselves at Ogden. Here we took the cars of the Denver and Rio Grande, and, after a ride of two hours, passing in good view of the Great Salt Lake, whose waters are sixteen per cent salt, and which is said to be 40 miles wide and 90 miles long, and 4,218 feet above sea level, we arrived at Salt Lake City. Here we laid over for twenty-four hours, that we might see the points of interest in the city. We took rooms at the Uintah Hotel, which is conducted on the European plan. It is located but a short distance from the central portion of the city, and handy of access to the points of interest one would wish to see. We found good accommodations at this house, and very reasonable figures, and commend it to our friends who may pass that way.

Salt Lake City is in the midst of a broad and fertile valley, situated between the Wasatch and Uintah Mountains. The selection of this spot by Brigham Young as the center of his operations in Utah, showed a clear perception and foresight, to say the least. With a train of his people, consisting of 143 men, he came into this valley, through a gap in the Wasatch Mountains, on July 24, 1847. On the 31st of the same month he laid out Salt Lake City in blocks and streets directly at right angles with the north star. The streets are wide, and the city is well watered with pure cold water from the mountains, so cold that no ice is needed for it when first drawn from the faucet. On some of the streets we noticed water running in small streams each side of the street.

Among the special points of interest we visited were the tabernacle, temple, and assembly hall, each in Temple Block, which is inclosed by a high wall. The tabernacle, 150x250 feet and 90 feet high, has a seating capacity for 12,000 people. The temple is 117x186 feet, and is 200 feet high to the top of the tower spires. This is a fine structure, made of granite, quarried from the mountains twenty miles away. It was commenced in 1853, and our guide said it is to be completed in two years. We also went to Zion's Co-operative Mercantile Institution, covering an entire block. The Zion's Bank is near to it, and is a magnificent structure. We also saw the tithing-house, but were told that it had been taken possession of by the United States Government, and thereby some two million dollars worth of the church property taken from them. Then we saw the "Lion House," the "Bee Hive," and many of the houses of Brigham Young's wives, and houses said to be owned and occupied by his sons or daughters. Our guide told us that the Mormons, at their recent conference, had issued a "manifesto," in which they proposed in practice to renounce polygamy, although they still believe it to be right. We visited Brigham's grave, and soon passed out into a street as straight as an arrow, and which ran out to the Uintah Mountains, a distance of twenty miles.

After remaining for twenty-four hours in Salt Lake City, we took the train again and passed down the Jordan Valley, and out of the castle gate into the Rocky Mountains, where we rose that night to an elevation of two miles above the level

of the sea. It was a little tough for some of our party to breathe freely, as the atmosphere was so light. The next day we passed through the "grand canyon" and royal gorge, where the Arkansas River passes through an opening in the mountains not more than thirty feet wide, the rocks rising like a wall of mason-work to a height of 2,600 feet above the stream. At one point in this pass, for about the length of two railroad rails, the river occupies the whole width of the gorge. At this point a bridge is constructed for the trains to pass over, and is actually suspended from the rocks on either side of the gorge. It will pay anyone to pass over this route in the day-time, at least once in going East or West, that they may look upon these wonders.

The evening of that day brought us into Denver, Colorado, a city of over one hundred and twenty thousand inhabitants. Here we spent two days with friends. Colorado is claimed by some persons to be the natural health resort of the United States, because of its pure air and pure water. Denver looked somewhat dirty to our company, who were used to the fine-kept lawns and flower-gardens of Oakland. On inquiring with reference to this appearance of things, we were told that the people had given more attention to money making than to beautifying their premises.

We found many parts of the city greatly deficient in sewerage, save open ditches by the sides of the streets, and that within the city limits were multitudes of open privy vaults. On calling at the house of a friend, in the west part of the city, I found their little girl, some three years of age, just recovering from typhoid fever. I asked what this meant in a city having such pure air and such a healthful climate. The reply was, "There are many cases of typhoid fever in this part of the city." I did not wonder when the next day I saw men shoveling out of the ditches, by the side of that street, filth almost as black as ink, and the excreta from typhoid patients thrown into open privy vaults. Do people expect the climate to be a panacea for all their transgressions of nature's laws?

