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MEDICINE.

THE doctrine which has long been taught the people by the medical profession must answer, to some extent, for the use of tonics and medicines generally by the people. The world is taught generally to believe that medicine has a "power" or "active principle" called an alkaloid, glucoside, or something else, to give energy in certain directions. The theory is taught that certain medicines act on certain organs. It is true that such seems to be the case, but we have it from Holy Writ to not judge from appearances; it would prove a detriment to humanity so to do. We believe that the "action of medicine" is based on natural facts, supported by a correct explanation of them. We understand that *material*, whether it be medicine or food, and *organic* or *vital power*, make up all the ultimate factors in this interesting subject. This vital power we call physiological action, when acting on food material for nutritive or constructive purposes. This same power acting in relation to material which is not possible of assimilation, should be called pathological vital action. What

the public and the medical profession call the "action of medicine" cannot be more nor less than the *modus operandi* of pathological vital activity. Medicines certainly do not act or give energy, but cause, by their presence, the vital activity to be differently manifested, and may become indispensable for such purpose. The question is not what medicine will do (because it will do nothing), but what pathological vital power will do in relation to medicine when placed in the field of organic life.

We find quite a difference, involving cause and effect, between giving energy or power to the system, or causing the involuntary vital power to be differently deployed. The principle of all activities with the organs of life are within the sphere of physiological and pathological vital activity. The idea of a "medical property" is an invention of some ancient brain during the Dark Ages.

The question is not what medicine will do by virtue of its "active properties," but what pathological vital action will do in fulfillment of the law of vital properties in relation to present material which cannot be used for nutritive and constructive purpose, whether we call this material a medicine or a poison. There is nothing active belonging to medicine as a property or part thereof any more than there is in a whip applied to a living horse.

The people are educated to believe in a power inherent in medicine, and that a sufficient quantity of it will effect their physical salvation. This education is wrong and tends to lower the intellectual dignity of the profession and to the taking of tonics by the people. The education should be to look for physical relief through the guidance of

vital power and through the instrumentality of the cultured Christian physician. While the people are taught the present medical philosophy, it matters but little to them where they buy or who may sell to them this longed-for "power." We think when the true idea and correct plan of the healing power of nature are understood by physician and people, professional culture will take a more lofty standard, and all belief, on the part of the people, in the "curative power" of tonics and proprietary medicines will be no more, and these parasitic growths outside of the profession advertising for gain will be in the past.

W. P. B.

EATING.

GROWTH, waste, and repair in health should go on in a uniform way, but it is very surprising to know how little food is necessary for these purposes. The total amount of food needed for repair, growth, and heating, physiology and experience teach us is much less than most people imagine. A wise one has said: "One-fourth of what we eat keeps us, and the other three-fourths *we keep at the peril of our lives.*" This is well said. We get rid of this extra at the risk of health and life. Our vital furnaces are clogged and worried with the extra exertion of removing what should have never been taken into the stomach. Food consists in addition and subtraction, addition of that which is deficient, subtraction of things not needed. He is the best physician who thus practices, but he whose practice is otherwise is farthest from the truth on this matter.

Those who have a tendency to cancer should avoid meat in any form, in fact, all of the foods which contain excess of nitrogen or albumen. Epilepsy and chorea (Saint Vitus' dance) are greatly benefited and frequently cured by abstention from meat. All forms of rheumatism, gout, also constantly-recurring "bilious attacks," "bilious headaches," some skin diseases of a lithemic character, scurvy, and many other troubles can only be cured by withholding meat food. We have found in our practice that much albuminous food, especially meat, favors inflammation, while a non-albuminous diet lowers blood pressure and diminishes arterial tension, and is, therefore, the proper one in inflammations.

Some children are late in getting their teeth, and do not resist disease well. These are the children

who are raised on condensed milk entirely, and are anaemic. They are generally plump but soft and flabby. This shows the deficiency of nitrogen or albumen in the food, and should be added in the form of *good milk* or eggs. When the child does not thrive at the breast, the milk will be found, on examination, to be deficient in albumen. Eczema is found in many infants traceable to a deficiency in nitrogen; this must be added to cure it of the trouble.

Nervous depression and some forms of dyspepsia often found in the same patient must have albuminous and fatty food in a form easily assimilated to effect a cure. Eggs, milk, corn, beans, peas, oatmeal, and wheat are forms of food which contain albumen.

W. P. B.

LA GRIPPE.

WE are frequently asked what causes *la grippe*. I must say I don't know; it is true, I have some idea of my own, but it may not be as good as your own.

The active cause is unknown to me. The disease acts and travels to the four corners of the earth, in every way like one caused by a micro-organism. Debility, exposure, existing disease, lack of proper nourishment or sleep, care, anxiety, grief, social or sexual excesses, or constitutional or organic weakness, predispose a person to the disease. Its symptoms are catarrhal—frontal headache, congestion of nasal, pharyngeal, laryngeal, and pulmonary organs, irritability of heart, intestinal catarrh, temporary paralysis of lower limbs, and erotic excitement, and other diverse symptoms. We must call the disease *epidemic catarrhal fever*. The French call it *la grippe*, the Italian, *influenza*, formerly supposing it came from the influence of the stars. There is more in this Italian theory of its origin than most people are wont to admit, though the bacillus *la grippe* may be the direct and exciting cause of the disease. When we look to the meteorological conditions which have prevailed for the past two years, and when we cast our eyes over the various histories of its different visitations in Europe and America, it will be found that the weather preceding and during its occurrence was extremely unseasonable, at least was marked by sudden alternations from cold to warm, or from dryness to moisture, or the reverse. We believe that there is a common climatic or atmospheric factor which not only causes, but

influences the progress and direction of epidemic diseases.

Treatment—Absolute rest in bed, both physical and mental. Drink large quantities hot water, and take large enemas of hot water until perspiration is established. Fomentations over region of pain. Hot packs and alcohol vapors are advisable in competent hands. Should you not be able to break disease within twelve hours, send for the wisest physician you can find.

W. P. B.

DR. BURKE'S RESIGNATION.

WITH this number Dr. W. P. Burke closes his relations with the PACIFIC HEALTH JOURNAL as editor. Some time ago his resignation was handed in to the publishing board, but the board could not see their way clear to accept it until the present. He much needed a rest, and has business which calls him out of the State for some time.

We wish to say that our relations editorially with Dr. Burke have been short but cordial and in every way harmonious, so far as we know, and we heartily wish him success in ministering to the wants of the sick and suffering in the new fields he may enter in the future.

M. C. W.

NOTES ON THIS, THAT, AND THE OTHER.

THERE are many sensible teachers, and Miss Helen H. Cole, of Baltimore, M. D., is one of them. She has charge of one of the physical culture departments. When she began last winter, she would not hear of any exceptions to her rule, which forbade any member of the class from joining in the exercises unless corsetless and garterless. Health waists and elastic supporters fastened to the waist and border of the stockings were donned obediently by the pupils. Now the three hundred young ladies of the State Normal School of their own will have discarded the corset and garter as any part of the home, school, or promenade costumes. And we wish to carry our commendation farther. Those young ladies were sensible girls. Long may they live, with good lungs and free circulation.

By the way, one of the cruellest tyrants in the world to-day, but slightly behind intemperance in the list of victims slain, and perhaps not at all behind in the extent of her influence, is Dame

Fashion, and the wickedest part of her cruelty is exerted with most flattering success from the tyrant's standpoint through the corset. Her greatest slaves are among the female sex. Men, as a rule, are far from the physical crime of corset wearing, and there are no exceptions to that rule. True, there are some *males* who are so weak, narrow, and superficial as to resort to the despicable habit of incasing themselves in the steel-ribbed waists, but *they* are not *men*, they are *dudes*.

"A dude is one who would
Be a lady if he could,
But as he can't, does what he can
To show the world he's not a man."

And the wearing of corsets is one pretty sure evidence. We have more charity for the weaker sex. They have been slaves so long that they know not how to release themselves from their mistress. They ache, and groan, and sigh, and die, all for Dame Fashion, and the next generation doeth likewise.

THE cruelest part of all is that the murderous practice is begun so young. Even male infants have to suffer here. The mother is ignorant of pliant ribs and cartilages, the clothing is made tight, the organs are compressed, the bones harden, and the lungs never have power to expand to their full capacity. The natural breathing of children and men, say some writers, is abdominal, that is, they breathe clear down, the abdomen shows the inhalation and exhalation, but with women breathing is costal, that is, it is shown by the rising and falling of the chest and shoulders. But it ought not so to be. Just as children of both sexes breathe alike, so should adults of both sexes breathe alike, and that abdominally. And they would breathe abdominally were it not for the restrictions of tight clothing and corsets. The circumference of the chest in a child which has always worn loose garments, is about the same as that of the hips, and such would be about the case all through life if nature were not interfered with.

The Indian woman who never wore a tighter corset than her loose blanket is a proof of this. She is also an evidence of the benefit of loose clothing in her freedom from pulmonary diseases and diseases which arise from the displacement of the internal organs. With all the vices which they have among themselves, with all they have acquired from the Caucasian race, they are a long way

ahead of their white sisters in the matter of health. As a general rule, civilization among women seems to exist proportionately with delicateness, feebleness, and general ill health. Disease of every name is said to be responsible for the crimes of fashion against nature's laws, which are also God's laws. Sensible women know this; they know that their life is one of veriest bondage to custom. And yet they follow it, persist in following it, sufferingly, uncomplainingly, with a fortitude and endurance worthy of a good cause. There are three principal reasons why women do not break from this bondage, which we will notice next month. In the meantime, perhaps our female reader might find it profitable meditation to consider why she as an individual submits to such galling slavery.

THERE is perhaps no poison which has been used as a remedial agent, with the exception of alcohol, which has paid more dearly for its introduction and use than opium in its various forms; and the worst of it is, its use is growing every day. Not many years ago it was forced upon China, and its people are rapidly becoming a nation of opium fiends. Enough may be seen of its use among them on the Pacific Coast to show what it must be in their own land. Americans by the thousand are forming the habit of their yellow-skinned brother. The constantly-growing nervous strain in the intense life of America calls for much rest or more stimulation, and many resort to stimulants. As morphine can be taken more readily without detection than alcohol, it is coming to be indulged in more and more, and is used in imparting its specific flavor and soporific influence to tobacco. It should be discountenanced everywhere.

A SAD case of the use of morphine is given in the following dispatch from Indianapolis, Ind., January 6. It shows how readily and strongly it fastens itself upon the system. "Ten days ago a woman from Ohio giving the name of Miller, with her five-year-old daughter, appeared at the residence of relatives at Lebanon, and stated that she was on her way to the Keeley Institute at Plainfield. She had become addicted to the morphine habit, and asked that her child remain at Lebanon while she was at the institute. Before leaving she said she had been in the habit of giving the child morphine since early infancy. She had been gone

but a few hours when the child began to cry for 'phine,' as she called the drug. The Lebanon people refused her the drug, and her paroxysms became so violent as to cause alarm. A small portion of morphine was administered and the child became quiet. It was then sent to its mother at the institute, and, acting on the advice of the physician, it was entered as a patient, and is now being treated. The mother admitted that the child had been using about two grains a day, but this has been reduced to a quarter of a grain, and the physicians think there will be no trouble in curing the little victim. The child, in fact, is getting along better than its mother." M. C. W.

THE BICHLORIDE OF GOLD CURE.

WE adverted in a note last month to the bichloride of gold cure for drunkenness, or alcoholism, and pronounced it a "fad" which would run its course, just as did the blue-glass cure, the Koch remedy for tuberculosis, and other things of like nature; though, in justice to Dr. Koch, we should say that he never claimed for his remedy what was claimed for it by others. Since writing our note last month, our eye chanced to fall upon a letter from the pen of T. D. Crothers, M. D., written to the *Medical Record*, New York, and reprinted in a special supplement by the *American Doctor*, of Richmond, Va.:—

SIR: I have received several requests to give the readers of the *Record* my views of the bichloride of gold excitement. As this subject has only a psychological interest, the limits of a brief note will be sufficient.

Practically, the bichloride of gold is a therapeutic nihilism. So far, the best authorities agree that any form of gold is inferior to iron as a medicine. Any physician can show that a combination of cocaine, strychnine, and atropia, or other similar drugs, used hypodermically, will effectually check the craze-for spirits. As long as it is given two or three times a day, all forms of alcohol will be distasteful and abandoned under all circumstances. This is simply chemical restraint, which is well understood in all the insane, inebriate, and private asylums of the country. The permanent cure or restoration of these complex insanity cases, in three or more weeks, by chemical restraint, is startling, to say the least.

The extraordinary confidence of permanent cure,

and the almost enthusiastic delirium to make it known, by the persons who have taken this treatment, is not only startling, but unknown in the history of other diseases.

Psychologically, this unusual interest marks a distinct stage in the advance of every great truth. The statement that inebriety was a disease and curable, has passed the stage of denial and opposition, and come to the second period of credulity. This is the time for specific remedies, and the opportunity for the quacks and camp followers of science, who, recognizing the demand for help and the confusion of facts and theories, take advantage of the situation for the most selfish purposes.

By and by this period of credulity will be followed by a scientific era of organized fact, in which specifics and extravagant claims will disappear. The bichloride is only one of more than a dozen different remedies on the market and advertised as specific cures of all forms of inebriety. All these remedies are sustained by innumerable certificates of clergymen, editors, and cured patients, and even physicians' names appear as references. Two facts seem to be very prominent in this bichloride movement—one, the intense interest of the public in any possible therapeutic measures that will check inebriety and relieve or cure the victim; the other, the dense ignorance and consequent credulity manifest for the remedy or method of treatment that by shrewd advertisement becomes most prominent.

The nature and value of alcohol and its effects on the body have, during the present year, been more widely discussed in medical circles than ever before. Political parties, societies, and churches have all manifested unusual interest in this topic. Public sentiment has passed beyond the realm of the exclusive use of moral remedies, and with childish expectancy is ready to welcome any mysterious medication that promises unusual and positive results. No matter what remedies are proposed, or theory advanced of their action, they are accepted, simply on the statements of non-experts and enthusiasts.

All of which shows the credulity and gullibility of the public, and the uncertainty of the thing on the part of intelligent men in the medical profession. As intimated last month, the restoration of normal nutrition in building up the broken-down forces of the system, as well as moral stamina, is demanded in the complete cure of the confirmed inebriate.

QUERIES.

ANSWERED BY W. P. BURKE, M. D.

DIET.—We are requested to give a diet to keep people awake during the hour of preaching.

This sleepiness in church during preaching is due to more things than simply diet, although the latter plays an important part. A lack of interest on the part of the hearer is partly to blame. Bad ventilation has put many people to sleep in church. While the lungs are loaded with impure exhalations, and the brains oppressed with imperfectly oxygenated blood, no pulpit eloquence or truth can stir the heart as it should be. Long preaching does not always put people to sleep, but they are dull, languid, irresponsible, through the noxious and enervating effects of foul air. Clean lungs and windpipes are as important as clean hands and faces during the preaching hour, and I believe the *Supreme* demands all to be clean, because cleanliness is next to godliness.

Eating too much certainly will assist materially in causing you to sleep in church. Our women are constantly preparing "feasts of fat things," and man will eat them, as sure as Adam ate when Eve offered it to him. Eating of rich food, condiments, etc., and heating drinks will assist you to go to sleep during church services, as well as to eat too much. You had better try drinking a little hot water only (eat nothing) at the meal just prior to preaching service, and report effects.

"What causes jaundice?"

This question is often asked us. Should the gall duct become obstructed by solidified bile, hydatids, swelling, constriction, ulcer of duodenum, gallstones, or by compression of a tumor, pregnancy, accumulation of faeces, etc., the gall bladder becomes overfull and excessive bile is absorbed by the veins and lymphatics, producing jaundice. When the obstruction is not mechanical, it is caused by poison circulating in the blood, as specific fevers, pyæmia, snake poison, or malaria, etc.; it may be caused by many kinds of medicines, as copper, antimony, etc., or by mental emotions, congestion of liver, deficient oxygenation of the blood. We find in all cases of jaundice bile in the urine.

SLEEP is nature's benediction.



GENERAL ARTICLES

THE PNEUMOGASTRIC NERVE.

[Eugene Field, that "sweet singer" of Chicago, who must have suffered from *La grippe*, is credited with the following ode.]

UPON an average, twice a week,
When anguish clouds my brow,
My good physician friend I seek
To know "what ails me now."
He taps me on the back and chest,
And scans my tongue for bile,
And lays an ear against my chest,
And listens there awhile.
Then he is ready to admit
That all he can observe
Is something wrong inside, to wit,
My pneumogastric nerve!

Now, when these Latin names within
Dyspeptic hulks like mine
Go wrong, a fellow should begin
To draw what's called the line.
It seems, however, that this same,
Which in my bulk abounds,
Is not, despite its awful name,
So fatal as it sounds.
Yet, of all tormentors known to me,
I'll say without reserve
There is no torment like to thee,
Thou pneumogastric nerve!

This subtle, envious nerve appears
To be a patient foe—
It waited nearly forty years
It's chance to lay me low;
Then, like some withering blast of hell,
It struck this guileless bard,
And in that evil hour I fell
Prodigious far and hard.
Alas! what things I dearly love—
Pies, pudding, and preserves—
Are sure to rouse the vengeance of
All pneumogastric nerves!

Oh, that I could remodel man!
I'd end these cruel pains
By hitting on a different plan
From that which now obtains.
The stomach, greatly amplified,
Anon should occupy

The all of that domain inside
Where heart and lungs now lie.
But, first of all, I should depose
That diabolic curve
And author of my thousand woes,
The pneumogastric nerve.

—*Medical Age.*

NASAL CATARRH.

BY DIO LEWIS.

A RADICAL error underlies nearly all medical treatment of nasal catarrh. A salt rheum appears on the hand. An ignorant doctor says, "It is a disease of the skin." He applies an ointment. The eruption disappears.

An ulcer appears on the ankle. The ignorant doctor says, "It is a disease of the ankle." He applies a salve. The sore disappears.

There is a discharge of matter from the ear. The ignorant doctor says, "The ear passage is diseased." He prescribes an injection. The discharge stops.

A case of nasal catarrh is presented. The ignorant doctor says, "This nose is sick." He prescribes a snuff. The discharge stops.

In every case the apparent relief is temporary. The difficulty soon returns, and it is worse than before. Harm has been done. Often other difficulties have been added. In every one of these cases the ignorant doctor has entirely mistaken the seat of the malady. Of course his prescription is a blunder.

Salt rheum is not a disease of the skin; it is a disease of the system, showing itself in the skin. Catarrh is not a disease of the man's nose; it is a disease of the man, showing itself in his nose. The blood which is now in my brain, is, before I am done writing this sentence, back in my heart again, and now it is distributed to my liver, stom-

ach, kidneys, every part. Every part of the body is fed every moment from the same blood. Every atom of every organ and tissue is obtained from that blood, and every minute all this blood comes back to the heart, to be mixed and intermixed. Now do you suppose that one part of the body can draw away from the rest, get up a disease, and carry on an independent operation of its own, on its own responsibility?

What I have said is not new. The dependence of *local* upon *general* disease is a common idea with the people. A young man begins business with a large capital. He falls into dissipation. In ten years he exhausts his fortune. When at last we see him beg for bread, we do not say this exhibition of his poverty is his financial disease. His financial *constitution* has been ruined. The begging is only an unpleasant exhibition of that ruin.

During this course of dissipation the young man not only ruins his *fortune*, but ruins his *health*. His lungs fall into consumption. A doctor may tell you it is a disease of the lungs. But it is no more a disease of the lungs than was begging a malady of a broken-down merchant. In both cases it is only a local exhibition of the constitutional trouble. In brief, a local disease in a living body is an impossibility. Every disease must be systemic before it can assume a local expression. In other words, every local pathological manifestation is an expression of systemic pathological conditions.

But to return to *nasal catarrh*. A man has a catarrhal discharge from his nose. He is an editor, and mostly confined to sedentary habits. His digestion is weak, bowels constipated, head dull, and general condition altogether unsatisfactory. He comes to me with a long story about his catarrh, and finally wishes to know if I have any confidence in the advertised cures for this disgusting affliction; would be willing to take anything or do anything if he could only get rid of the horrible nuisance, etc.

"Will you do exactly what I advise for a week?"

"Yes; I wouldn't mind standing on my head for that length of time if I could only reduce myself to the decent use of one pocket handkerchief a day."

"Eat a dish of oatmeal, one baked potato, and one slice of bread, for your breakfast; a piece of roast beef as large as your hand, with one boiled potato, and one slice of bread, for dinner; take

nothing for supper, and go to bed early. Sleep, if possible, half an hour before dinner. Drink nothing with your meals, nor within two hours afterward. Drink as much cold water on rising in the morning and on lying down at night as you can conveniently swallow, and you may add draughts of cold water, if you wish, before eating your meals. Live four to six hours a day in the open air. Bathe frequently, and every night on going to bed rub the skin hard with hair gloves. In less than a week one handkerchief will do you. And yet you haven't touched your nose in the way of treatment."

To cure nasal catarrh you have only to make your stomach digest well, to make yourself healthier. Your nose will quickly find it out, and adapt itself to the better manners of its companions.—*Health.*

ALL ABOUT PNEUMONIA.

NETTER has written quite an exhaustive article on the subject of pneumonia, in which he reviews the epidemics of that disease which have been recorded. He draws the following conclusions: Pneumonia is a contagious disease, and the essential germs can be communicated, not only directly from an infected person to others brought in contact with him, but they can be transmitted through a third person. They can, also, as in the case of scarlet fever and measles, be conveyed in clothing and in many other articles such as are found in the sick room. They are diffusible in the air, but one must come within ten feet of a patient in order to be within range of infection.

The pneumonia germs are quite long lived. How they remain capable of doing their work has never been determined, but three years is set as the extreme limit. Pneumonia is "catching" at any time during its entire course, and even after recovery. Where a person is exposed to the disease and becomes infected by the germs of it, the first symptoms, as a rule, appear between the fifth and seventh day; but exceptional cases are many, and an infected person may be taken down with the disease the second or third day after exposure, or he may carry it about with him for nearly three weeks before it breaks out.

A person who has once had the disease retains for years a liability to have other attacks, for the germs of it remain with him and may be found in

his saliva. Hence, such a person is not only dangerous to himself, but to others with whom he is brought in immediate contact. It is held that this in part explains recurring epidemics in certain families, and also why the same person frequently suffers from severe attacks during his lifetime. Considering the fact, now clearly evident, that pneumonia is a contagious disease, the proper precautions against infection should, of course, be taken.