The climate of Colorado is indeed fine, but it is important that the people learn that their own surroundings, especially the condition of their houses and premises, and habits of eating and drinking and dressing, have as much to do with health as climate. Live rightly, and then, indeed, you get all the benefits of a good climate. L.

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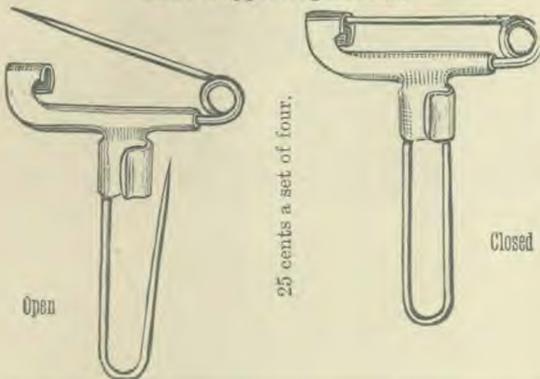
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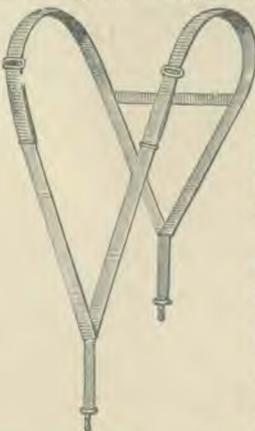
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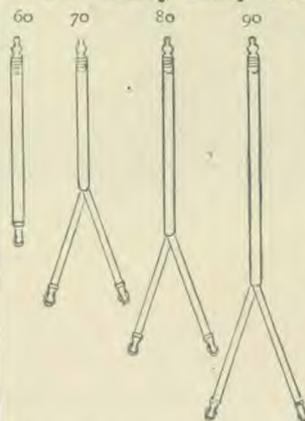
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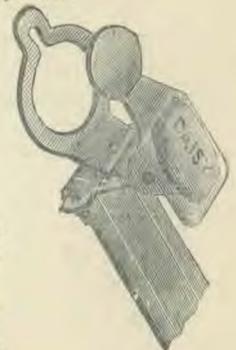
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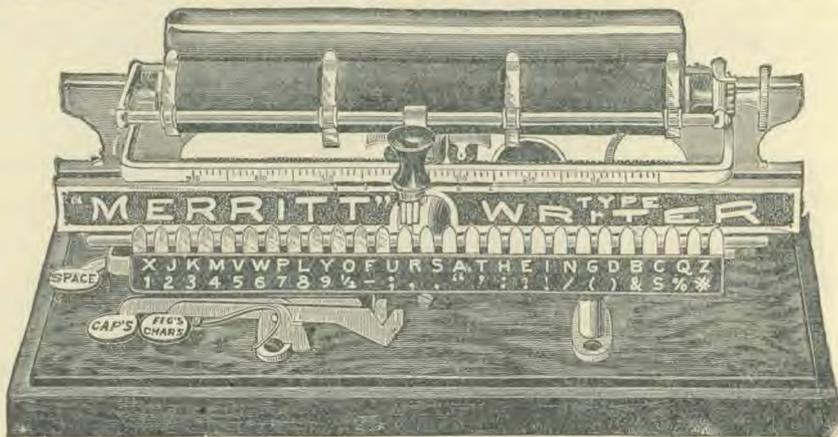
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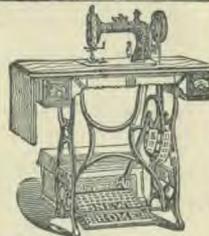
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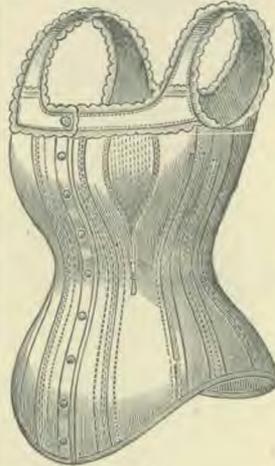
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