It is true that this disease is not nearly so contagious as the most of the other diseases of the same character, but it is enough so to warrant a certain amount of care. A patient ill with pneumonia need not be held so dangerous that a rigid quarantine must needs be established, but those who are brought in contact with him should use a reasonable amount of caution—not "take his breath," etc. Perfect ventilation is alike important to them and to the patient. Handkerchiefs and the like should be thoroughly disinfected, and a disinfectant should always be used to destroy the germs in the sputa.—*Boston Herald.*

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

WHEN severe sickness enters the family, there is great need of each member giving strict attention to personal cleanliness and diet, to preserve themselves in a healthful condition, and, by thus doing, fortify themselves against disease. It is also of the greatest importance that the sick room, from the first, be properly ventilated. This will be beneficial to the afflicted, and highly necessary to keep those well who are compelled to remain any length of time in the sick room.

It is of great value to the sick to have an even temperature in the room. This cannot always be correctly determined if left to the judgment of attendants, for they may not be the best judges of a right temperature. Some persons require more heat than others and would be only comfortable in a room which to another would be uncomfortably warm. And if each of these are at liberty to arrange the fires to suit his ideas of proper heat, the temperature in the sick room will be anything but uniform. Sometimes it will be distressingly warm for the patient, at another time too cold, which will have a most injurious effect upon the sick. The friends of the sick or attendants who through

anxiety and watching are deprived of sleep, and who are suddenly awakened in the night from sleep to attend the sick, are liable to chilliness. Such are not correct thermometers of the healthful temperature of a sick room. These things may appear of small account, but they have very much to do with the recovery of the sick. In many instances life has been periled by extreme changes of the temperature of a sick room.

The sick in no case should be deprived of a full supply of fresh air. Their rooms may not always be constructed so as to allow the windows or doors to be open in their rooms without the draft coming directly upon them and exposing them to take cold. In such cases windows and doors should be opened in an adjoining room and thus let the fresh air enter the room occupied by the sick. Fresh air will prove more beneficial to the sick than medicine, and is far more essential to them than their food. They will do better and recover sooner deprived of food than of fresh air.

Many invalids have been confined weeks and months in close rooms that shut out the light and pure, invigorating air of heaven, as though air was a deadly enemy, when it was just the medicine they needed to make them well. The whole system was debilitated for want of air, and nature was sinking under her load of accumulated impurities, in addition to the fashionable poison administered by physicians, until she was overpowered and broke down in her efforts and the sick died. They might have lived. Heaven willed not their death. They died victims to their own ignorance and that of their friends, and the ignorance and deception of physicians, who gave them fashionable poisons and would not allow them pure water to drink and fresh air to breathe to invigorate the vital organs, purify the blood, and help nature in her task in overcoming the bad conditions of the system. These valuable remedies which heaven has provided, "without money and without price," were cast aside, and considered not only as worthless, but even as dangerous enemies, while poisons prescribed by physicians were taken in blind confidence.

Thousands have died for want of pure water and pure air who might have lived, and thousands of living invalids, who are a burden to themselves and others, think that their lives depend on their taking medicine from the doctors. They are continually guarding themselves against the air and

avoiding the use of water. These blessings they need in order to become well. If they would become enlightened, let medicine alone, accustom themselves to outdoor exercise, and to air in their houses summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy, instead of dragging out a miserable existence.

It is the duty of attendants and nurses in the sick room to have a special care for their own health, especially in critical cases of fever and consumption. One person should not be kept closely confined to the sick room. It is safer to have two or three to depend upon, who are careful and understanding nurses, and these changing and sharing the care and confinement of the sick room. Each should have exercise in the open air as often as possible. This is important to sick-bed attendants, especially if the friends of the sick are among that class who continue to regard air, if admitted into the sick room, as an enemy, and will not allow the windows raised or the doors opened. The sick and the attendants are in this case compelled to breathe the poisonous atmosphere from day to day because of the inexcusable ignorance of the friends of the sick.

In very many cases the attendants are ignorant of the wants of the system, and the relation which the breathing of fresh air sustains to health, and the life-destroying influence of inhaling the diseased air of the sick room. In this case the life of the sick is endangered and the attendants themselves are liable to take on diseases, and lose health and perhaps life.

If fever enters a family, often more than one have the same fever. This need not be if the habits of the family are correct. If their diet is as it should be, and they observe habits of cleanliness and realize the necessity of ventilation, the fever need not extend to another member of the family. The reason of fevers prevailing in families and exposing the attendants is because the sick room is not kept free from poisonous infection, by cleanliness and proper ventilation.

If attendants are awake to the subject of health, and realize the necessity of ventilation, for their own benefit, as well as that of the patient, and the relatives as well as the sick oppose the admission of air and light in the sick room, the attendants should have no scruples of conscience in leaving the sick room. They should feel themselves re-

leased from their obligations to the sick. It is not the duty of one or more to risk the liability of incurring disease and endangering their lives by breathing a poisonous atmosphere. If the sick will fall victims to their own erroneous ideas, and will shut out of the room the most essential of Heaven's blessings, let them do so, but not at the peril of those who ought to live.

The mother, from a sense of duty, has left her family to administer in the sick room where pure air was not allowed to enter, and has become sick by inhaling the diseased atmosphere, which affects her whole system. After a period of much suffering, she has died, leaving her children motherless. The sick who shared the sympathy and unselfish care of this mother recovered, but neither the sick nor the friends of the sick understood that precious life was sacrificed because of their ignorance of the relation which pure air sustains to health. Neither did they feel responsibility in regard to the stricken flock left without the tender mother's care.

Mothers have sometimes permitted their daughters to take care of the sick in ill-ventilated rooms, and as a result have had to nurse them through a period of sickness, and, because of the mother's anxiety and care for her child, she has been made sick, and frequently one or both have died, or been left with broken constitutions, or made suffering invalids for life.

There is a lamentable catalogue of evils which have their origin in the sick room from which the pure air of heaven is excluded. All who breathe this poisonous atmosphere violate the laws of their being, and must suffer the penalty.

HOW TO TREAT FAINTING.

If, from any cause, whether a sudden shock of grief or fright, or from loss of blood, a person faints, lay her flat on her back at once, and do not raise her head. Fainting comes from the blood not passing through the brain, and is, of course, more likely to continue while she is in the upright position, and while the head is high. Do not mingle in your mind severe cases of fainting with apoplexy. In these the face is red or purple, and they arise from too large a quantity of blood in the brain. Therefore when a person becomes insensible with the face pale, keep the head low; when with face red, keep the head high. There

is another point with regard to fainting which you should observe. You know that when a woman falls into this state, it is the common practice to sprinkle her with cold water, and it is a very good plan if it be not carried too far. If, however, the face, bosom, and hands become cold, that very condition will prevent her recovering; therefore, when this occurs, the cold should be changed for warm applications, such as heated flannels, etc., for sudden changes of temperature will have the proper effect much better than the continued application of either one or the other.—*Care of the Sick.*

CONSUMPTION OF FOOD.

BY CELIA LOGAN.

ALMOST everybody eats far too much and too often. Eating is made a matter of habit, not of necessity. One takes dinner because the hour for doing so has arrived, oftener than to satisfy an honest and natural desire for nutrition. And the weary stomach is not allowed to rebel against this uncalled-for gorging.

"Loss of appetite" is viewed as a dangerous indicator of threatened illness, and measures for its correction are taken at once. Alcoholic stimulants, "tonics," "bitters," "pick me ups," and "bracers," an infinite variety, and an appalling multitude of pharmaceutical compounds—all more or less deadly—are provided to sting the jaded palate and spur the tired-out stomach to new exertion. Fiery condiments, spicy sauces, and piquant relishes help along the conquest of nature. And as the outcome of it all—the improper food and the excess of it—we get fat, and no wonder we do.

Frequent eating keeps the food constantly passing over the absorbent surfaces, until, little by little, layer after layer, the surplusage is deposited in fatty tissue. Stimulants, especially malt liquors, tend to produce the diseased condition of which one of the commonest results is corpulence; but that fact is so generally known and its causes so well understood that it need not be dwelt upon here. Lest I may be supposed to lay too much stress upon the danger of overeating, let me quote in corroboration what Dr. C. R. Fisher, of Washington, says in his valuable pamphlet on "Plethora":

"When the absorbent surfaces of the intestines can select just the amount of nourishment needed to replace the wear, the remainder is thrown off as

waste, and no superfluous fat or disease is formed. On the other hand, when just a little in excess of the needs of the organism is selected by the absorbent surfaces, the excess is converted into fat, and when at last no more fat can be taken on, it is retained to distend the blood vessels and to be thrown off in colds, catarrh, pneumonia, consumption, and other disorders due to the condition of plethora. When the whole system has become plethoric, the work of the heart is increased and its action becomes difficult; hence the lungs accumulate disease and are called on for more effort and become congested and inflamed. The liver also enlarges from overwork, and the kidneys suffer from the impurities constantly passing through them, while gradually the surplusage is deposited about the muscles, until the entire body becomes stiff and heavy, as even very old persons need never be if they conform to the laws of health."—*St. Louis Magazine.*

THE PHILOSOPHY OF EATING.

BY CHAS. H. MACKAY.

GROWTH and waste and repair go on in a nearly uniform way the whole year through, but the amount of food necessary for these operations is surprisingly small. The generation of bodily heat requires a more variable quantity of food. In winter, with the temperature of the external air at zero, the temperature of the blood in healthy persons is 98.3° , and when the heats of summer drive the mercury of the thermometer near to or above that mark, the blood still registers 98.3° . The marvelous mechanism by which this uniform blood temperature is maintained at all seasons, it is not necessary to consider, but it must be evident to everyone that the force needed to raise the temperature of the whole body to nearly 100° in winter is no longer needed in summer. The total amount of food needed for repair, for growth, and for heating, physiology teaches us is much less than is generally imagined, and it impresses us with the truth of the great surgeon Abernethy's saying, that "one-fourth of what we eat keeps us; the other three-fourths we keep at the peril of our lives." In winter we burn up the surplus food with a limited amount of extra exertion. In summer we get rid of it literally at some risk to health and, of course, to life. We cannot burn it. Our vital

furnaces are banked, and we worry the most important working organs with the exertion of removing what had better never have been taken into the stomach.—*St. Louis Magazine.*

CIVILIZATION THE PROGENITOR OF EYE DISEASES.

DR. L. WEBSTER Fox, the eminent oculist, in a learned and able address in the Franklin Institute, Philadelphia, prescribed the following rules for the care of the eyesight in childhood:—

1. Do not allow light to fall upon the faces of sleeping infants.
2. Do not allow babes to gaze at a bright light.
3. Do not allow children to keep their eyes too long on one object at any one time.
4. Do not allow them to study much by artificial light.
5. Do not allow them to use books with small type.
6. Do not allow them to read in a railway carriage.
7. Do not allow boys to smoke tobacco, especially cigarettes.
8. Do not necessarily ascribe headaches to indigestion; the eyes may be the exciting cause.
9. Do not allow itinerant spectacle venders to prescribe glasses.

In discussing the general subject Dr. Fox said that civilization was the progenitor of many eye diseases, and among children defective vision was not due so much to the overcrowded condition of schoolrooms as to the great amount of work required. He suggested that an advisory medical board should act in conjunction with educational boards in lessening the evils of defectively-lighted schools.

The first symptom of failing sight was a hypersecretion of tears, a congestion of the eyelids and of the eyeball proper. The natural condition of aboriginal man was farsightedness, and a recent examination of the eyes of a large number of Indian children was confirmatory of this theory. In the mammalia, also, farsightedness was the rule, and an investigation showed that as an optical instrument the eye of the horse, cow, and rabbit is superior to that of the rat, mouse, and guinea pig.

It is a well-known fact, he said, among breeders of animals that where animals are too highly bred the eye is the first organ to show a departure from

the normal. The natural eye was farsighted, and civilization is responsible for nearsightedness.

Dr. Fox also spoke of the precautions taken by natives of hot countries to shield the eyes from the glare of the sun, and in cold climates from the glistening snow, and also referred to the vicious effects upon the eyesight and the general health of boys from cigarette smoking. The State, he said, should take cognizance of this matter and enact prohibitory laws on the subject.

Children, he argued, should have plenty of outdoor exercise, especially in the green fields, if possible, as the green color was conducive of comfort to the eyes.

Children who commenced studying at the age of ten years would outrun those who began at six. He would not prescribe glasses for children under ten years, but would rather let them go without studying than run the risk of impaired sight.

In conclusion, Dr. Fox entered briefly into a discussion of the historical use of spectacles and of the danger of the color blindness. All boys at school, he said, should be examined for color blindness, as it might have considerable bearing upon their future calling in life. To engravers color blindness was a positive advantage, as they only had white and black before them, but to seamen and locomotive engineers it was a danger of such magnitude as to command the attention of the British Home of Commons.—*Christian Advocate.*

HOW MUCH WE EAT.—A clever Frenchman has been making an estimate of the amount of food eaten by an individual during a lifetime. He finds that a person who lives seventy years consumes a quantity of food which would fill twenty ordinary freight cars. A person who is a "good eater" may require, however, as many as thirty cars to carry the supplies for his inner man; but those who are always hungry, whose stomachs never seem to be filled so full that they cannot receive additional supplies, would probably require a special train, and a special engine to haul it, to represent the total amount consumed in a period of seventy years.

CHARLES KINGSLEY says: "If you want to be miserable, think about yourself, about what you want, what you like, what respect people ought to pay you, and what people think of you."



IT'S THAT THAT PUZZLES ME.

BY T. G. EVANS.

I'm not surprised—'mong workingmen
Truth's so misunderstood—
That they imagine, now and then,
A glass will do them good;
But when 'mong men of mind and thought
I look around and see
The very selfsame blunder taught,
It's that that puzzles me.

I'm not surprised that men who're lost
To all ennobling life
Should drink, despite the fearful cost—
This cause of so much strife;
But how good men who preach His name,
Mankind from sin to free,
Can drink this cup of sin and shame,
It's that that puzzles me.

—*Temperance Advocate.*

THE TOBACCO HABIT.

THE following is condensed from an article by A. B. Whitney, M. D., in the *Church Union* of some time ago. It was called out by an article in the N. Y. *Herald* entitled "The Clergy and the Weed":—

Out of the twenty-eight expressions of opinion, nineteen are decidedly outspoken as being emphatically opposed to the "tobacco habit;" seven are outspoken in favor and advocate the use of the "tobacco habit" as entirely outside of the business of the church society or the public to criticise; two are wavering—do not use the weed themselves (on account of idiosyncrasy), but advocate the use of tobacco as proper, clerical, and ministerial; two are without decision, begging the whole question.

The opinions of this very small minority would hardly be worth a passing comment (knowing themselves to be in the wrong) were it not a fact

that tobacconists will use their pointed, seductive expressions to encourage the boys and youth of our land to acquire and practice this most seductive (destructive) and disgusting of habits.

This subject of "The Clergy and the Weed" opens up the whole question of the abuse of tobacco, its influence upon temperance, and as an intoxicant, and the responsibilities of the professions, medical and clerical, in their confidential relations to each individual family and to the public at large.

I wish to present a few pertinent thoughts for your consideration:—

The minister holds the most important and confidential place in the family. He solemnizes the marriage, and thus becomes identified with the family in its formation. He first asks God's protection over and blessings upon them. He points them to the example and precepts taught by the loving Saviour, and bids them follow him.

Again, when sickness, distress, sorrow, and death come, who, if not the honored minister, is sought to comfort and console the sad, sorrow-stricken family, and to perform the last rites and ceremonies for ourselves or our loved ones?

Are not these confidential services indeed? And who but our pastor would be allowed to break through the veil between our inmost hearts and home life?

Thus all through life our children are taught to reverence, honor, and to emulate the example and precepts taught by ministers. How important, then, that his example and precept should be like those of the Master, clean and spotless, and lead us directly into his divine approbation and presence.

I ask, can the example of smoking, quidding, snuffing, and drinking accomplish this?

There is none above your beloved pastor in the influence he exerts in your family circle. The nearest approach to him, and he who takes the

second place in your confidence and in your home, is your physician. He, likewise, by universal consent, holds a trusted relation to you and your family, and is not only received in the gilded parlor on festive and joyous occasions, but he penetrates within the family circle. He holds the first place when ills and woes, aches and pains rack the body and try the soul. He sits beside your bed when disease and death would fain enter your circle. He feels your pulse, takes your temperature, estimates and weighs them both with every symptom, looks through your frame as though it were glass, and detects the thousand-headed monster in whatever disguise and wherever he lurks.

So, from first to last, whatever place on earth you hold, your physician is your constant and faithful companion, your trusted adviser, your honored friend.

How important, then, that this your honored and family friend should be learned, cultured, polished, kind, gentle, and sympathetic, should possess all the virtues and none of the vices, should be a follower of the meek and lowly Jesus, and learn of him the heavenly virtues, and reflect these upon your children!

I ask you, then, mothers, do you desire your sons to follow the example of the Prince of Light, leading to honor, virtue, and happiness, or that of the prince of darkness, leading to slavery and destruction?

Do not [many] criminals commence their downward course by the use of the weed?

The clerical and medical professions, then, represent primarily the only two callings that, side by side, are admitted into your confidence, by you invited within the retirement of your hearts and home, where parental love and filial affection reign. There they vie with each other in kindly offices under the most delicate and trying conditions in life.

How important, then, that these two professions—"twin brothers" in the amelioration and alleviation of man's condition socially, morally, physically, and spiritually—should go hand in hand, and assist each other in banishing from the family and public all deleterious, uncleanly, and poisonous habits, setting examples and promulgating precepts of purity and cleanliness of thought and act.

Tell me, mothers, can the tobacco habit lead to this? Can we hold our ministers or doctors blameless and guiltless who indulge in these habits,

and set such examples to our sons? Is using and permissively advising the use of one of the most poisonous and seductive narcotics known, in keeping with Christian examples and following the precepts of the Master? Have we as parents no obligation, no duty to our children, to community, to the public, when we place ourselves and our children under the teaching of those whose habits tend to demoralize and destroy? Is not the tobacco habit the apex, the crown of the hill, the acknowledged starting-point down the incline, which leads with increasing swiftness to all the other vices, till they reach the Stygian pool of vile pollution and degradation?

Do not such expressions as were read, coming from the clergymen of high position, and backed by their example, plunge more youth into a start down the hill of immorality than the most eloquent and learned divine can restore in a whole lifetime of preaching the gospel? Has any one of these men saved as many souls as his opinion and example have buried in smoke and tarnished with a vile, poisonous, and filthy habit?

Fathers, mothers, do you consider it none of your business the vices taught to your sons, the impulse given to propel them down the hill of disgrace and degradation? Are you sure your son will be one to stop short of the beer shop, the saloon, the drunkard's grave? Consider how deadly a poison your minister, your doctor, your husband, is advising by example and precept—then answer.

How can a clergyman, a user of tobacco, preach from Hab. 2:16, "And shameful spewing shall be on thy glory," while continuing using the weed? Will not his people pronounce his sermon a farce, a hypocrisy, and him a fad—unless, perchance, they may use it themselves, and be covered with the same spewing?

A certain minister, while taking a quiet smoke and walk one afternoon with his little son, six years old, came in contact with a group of small boys smoking parts of cigars, pipes, paper, sticks, while some of them were swearing and fighting. He said to the boy, "My son, I hope you will never indulge in such practices; the police should arrest those naughty boys, and take them home to their mothers and have them punished." The father walked along enjoying his cigar, when he was surprised by the silence of his son, who was usually quite a chatterbox. "My son, why are you so quiet? What is the matter?"

"Why, father, I was thinking is it not as naughty for men to smoke as for boys? Why should not the police arrest men as well as boys? and who would punish them? Where would they take you? and would they leave me? If men didn't smoke, boys would not want to, for they like to grow to be like men; and you told me last week the tree and the sprout both grow together in the ground."

The father stood silent for a moment, then said: "You are right, my son, men should not smoke. Your father will never smoke again," and he suited the act to the word and destroyed the cigar, and abandoned the habit. Children often unconsciously send an arrow of conviction to their parents' heart.

To my own professional brethren I say: "Don't, oh, don't belie yourself, your own science and authorities, their teaching, so much as to defile yourself and your patrons with the poisonous weed! It is the business of the church, it is every parent's business, the examples set before, and the precepts taught to, their children by pastor, doctor, or teacher.

"To smoke is a secret delight, to steal away men's brain and their intellectual functions, and a part of their lives and usefulness. He who permissively encourages boys to smoke or chew is a corrupter of youth."

THE DUCK AND THE FOX.

FATHER MATHEW, the temperance apostle of Ireland, used to tell the following story:—

"A very fat old duck went out early one morning in pursuit of worms, and, after being out all day, and succeeding in filling her crop full of worms, was captured by a fox. She said to the fox: 'You cannot be so wicked and hard-hearted as to take the life of a harmless duck merely to satisfy the cravings of hunger?' She exhorted him against the commission of so great a sin, and begged him not to stain his soul with innocent blood. When the fox could stand her cant no longer, he said: 'Out upon you, madam, with all your fine feathers; you're a pretty thing to lecture me for taking life to satisfy my hunger. Is not your own crop full of worms? You destroy more lives in one day than I do in a month.'"

This was Father Mathew's reply to the makers and venders of liquor, when they charged him with spoiling their trade and taking the bread from the

lips of their children—they whose whole business was robbing wives and children of bread, and fattening upon the misery and the ruin of others.—*Sel.*

ABRAHAM LINCOLN ON THE LIQUOR QUESTION.

[From an address delivered at Springfield, Ill., February 22, 1842.]

THERE seems ever to have been a proneness in the brilliant and warm-blooded to fall into this vice—the demon of intemperance ever seems to have delighted in sucking the blood of genius and generosity. What one of us but can call to mind some relative more promising in youth than all his fellows, who has fallen a sacrifice to his rapacity? He ever seems to have gone forth like the Egyptian angel of death, commissioned to slay, if not the first, the fairest born of every family. Shall he now be arrested in his desolating career? In that arrest all can give aid that will, and who shall be excused that can and will not? Far around as human breath has ever blown, he keeps our fathers, our brothers, our sons, and our friends prostrate in the chains of moral death. To all the living everywhere we cry, "Come, sound the moral trump, that these may rise and stand up an exceeding great army." "Come from the four winds, O breath, and breathe upon these slain, that they may live." If the relative grandeur of revolutions shall be estimated by the great amount of human misery they alleviate, and the small amount they inflict, then, indeed, will this be the grandest the world shall ever have seen.

Of our political revolution of 1776 we are all justly proud. It has given us a degree of political freedom far exceeding that of any other nations of the earth. In it the world has found a solution of the long-mooted problem as to the capability of man to govern himself. It was the germ which has vegetated, and still is to grow and expand into the universal liberty of mankind.

But with all these glorious results, past, present, and to come, it had its evils too. It breathed forth famine, swam in blood, and rode in fire; and long, long after, the orphan's cry and the widow's wail continued to break the sad silence that ensued. This was the price, the inevitable price, paid for the blessings it bought.

And when the victory shall be complete—when there shall be neither a slave nor a drunkard on

the earth—how proud the title of that land which may truly claim to be the birthplace and the cradle of both those revolutions that shall have ended in that victory! how nobly distinguished that people who shall have planted and nurtured to maturity both the political and moral freedom of their species!

B E E R .

The Medical Record makes the following statements concerning the use of beer:—

"The constant use of beer is found to produce a species of degeneration of all the organisms, profound and deep-seated. Fatty deposits, diminished circulation, conditions of congestions, perversion of functional activities, local inflammation of both the liver and kidneys, are constantly present. Intellectually, a stupor amounting almost to paralysis arrests the reason, precipitating all the higher faculties into a mere animalism, sensual, selfish, sluggish, varied only with paroxysms of anger that are senseless and brutal.

"In appearance the beer drinker may be the picture of health, but in reality he is most incapable of resisting disease. A slight injury, a severe cold, or shock to the body or mind, will commonly provoke acute diseases, ending fatally. The constant use of beer every day gives the system no time for recuperation, but steadily lowers the vital forces.

"It is our observation that beer drinking in this country produces the very lowest forms of inebriety, closely allied to criminal insanity. The most dangerous class of tramps and ruffians in our cities is beer drinkers. It is asserted by competent authority that the evils of heredity are more positive in this class than from alcoholics."

ALCOHOL POISONOUS.

WE put a drop of alcohol into a man's eye. It poisons it. We try it upon the lining of a living stomach. Again it poisons it. We study the stomachs of drinking men, and find that alcohol produces, in regular stages, redness, intense congestion, morbid secretions, deeper hurt, destruction of parts, utter ruin. We study its influence upon the health and strength of sailors and soldiers, and find it helps to freeze them in the Arctic regions and exhaust them in the tropics. We

watch two regiments on a long march in India, one with and the other without grog, and are driven to the conclusion that even moderate quantities of alcohol weaken the muscles and break the endurance. We visit the training ground of oarsmen, pedestrians, and prize fighters, and learn everywhere the same lesson,—alcohol is a poison to muscle and brain.—*Dio Lewis' Nuggets.*

A POLITICIAN'S BIOGRAPHY.

WEIGHT, 10 pounds.

Cootsey-tootsey.

Baby boy.

Mamma's darling.

Papa's little man.

Jimmy.

Jimmy the kid.

Jim.

James.

Young Mr. Brown.

James Brown.

Mr. James Brown.

Clerk of Election Brown.

Committeeman Brown.

Alderman Brown.

The Hon. J. M. Brown.

James Martin Brown.

Brown.

Jim Brown.

Jimmie Brown.

'Steenth Ward Brown.

Jimmie the bum.

Jim.

Whisky Jim.

Old soak.

Cell 99.

Coroner's office—"Unidentified."

—*Nevada Exchange.*

THE *Chicago Tribune* says: "Someone estimates that getting born costs the people of the United States \$250,000,000 annually, getting married, \$300,000,000, and getting buried, \$75,000,000. It might be added that getting drunk costs the people of the United States more than \$900,000,000 annually, or over one and one-half times as much as getting born, married, and buried put together, and more than all the bread and meat consumed in the nation."



The FAMILY CIRCLE

THE LITTLE WIFE AT HOME.

THE dear little wife at home, John,
With ever so much to do,
Stitches to set and babies to pet,
And so many thoughts of you;
The beautiful household fairy,
Filling your house with light,
Whatever you meet to-day, John,
Go cheerily home to-night.

For, though you are worn and weary,
You needn't be cross or curt;
There are words like darts to gentle hearts,
There are looks that wound and hurt;
With the key in the latch at home, John,
Drop the trouble out of sight;
To the little wife who is waiting,
Go cheerily home to-night.

—Selected.

THE BARTONS' TRAVELING. NO. 2.

BY MRS. M. J. BAHLER.

"I AM glad you are not in a hurry, Elder James," said May, "for I want to ask you a question. And yet, if your head is tired, perhaps I ought not to trouble you with it."

"Talking is not like studying or writing, Miss May, especially talking outdoors. Ask your question; I will answer with pleasure if I can."

"Well, I cannot understand why the Lord created man, when he knew that he would sin and be so unhappy, and finally so many persons be lost."

"My dear Miss Barton, let me ask you a question: Why do you form friendships when you know that so many persons will prove false to their professions of regard, and in a brief time be lost to you, yes, even worse than lost to you in some instances, even become enemies—why then form friendships? Why not say, I will love no one, and then I shall not be disappointed?"

"Why, I can't help meeting people, but God could refrain from creating man."

"True, you can't help meeting people, but you can help forming friendships, you can live secluded even amid crowds."

"Yes, but I don't want to live that way. I love to have friends."

"True, and don't you think God loves to have friends too?"

May Barton looked at Elder James in amazement.

"I see your question in your face, Miss May. I will answer it with Scripture: 'Ye are my friends if ye do whatsoever I command you.' If you say those are the words of Christ, and not of God the Father, I reply, in the words of Christ, 'I and my Father are one,' so you see if we are the friends of Christ we are also his Father's friends. It is said of Abraham that 'he was called the friend of God.' Would you not consider it a great honor to have God say of you, Miss May Barton, my friend?

"We love our friends, especially when in some severe trial we have tested their fidelity and found them true. God tested Abraham, and after the test he says, 'Now I know that thou lovest me.' Don't you see God loves to have friends?"

"I never thought of that before. But I wouldn't think he would care to have us for his friends, there are so many angels to love him."

"Miss May, you love to have friends without number. The human heart is capable of a wonderful breadth and depth of affection; but of an infinitely greater breadth and depth is the great heart of Jehovah capable. It is a pleasure to you to be loved; that is only an attribute of God. Man was made 'in the image of God,' and, though sin has sadly marred that image, some of the characteristics remain, greatly deteriorated, it is true.

"God would have a mighty universe of intelligent beings to respond to 'the riches of his love,' and so he created unnumbered worlds and peopled

them with beings made in his image. Just consider that a moment. The Revelator heard the holy ones who surround the throne of God say, 'Thou hast created all things, and *for thy pleasure* they are and were created.' Then the Psalmist says, 'The Lord taketh pleasure in his people.' Is it not a grand thought that *we* can give *pleasure* to the great God; that we may share the riches of his love, and be his friends?

"Now was it not much better to create mankind, that through his creation some souls might receive glory and honor, immortality and eternal life, than that, seeing that some would choose sin and death, he should, therefore, have forbore the grand work of creation?

"Should God, because he feared that some will choose to die, refrain from giving opportunity to live to others who will choose to live? Should Jehovah leave countless worlds in silent grandeur, whirling in space, with no created intelligencies to enjoy their wonders, because some of those he should create would sin and die?

"The Creator gave to all mankind grand and glorious possibilities. Because he saw that some would scorn the privileges he placed before them, should he, therefore, refrain from opening up the precious possibilities of glory, peace, love, and bliss unspeakable, and leave his millions of beautiful worlds in a silence almost as dread as death?

"True, he saw that man would sin; but he knew that some would respond to his love and accept the redemption provided; therefore, *by creation*, he makes that redemption possible to all. He is a God of love. He is love. He must, therefore, have created intelligences to respond to his great heart of love, to share the joy to be derived from his harmoniously grand and beautiful creation.

"This is why he created man in his own image. But man must be free to choose for himself good or evil. And God must permit temptation to come to him, that he may choose. Were he shielded from temptation, he could not choose. Having chosen and borne the test of loyalty, he will love his Creator and Redeemer with an undying love. Is your question answered, Miss May?"

"Yes, sir, it is, and I am very thankful. Certainly it is a precious thought that God wishes us to be his friends. I think now I can help Susie Ray."

"I am glad that you hope to help someone else. Remember ever and always that God is love; study

out all your difficulties from that standpoint, and light clear and radiant will gleam where you thought there was darkness. But here we are at your hotel. Good-evening, ladies."

"Good-evening."

Ascending to their room, the girls laid off hats and gloves, and Annie said, "I will go and see how Millie is."

After being gone a few minutes she returned with a beaming face and said:—

"Well, May, it's water treatment now and forever with Jean, and you ought to see Millie; she is sleeping sweetly, and her fever is all gone. And it isn't two hours since we left the house."

"What did Jean do for her, Annie?"

"She went to the landlady and told her Millie was sick, and asked for the use of a pair of blankets and a wash tub—"

"A wash tub at a hotel!"

"Yes, you know they wash all their napkins here at the hotel. Mrs. Taylor freely granted her request, and even sent Sam, the waiter, up to the room with the tub, and came herself with the blankets."

"Well, that beats all. They will think we are strange creatures."

"Never mind that part, May. I just met Mrs. Taylor in the hall, and she stopped and asked how Millie was. She said she thought Mrs. Barton a sensible woman not to dose her child with medicine the first thing."

"She did!"

"Yes."

Just at this moment Mrs. Taylor tapped at their door and said: "Miss Annie, do tell me what treatment your sister gave to reduce that fever so quickly. I just looked in a moment and I am perfectly astonished at the change. When I brought up those blankets, she was burning hot. I presume you know what she did."

"Yes, she put Millie into the little cane-seat rocking chair with a piece of a sheet around her, and a whole sheet folded and laid over the front and seat of the chair to keep the heat from being too great (she never travels without plenty of such things); then she wrapped her old cloak around both Millie and the chair, and folded the blankets you brought over that; the blankets and cloak came down close to the floor; she then lit our little traveling alcohol stove and slipped it under the chair. She had cold water in the wash bowl,

and kept a light towel wet with the cold water on her head. She gave her all the cold water she would drink, as that helps to bring out the perspiration.

"When Milfred had perspired nicely for fifteen or twenty minutes, she removed the blankets first, so as to cool her off gradually. You probably noticed that the room was very warm; Albert kindled a fire; that was to keep Millie from taking cold as the covers were removed. Albert had obtained a pailful of warm water from the cook; this they had in the tub, reduced to a tepid temperature. They put Millie into it, keeping the half sheet around her until she was in the water, when they dropped it quickly into the water and then brought it gently around her. In this manner you see the perspiration was rapidly washed off, and at the same time the sheet being around her prevented any chill. They were just doing that when I came. Then they wrapped a dry sheet around her and rubbed her dry, put her gown on, and put her into bed, and she was asleep in less than five minutes."

"I helped to put the room to rights, so I saw just how it was all done."

"Well, I think that is just grand. I want to learn how to treat my children according to such methods. But there's the supper bell; I must go. Good-evening."

By seven o'clock Millie was so far restored to her natural condition that Mr. Barton and his sisters went to church. During the evening Mrs. Taylor called at Mrs. Barton's room, and as a result Mrs. Barton ordered a copy of the "Hand-book" sent to her address. The day following found little Millie so bright and well that the Bartons resumed their travels.

AN OUTSIDER IN THE FAMILY.

BY MARY E. VANDYNE.

IN looking about at the various families within our range, how rarely it happens that we see one which is made up simply of a man, his wife, and their children! In nearly every household there are other persons. Now it is a mother, now a sister or an aunt, or some more distant relative. Nearly always they are women, for men bear very ill the restraints of a household of which another man is the head. Sometimes great peace and harmony reign in a household where these

other members are found. Again, their presence is a mistake, and a visitor is inclined to wonder whether the interests of all parties would not be served by a separation.

The legitimate members of a family are, of course, a man, his wife, and whatever children God may have seen fit to bless them with. It does not include any other persons, no matter how near the relationship or how close the tie of association. This may be a hard saying to those who bear the tender relationship of mother or sister, but it is nevertheless true. A wife and her offspring have a claim upon a man as the head of a family, but his obligations stop here. The law recognizes no others. Anyone else that he receives into his household is included through some other tie than that of right. His or her presence may be welcome; the tenderest affection may exist; but the position is that of an outsider.

That there is plenty of room in the household for such outsiders is, of course, true. Nothing could be more lamentable than any restriction excluding them. The position is one which hundreds and thousands of women in every commonwealth are called upon to fill. It has divine sanction. "He setteth the solitary in families" was spoken under the seal of inspiration. It is necessary, for without such an arrangement what would become of aged grandmothers, invalid sisters, and orphaned little folk? And what would not the family lose, deprived of these loving helpers, whose want of personal occupation and own immediate duties leaves them free to fill up every empty niche, and minister at all times and seasons to the wants of others? Here, indeed, is the profession for which many women were intended—the filling of the position of outsiders in families where there are too many burdens for the legitimate members to bear.

The great difficulty lies, in all these cases, in the adaptation of the outsider to the position. There is so much to do, and so much to be borne. The position is so difficult, and it requires so much tact to fill it acceptably. The woman who finds herself a member of a household where she is neither wife nor daughter must keep it ever before her mind that, though close to the family, she is not of it. Her position is that of an object on the exterior of a circle. Of that circle she is not, and never can be, a component part. This may be hard to bear, but no good ever comes to us in life by misunderstanding the situation. The sooner the outsider

comprehends that the family circle is complete without her, and acts accordingly, the better for all concerned.

The life of every outsider in a family must of necessity be one of activity and self-renunciation. Much must go on in which she can have no part. There will be plans laid in regard to which it is impossible that she shall be considered or consulted; invitations will be received in which she is not included; the family will have merry-makings from which she must be left out. At times it will be her duty to absent herself from festivities to make room for others. Sometimes the family will be broken up and scattered, and she must retire to some uncomfortable place to await the re-assembling. Again, there are times when it behooves an outsider to become even deaf and dumb. Eyes she may have, but see not; ears, but hear not. Such occasions as these occur when there is disputation and wrangling, when to take the part of one person would be to anger another severely. In these cases the only guide is tact, and it is an indispensable qualification to one who fills the position of our outsider.

How often we hear that so-and-so has made a great deal of trouble in the family. We inquire who so-and-so is, and find her some female relative who has been living in the family of a friend. A little investigation shows that all the trouble has come from a misunderstanding of this outsider of the position she had to fill. She has wanted, probably, an amount of attention that no one has felt disposed to give. The father of the family has been too busy, the mother, also, too engrossed in other occupations, and the children too careless to discover the mute demands made upon them. The result is that the outsider is unhappy and dissatisfied. Very soon dissatisfaction takes the form of complaint, and at once the connection becomes burdensome.

It may be said that to follow the suggestions just made requires more of self-abnegation than the result is worth. This is not true. To live in a family as an outsider, helpful, patient, beloved, setting a noble example and assisting others in the conflict of life, is one way of earning a living. It is, indeed, the only one open to many women; and who, in endeavoring to provide a home and the necessities of life for themselves, does not find it necessary to practice many such virtues as prudence, tact, self-denial, and unflagging industry and zeal?

"I believe the true secret of living to be, 'Love much and expect nothing back,'" said a brilliant woman to me the other day. Yet she is an honored wife, and fills at the same time a position in literature where her work is considered invaluable. If she finds this to be the case, how much more must our outsider be content to so take the world? "Give up happiness," wrote Carlyle, "and achieve blessedness."—*Christian Union*.

DON'TS FOR GOOD GIRLS.

DON'T allow yourself to be under obligations to any man.

Don't discuss your family affairs in general conversation.

Don't give your photographs to men, and don't ask them for theirs.

Don't make yourself conspicuous at any time by loud laughing or talking.

Don't fail to try to always be frank and just and generous, and above all womanly.

Don't wear an evening dress to a quiet afternoon reception; don't go without a hat or bonnet.

Don't feel it necessary to bow to a man you have met at a ball or party afterward unless you want to continue the acquaintance.

Don't write, except when it can't be avoided, to men. Make all your notes acknowledging courtesies, etc., short and to the point.

Don't offer to shake hands when a man is introduced to you, and don't think it necessary when he says good-by unless he first extends his.

Don't allow any man to treat you with anything but the greatest respect. Resent as an impertinence any approach to familiarity of speech or action.

Don't boast that you do not read the newspapers, as many girls do nowadays. Don't think it necessary to read all the daily and weekly journals contain, but keep yourself posted on art, literary social, and political topics of the day.—*Sel.*

"PAPA," said the fair girl, with a touch of sadness in her tones, "I have received a note from William saying you kicked him as he left the house last night." "Yes," replied papa, "I have always paid your expenses, and I footed this Bill merely to be consistent."—*Drake's Magazine*.

ENVY strikes at others and stabs herself.



Mother's Helper

SWEET MUSIC.

THE sweetest note of the clearest flute,
The fall of water where all is mute
Save the fountain's flow, is far less dear
Than a pure child's voice to my waiting ear;
For heaven's light fills those innocent eyes,
And the lips breathe the music of Paradise.

—George Bancroft Griffith.

BABY'S FIRST TOOTH.

BY MARY A. ALLEN, M. D.

BABY'S first tooth is watched for with great interest by all who are in any way connected with him. Indeed, it is supposed by his immediate friends that it is an event of such importance that its arrival is to be heralded with peans of public rejoicing, and the fortunate individual who made the discovery of its advent is to be rewarded with a new dress. The "drooling" of the infant is popularly supposed to be a prophecy of the appearance of teeth, but more truly indicates certain changes in the salivary glands, preparing the child for the digestion of starchy articles of food, which in its earliest months it has no power to digest and appropriate. Teething is a perfectly physiological process, and if the child were healthfully fed and cared for all its previous life, it would not suffer the diseases which are erroneously supposed to be due to teething. "All its previous life," however, includes its prenatal life. The care of the teeth can be begun by the mother before the little one has a separate existence.

We find by investigation that the teeth are begun in the early weeks of gestation. Six or seven months before birth the germs of the first teeth are said to be visible. The complete structure of the child is dependent upon the food furnished by the mother. If it be lacking in needed characteristics, a failure in the teeth is the result. Many an ex-

pectant mother has observed that her own teeth show signs of failure, and this indicates that her food does not supply needed material for the child, and it is therefore supplied from her own structures. Girls who have been addicted to inordinate use of sweets and pastry will be apt to suffer with their teeth when they come to the period of maternity. The question of heredity is not to be ignored in the matter. It is constantly observed that children inherit peculiarities in the structure and arrangement of teeth, so we may say that the care of the baby's first tooth begins with its ancestry, but this is a matter out of our reach. We have now only to prevent the inheritance of bad qualities by our children and their children, by taking care of our own teeth before our children are born, and continuing the process by care of their teeth both before and after they are born. The prospective mother should live upon simple, healthful food, avoiding all articles which tend to disturb digestion, because if digestion is imperfect the quality of the blood is impaired, and consequently the child is not perfectly nourished. If the teeth are not nourished and become defective, the matter is serious, because the teeth have not the recuperative power of the other parts of the body, and once defective remain always defective. Starchy foods are particularly objectionable because they lack nutritive qualities, and also because they tend to ferment easily, and thus induce indigestion and its consequent ills.

The popular idea is that all ailments of teething children are to be referred to teething as the cause, and many serious diseases are allowed to obtain full headway before the advice of a physician is asked. Dr. Alois Monti, of the Polyclinic, Vienna, Austria, says: "I have never seen a case of *teething* fever, diarrhea, erythema, or convulsions in all my practice. True, I have seen teething children suffering with each of these ailments, but have in-

variably found some other cause for the difficulty. People are apt to confound the changes which precede and accompany teething with teething itself."

If the child "drools" or puts his thumb in his mouth the friends all say, "His teeth hurt him," and begin with well-meant but injudicious kindness to aid him by rubbing the gums to "help the teeth through." One mother actually rubbed her baby's gums with a brass thimble until they were sore and raw, and the harder the baby cried the harder she rubbed. When we remember that the teeth do not cut their way through the gums, but that the gum is absorbed before them, we can see how ineffectual the rubbing must be.

The first teeth to appear are usually the lower central incisors, between the sixth and eighth month; then follow the upper central incisors. Between the seventh and tenth months the lateral incisors appear, after these the first molars, or double teeth, then the eye teeth, and then the back molars. When a year old the child who has developed normally will have eight teeth. From the fourteenth to the twentieth month the eye teeth appear, and soon thereafter the whole twenty teeth should stud the little mouth like rows of seed pearls.

The well-informed mother will understand that her attention is principally to be given to the general care of the child in all particulars regarding health, and not to the special assistance of nature in the eruption of the teeth. No infant should be fed solid food. It can neither masticate it nor can its digestive organs appropriate it. I have seen a four-months-old baby at the table in its mother's arms fed with mashed potato, gravy, hot biscuit and tea, and the mother pointed jubilantly to its fat, flabby face as a proof of her wisdom. When in its second summer the child died, she felt no remorse, for "its teeth killed it." When babies are brought to the doctor with disturbances of digestion, and the mother is asked what the baby eats, it is often with a look of great satisfaction and pride that she replies: "Oh, he eats just what we have on the table! His food never hurts him. It's his teeth that are getting at him."

The appearance of teeth is evidence that the child is *being* prepared for solid food, but he is not yet prepared. At the same time with the appearance of the teeth, intestinal glands are being developed, which in time will enable him to digest solid substances, but as yet they are immature, and, therefore, easily disturbed, and feeding him food

unsuited for him will, in all probability, cause bowel difficulties; and this lack of judgment, and not the cutting of teeth, is the cause of the trouble.

The teeth of the baby should have care as soon as they appear. When the face is washed, the teeth may be rubbed with a soft cloth dipped in cold water; later, a soft brush should be used, rubbing the teeth from the gums up or down as well as across their face. The little child may be taught to enjoy the smooth feeling of clean teeth, and when old enough will gladly assume the task of cleaning them. If the first teeth decay, a dentist should be consulted, for upon care of the first teeth will in a large measure depend the well-being of the second teeth. Any illness which involves the nutritive functions in the first year of life will be apt to impair the second set of teeth. Many children whose first teeth are good have poor second teeth, because in their second summer they suffered with some bowel trouble, by means of which the second teeth, still embedded in the gums, were deprived of their needed nourishment through the general digestive disturbance.

While we maintain that teething is a physiological process, and therefore should be painless, we must admit that the changes in the digestive apparatus of the child at this time are accompanied by an increased aptitude for nervous irritability. Therefore, while we do not attribute illness at this time to teething, we should take special care to protect the child from causes of illness. Nothing tends so directly to counteract nervous irritability as the enjoyment of pure air. To overcome a tendency to brain troubles the child's head should be kept cool and all excitement avoided. "Even too much anxiety to divert the child may become itself a cause of morbid irritation."

Combe says: "The best method for carrying the child through the process of teething is the adoption, from the day of its birth, of a proper system of general management."—*Advance*.

FLOSSIE is six years old. "Mamma," she said one day, "if I get married will I have to have a husband like pa?" "Yes," replied the mother with an amused smile. "And if I don't get married will I have to be an old maid like Aunt Kate?" "Yes." "Mamma"—after a pause—"it's a tough world for us women ain't it?"—*Binghampton Republican*.

PATIENCE heals many a wound.



THE HOUSE KEEPER

THE GRUMBLER.

BY LIZZIE M. HADLEY.

He sat at the dinner table
With a discontented frown:
"The potatoes and steak were underdone,
And the bread was baked too brown;
The pie too sour, the pudding too sweet,
And the roast was much too fat;
The soup so greasy, too, and salt,
Sure 'twas hardly fit for the cat.

"I wish you could eat the bread and pies
I've seen my mother make;
They are something like, and 'twould do you good
Just to look at a loaf of her cake."
Said the smiling wife: "I'll improve with age,
Just now I'm but a beginner;
But your mother has come to visit us,
And to-day she cooked the dinner."

—*Good Housekeeping.*

WHEAT-MEAL BREAD.

A WRITER in the *Nineteenth Century* makes the following argument for the use of wheat-meal bread:—

"The earliest agitator in the matter observed, years ago when traveling in Sicily, that the laboring classes there live healthily and work well upon a vegetable diet, the staple article of which is bread made of well-ground wheat meal.

"The Spartans and Romans of old time lived their vigorous lives on bread made of wheaten meal. In northern as well as southern climates we find the same thing. In Russia, Sweden, Scotland, and elsewhere, the poor live chiefly on bread, always made from some whole meal—wheat, oats, or rye—and the peasantry, of whatever climate, so fed always compare favorably with our South English poor, who, in conditions of indigence precluding them from obtaining sufficient meat food, starve, if not to death, at least into sickness, on the white bread it is our modern English habit to pre-

fer. White bread alone will not support animal life. Bread made of whole grain will. The experiment has been tried in France, by Magendie. Dogs were the subjects of the trial, and every care was taken to equalize all the other conditions—to proportion the quantity of food given in each case to the weight of the animal experimented upon, and so forth. The result was sufficiently marked. At the end of forty days the dogs fed solely on white bread died. The dogs fed on bread made of the whole grain remained vigorous, healthy, and well-nourished."

HINTS ABOUT STEEL KNIVES AND FORKS.

NEVER allow knives and forks to lie around long after using. They should be the first things removed from the table when the meal is finished, and put to soak. Have a pitcher of hot ammonia soapsuds, and in this place them, blades down, and let them remain until ready to wash. Have just enough water in the pitcher to reach the handles, but never on any account allow the handles, when of bone, ivory, or wood, to remain in the water, as it will surely loosen them, and in a short time they will fall from the blades. Wash both blades and handles in warm soapsuds, using a soft cloth, and wipe, immediately after removing from the water, as dry as possible, with a clean, soft crash towel.

To clean steel knives use finely-powdered bath brick, and apply with the cut end of a raw potato. Rub the blades briskly until all stains are removed, then wash immediately in hot soapsuds and wipe dry. Do not let them stand after cleaning so that the powder dries on them, or they will be streaky, but wash as soon after cleaning as possible. A piece of cork is often used in preference to the potato, but as it has to be dampened it is not as

convenient to use, as the potato juice is all that is desired for that purpose. Fine coal ashes may be used when bath brick is not convenient, and do the work very well. After drying, rub the blades briskly with soft tissue paper or newspaper to give the final polish.

Keep in a case or box lined with flannel. They will never rust or discolor, when in general use, if kept in a receptacle such as this, as the flannel will absorb all superfluous moisture. Nice flannel-lined wicker and Japanese wood boxes for holding knives and forks can be purchased at many places dealing in housekeeping goods, but if too expensive, very neat, serviceable ones, that will answer the purpose as well, can be made at home. Get an oblong shallow wooden box, stain the outside any color liked, varnish, and line the inside with green or red Canton flannel. Make a partition that will divide the box in the center lengthwise, cover with flannel, and set into the box, fastening it in place with liquid glue. This makes a box of two compartments, one for the knives and one for the forks, and is every bit as good as a store one. Always keep the box or case in a dry place.

When the knives or forks are put away for some time, oil the blades and prongs with sweet oil, roll in flannel, each one separately, and put away in a dry place. If cleaned before putting away, when taken out they will, with the exception of a good washing, be ready for use.—*Selected.*

FOOD FOR DYSPEPTICS.

I WISH to tell the sufferer from a weak stomach how to cook some things which a dyspeptic can eat. Four years ago my husband was almost helpless with dyspepsia. He consulted two doctors, from whom he learned that he could not live a year. Everything he ate caused great pain, until he tried a fresh egg, well beaten with a little sugar, a very little salt and nutmeg, over which was poured a teacup two-thirds full of boiling milk, stirring the egg constantly. He took this warm and could retain it without trouble.

Later I prepared milk toast for him as follows: I used stale salt-rising bread, made from wheat middlings, cut in slices half an inch thick, toasted a nice brown in a brisk oven and soaked in sweet milk, which had been boiled and slightly thickened with flour and seasoned with salt and butter. Another dish consisted of one cup of rice, well

washed, put in a large granite basin with one cup of water and half a teaspoonful of salt, and allowed to cook slowly until all the water was taken up by the rice. Then I added two tablespoonfuls of sugar and five cupfuls of new milk, and stirred it well, after which I baked it in a slow oven for several hours. The rest of the family liked this as well as he did, especially when served with sweet sauce.—*The Housekeeper.*

FROZEN FRUIT AND VEGETABLES.

INJURY by freezing, which often spoils fruit and garden vegetables, is not always fully understood in its effects. Apples may be partly frozen but will not be much injured if thawed very gradually. Place them in an apartment at 32° , and they will very slowly recover; or put them in water at 32° , and they will thaw and become incased in ice; or, still better, bury them very compactly in fine earth. Potatoes are frozen sooner than apples, and are rarely recovered, but they are uninjured if left in the soil where they grew, because by increasing in size they make a compact case of earth about the tubers, with no air crevices. Nursery trees, when accidentally frozen after digging, will be killed if thawed in the open air, but if the roots are compactly buried in fine earth, they will escape without injury.—*Country Gent.*

ICE CREAM POISONING.

ONE of Germany's great physicians makes a suggestion in regard to the causation of the symptoms in ice cream poisoning which is worth bearing in mind. He finds that in all cases where poisonous symptoms have occurred, vanilla has been the flavoring extract employed. In preparing vanilla for the market, the vanilla pods are frequently covered with a protective coating of the oil of cashew nut to prevent the loss of the crystalline exudation which forms on the surface of the pod. This cashew oil, or cardol, is highly poisonous, and often causes ill health among the workmen employed in cleaning, picking over, and assorting the pods. Another possible cause is the use of artificial "vanillin" for the vanilla bean.

"Vanillin" is made from coniferin, found in the sap of the pine, and in its manufacture bicarbonate of potassium is largely used. It is probable that the process of purification is not so perfect as to remove all traces of this latter drug.—*Col. Medical Journal.*



THE MODEL AMERICAN GIRL.

A PRACTICAL, plain young girl;
Not-afraid-of-the-rain young girl;
 A poetical posy,
 A ruddy and rosy;
A helper-of-self young girl.

At-home-in-her-place young girl;
A never-will-lace young girl;
 A toiler serene,
 A life that is clean,
A princess-of-peace young girl.

A wear-her-own-hair young girl;
A free-from-a-stare young girl;
 A waste-not-an-hour,
 No pale parlor flower,
A picture-of-health young girl.

Plenty room in her shoes—this girl;
A free-from-the-blues—this girl;
 Not a bang on her brow,
 Not a fraud will allow,
She's just what she seems—this girl.

Not a reader-of-trash young girl;
Not a cheap-jewel-flash young girl;
 Not a sinner of rum,
 Not a chewer of gum—
Remarkably sensible girl.

At-ten-in-her-bed young girl;
An active, aspiring young girl;
 An early riser,
 A dandy despiser—
We honor this lovable girl.

A lover-of-prose young girl;
Not a turn-up-the-nose young girl;
 Not given to splutter,
 Not "utterly utter,"
A matter-of-fact young girl.

A rightly ambitious young girl;
Red-lips-so-delicious young girl;
 A clear, sparkling eye,
 That says "I will try"—
A sure-to-succeed young girl.

An honestly-courting young girl;

A never-seen-flirting young girl;

 A quiet, demure,

 A modest and pure—

A fit-for-a-wife young girl.

A sought-everywhere young girl;

A future-most-fair young girl;

 An ever discreet,

 We too seldom meet

This queen-of-the-queens young girl.

—*Virgil A. Pinkley.*

MISTAKEN STANDARDS.

THE triangular figures, with base at the shoulders and apex at the hips, that begin to show themselves on our streets indicate a return to the wicked fashion of tight lacing that disgraced women twenty years ago. Nothing can excuse such a violation of the laws of health and beauty but the grossest ignorance. False standards of what constitutes a good figure lead hundreds of women to offend in the very domain in which they attempt to please; having no knowledge of the laws of proportion, they offend our sight—large women wearing shoes two or even three sizes too small, walking with a cramped and wobbling gait, all freedom of motion gone, and an expression of suppressed agony on their faces, pitiful to behold; gloved hands so stuffed-looking that unconsciously the mind runs to the butcher's window and its rows of sausages, and we give preference to the sausages as works of art because of their conformity to their natural outlines. Every woman who wears tight shoes or gloves pays the penalty in cold feet and hands, impaired circulation, and, as a result, a pinched and purple complexion.

Tight lacing is a violation against health that offends against the law of God; a violation that is even greater than self-murder, as it destroys the

vital organs of child bearing—all this done with the mistaken idea that the form of a woman is improved by lacing, made to conform to the lines of beauty, and that the Venus of Milo is rivaled! The *Popular Science Monthly* gives the proportions for a perfect female figure:—

"To meet the requirements of a classic figure, a lady should be five feet four and three-fourths inches tall, thirty-two inches bust measure, twenty-four inches waist, nine inches from armpit to waist, long arms and neck. A queenly woman, however, should be five feet five inches tall, thirty-one inches about the bust, twenty-six and one-half about the waist, thirty-five over the hips, eleven and one-half inches around the ball of the arm, and six and one-half inches around the wrist. Her hands and feet should not be too small."—*Sel.*

DRESS; ITS RELATIONS TO HEALTH.

BY S. W. DODDS, M. D., ST. LOUIS, MO.

WHATEVER may be the object or objects for which human beings wear clothes, I think it will be granted that one at least is to keep the body comfortably warm. When the surrounding atmosphere is much colder than the temperature of the body, it becomes necessary to wear clothing that will assist in retaining the heat generated by the vital forces. This much I think will be conceded, even by those who have studied the subject only in a casual way. It must further be allowed, by the physiologist, certainly, that in order to preserve life and health and maintain functional action unimpaired, it will be necessary to equalize the temperature of the body as far as possible.

Now these are our premises, from which I think there can be no escape. Let us see whether the dress worn by civilized men and women secures these ends; whether it is so adjusted that the circulation will be kept in good balance, and all the functions of the body go on undisturbed. I greatly fear that we shall find a different state of things, to a very large degree. I fear that we shall find some parts overheated, and other parts not sufficiently clad; and that in consequence of this unequal distribution of clothing, and, therefore, of temperature, some parts will be filled with blood, congested, and other parts very scantily supplied with that fluid.

Suppose we proceed here and now to investi-

gate this matter, and suppose we begin by an inspection of the dress that is worn by the average woman. We can look to the other sex later. Beginning with the headgear, I do not know that there is very much to find fault with, so far as hats and bonnets are concerned; most women wear something rather light and airy, at least in the summer season. In winter I have seen the shops filled with unporous felt or beaver hats, sometimes heavily trimmed with velvets, etc., which I think would congest the brain of the wearer, all the more if worn in close, hot rooms, during church services (churches are proverbial for bad ventilation) and evening entertainments. The fashion that so many women have of wadding up the hair in great masses and fastening it either upon the back or crown portion of the head, tends to overheat and congest that part of the brain; it also leaves exposed the nape of the neck, where the great cranial nerves and blood vessels lie near the surface. This one thing, I am convinced, is the cause of much mischief. I will not say how much more may be due to tight collars and bands, fitting closely about the neck, or to a lack of sufficient covering oftentimes over the shoulders and upper part of the bust.

Proceeding to the trunk as the next point of interest, we shall, I fear, find a state of things which in the light of physiological science is really appalling, particularly when we come to contrast it with that in other parts of the body. The average woman, and particularly the woman of fashion, wears over the region of the pelvis three, four, and five times as much clothing as she puts upon portions of the body. I need not go through the actual count, though I have often done so,—the chemise, the drawers, the vest, the thick corset, the short flannel petticoat, the skirt above it, the dress skirt and its linings, the overskirt or basque with its trimmings, and the "piles" of deep pleats and gathers worn at the present day, make up a mass of clothing that is next thing to frightful; it is bound to congest the pelvic organs, and to ruin the health of all but the strongest.

Just here, it seems to me, a great duty is laid upon the physician, a duty that he can in nowise shirk or evade. It is useless to plead ignorance in the matter, for this itself would be crime; and to be silent in the face of knowledge would be a still greater crime. I am afraid, however, that too little attention has been paid to this subject. When I say anything to women about these inconsistencies

in their dress, they ask, "Why has my physician never spoken to me of this?" Pray, who will answer? And how many of us have asked the question, "Am I my brother's keeper"—or my sister's? Is not here an open field for *preventive medicine*? and are not preventive measures a thousand times better than curative? But to proceed. What are the consequences of this one great error in the dress of women? Ask the gynecologist; he can give you the effects; and I think there are a few who will point out the causes. Let their numbers increase. In the first half of this century women as a rule wore a simpler dress, and diseases of women were rare as compared to the present time. Even married women were seldom ailing with uterine disorders, and among the unmarried such a thing was practically unheard of. Not so to-day. The congestions, the local inflammations and erosions, the sloughings, the dropsical effusions, the morbid growths, the malignant tumors,—these are in the ascendency, and heaven knows when they will be on the decline! Not until women are better posted in matters pertaining to life and health, and physicians are able and willing to do their duty. More instruction and less "doctoring" is what is needed. Shall we not have this?—*People's Health Journal, of Chicago.*

OSCAR WILDE ON WOMEN'S WAISTS.

INDEED, instances of absolute mutilation and misery are so common in the past that it is unnecessary to multiply them; but it is really sad to think that in our own day a civilized woman can hang onto a crossbar while her maid laces her waist into a fifteen-inch circle.

To begin with, the waist is not a circle at all, but an oval; nor can there be any greater error than to imagine that an unnaturally small waist gives an air of grace, or even of slightness, to the whole figure. Its effect, as a rule, is to simply exaggerate the width of the shoulders and the hips, and those whose figures possess that stateliness which is called stoutness by the vulgar, convert what is a quality into a defect by yielding to the silly edicts of fashion on the subject of tight lacing.

The fashionable English waist, also, is not merely far too small, and, consequently, quite out of proportion to the rest of the figure, but it is worn far too low down. I use the expression "worn" advisedly, for a waist nowadays seems to be re-

garded as an article of apparel to be put on when and where one likes. A long waist always implies shortness of the lower limbs, and from the artistic point of view has the effect of diminishing the height; and I am glad to see that many of the most charming women in Paris are returning to the idea of the directoire style of dress. This style is not by any means perfect, but at least it has the merit of indicating the proper position of the waist. I feel quite sure that all English women of culture and position will set their faces against such stupid and dangerous practices as are related by Miss Leffler-Arnim. Fashion's motto is, *"Il faut souffrir pour etre belle;* but the motto of art and of common sense is, *"Il faut etre pour souffrir.*

—*Woman's World for January.*

A BOY'S COMPOSITION ON BREATHING.

BREATH is made of air. We breathe with our lungs, our hearts, our liver, and our kidneys. If it wasn't for our breath, we would die while we slept. Our breath keeps the life agoing through the nose when we are asleep. Boys that stay in a room all day should not breathe. They should wait till they get outdoors. Boys in a room make bad, unwholesome air. They make carbonic acid. Carbonic acid is poisoner than a mad dog. A heap of soldiers was in a black hole in India, and a carbonic acid got in that there hole and nearly killed every one afore morning.

Girls kill the breath with corsets that squeeze the diagram. Girls can't holler or run like boys because their diagram is squeezed too much. If I was a girl, I had rather be a boy, so I can run, holler, and row, and have a great big diagram.—*Sel.*

A YOUNG lady having read about a man having invented a stove which will consume its own smoke, hopes he will next devise a method whereby tobacco smokers can be run on the same economical principle.

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MATTERS AT THE RETREAT.

AT a recent meeting of the Board of the Rural Health Retreat, Dr. W. P. Burke tendered his resignation as physician in charge, and also as editor of the *PACIFIC HEALTH JOURNAL*, both of which were accepted. The plea offered by the doctor for his release was in part the need of rest, and pressing business in another direction. The patronage of the Health Retreat during the past year has been larger than at any previous time in its history, and the duties of physician have been arduous. We are pleased to say that a good degree of success has attended the work, and many friends have been secured to the Retreat.

The many friends of the doctor will no doubt be pleased to learn that in leaving the institution his place has been filled by competent physicians, Dr. W. H. Maxson and wife. Especially will the lady patients be pleased to have the reliable services of Mrs. Dr. Hattie Maxson, who has had a valuable experience and extensive practice. Dr. Maxson and wife have recently returned from Europe, where they spent some time in study and improvement in their profession.

Additions have been and will continue to be made at the Health Retreat for the comfort of patients. All who come to the Retreat in the future, either as patients or visitors, will, we hope, find their expectations fully met.

ANNOUNCEMENT.

E. B. TREAT, publisher, New York, has in press for early publication the 1892 *International Medical Annual*, being the tenth yearly issue of this deservedly popular work. Its corps of thirty-five editors are specialists in their respective departments, and have been carefully selected from the brightest and best American, English, and French authors. It is the embodiment of what is worth preserving of the current medical journals of the world for the year, and will contain over 6,000 references to diseases and their remedies. The service rendered the profession by this annual cannot be overestimated, and it is an absolute necessity to every physician who would keep abreast with the continuous prog-

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THE INTERNATIONAL EXECUTIVE COMMITTEE OF THE PAN-AMERICAN MEDICAL CONGRESS.

FROM the secretary-general of the Pan-American Medical Congress we have received the following:—

"The Committee on Organization of the Pan-American Medical Congress, at its meeting at St. Louis last October, elected the following International Executive Committee: The Argentine Republic, Dr. Pedro Lagleyze, Buenos Ayres; Bolivia, Dr. Emelio De Tomassi, La Paz; Brazil, Dr. Carlos Costa, Rio de Janeiro; British North America, Dr. James F. W. Ross, Toronto; British West Indies, Dr. James A. De Wolf, Port of Spain; Chile, Dr. Moises Amaral, Santiago; United States of Columbia, Dr. P. M. Ibañez, Bogota; Costa Rica, Dr. Daniel Nuñez, San José; Ecuador, Dr. Richard Cucalon, Guayaquil; Guatemala, Dr. José Monteris, Guatemala, Nueva; Hayti, Dr. D. Lamothe, Port-au-Prince; Spanish Honduras, Dr. George Bernhardt, Teguagalpa; Mexico, Dr. Tomás Noriega, City of Mexico; Nicaragua, Dr. J. I. Urtecho, Grenada; Peru, Dr. J. Casamira Ulloa, Lima; Salvador, Dr. David J. Guzman, San Salvador; Spanish West Indies, Dr. Juan Santos Fernandez, Habana; United States, Dr. A. Vander Veer, Albany, N. Y.; Uruguay, Dr. Jacinto De Leon, Montevideo; Venezuela, Dr. Elias Rodriguez, Caracas.

"Hawaii, Paraguay, Santo Domingo, the Danish, Dutch, and French West Indies, are not yet organized. Nominations of local officers have been received from a majority of all the members of the International Executive Committee, and a number of the lists have been confirmed by the Committee on Organization. These will be announced as rapidly as acceptances are received.

"CHARLES A. L. REED,
"Secretary-General.
"Cincinnati, Jan. 15, 1892."

WE have received from Prof. E. W. Hilgard, of the University of California, a "Report of Work at the Agricultural Experiment Stations of University," for the year 1890. This is a very full and complete report, and if studied must be of immense advantage to the agricultural portion of the State. The report contains 330 pages, and is packed full of solid information, with diagrams and tables. Address Prof. E. W. Hilgard, Berkeley, Cal.

MR. HOWELLS' NEW WORK.

THE announcement that Mr. Howells will leave *Harpers' Magazine*, to take editorial charge of the *Cosmopolitan*, on March 1, calls attention to the process of building up the staff of a great magazine. Probably in no monthly has the evolution been so distinctly under the eyes of the public as in the case of the *Cosmopolitan*. The first step after its editorial control was assumed by Mr. John Brisben Walker was to add to it Edward Everett Hale, who took charge of a department called "Social Problems," subjects concerning which the greatest number of people are thinking to-day. Mr. Hale, who is a student, a fair-minded man, a thorough American, and a man of broad sympathies, has filled this position in a way to attract the attention not only of this country, but of leading European journals. Some months later a department was established called "The Review of Current Events." To take charge of this a man was needed who should be familiar not only with the great events of the past thirty years, but who knew personally the leading men of both the United States and Europe who could interpret motives and policies. Murat Halstead accepted this position with the distinct understanding that his monthly review should be philosophical and never partisan. The next step in the history of the *Cosmopolitan* was the placing of the review of the intellectual movement of the month in the hands of Mr. Brander Matthews, who for some time has been recognized as one of the two or three ablest critics in the United States.

Finally came the acceptance of the editorship conjointly with Mr. Walker by Mr. Wm. Dean Howells. Mr. Howells, who is recognized universally as the foremost American of letters, upon the expiration of his contract with Harper Brothers, on the 1st of March, will take in hand the destinies of a magazine which promises to exercise a share of influence with the reading classes of the United States. His entire services will be given to the *Cosmopolitan*, and everything he writes will appear in that magazine during the continuance of his editorship.—*Sel.*

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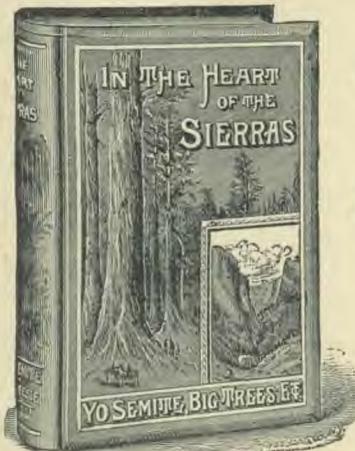
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The Birmingham (England) "Medical Review" for October, 1890, contains an article on "Food and its Adulterations," in which it is stated that "quite apart from any question as to the injury resulting to the human system from taking these salts it would be only right that the medical profession should resolutely disown the use of any and all secret preparations confessedly adulterated, and adulterations, too, of a sort not justified by any of the exigencies of the circumstances. . . . Cocoa is only to be recommended as a beverage when it is as pure as possible."

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