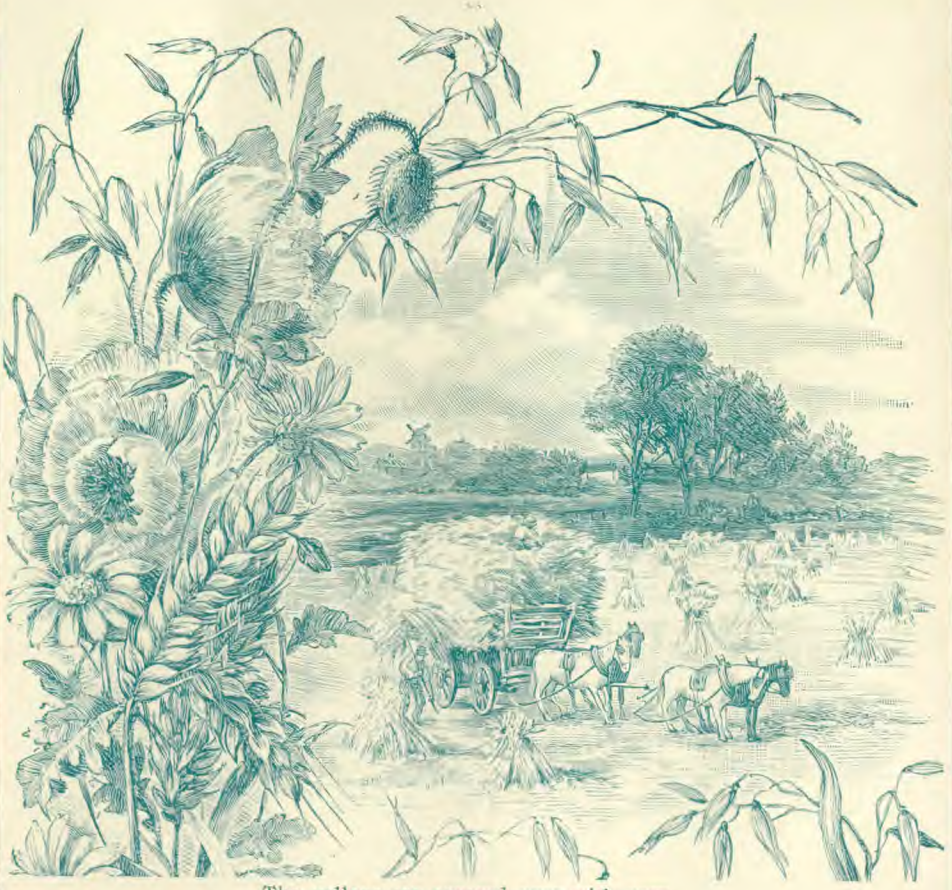
OCTOBER, 1902

PACIFIC HEALTH JOURNAL



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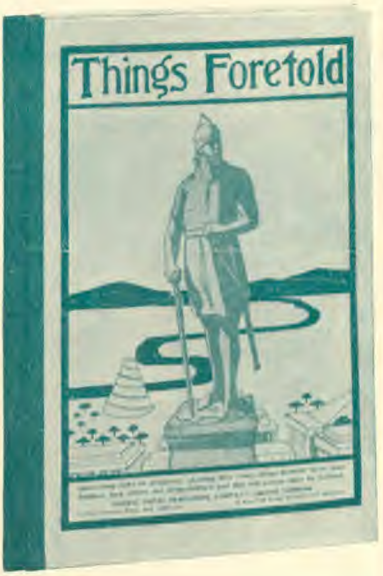

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PACIFIC HEALTH JOURNAL

A SOUND MIND IN A SOUND BODY

VOL. XVII. OAKLAND, CAL., OCTOBER, 1902. NO. 10.

Body Defenses

(Continued.)

By J. H. Kellogg, M. D.

[Physician in Chief of Battle Creek Sanitarium.]

CATARRH.—The question is sometimes asked, "What would you recommend for chronic catarrh?" The first thing is to do something to your skin. You can't cure your nose, the inside skin, unless you make the outside skin well. Catarrh does not begin in the nose; it begins in the skin. A person has catarrh because his bodily resistance has been so reduced that the germs not only get into his nose, but grow there. You can never get over the catarrh until you get over the germs. You will have to build up the bodily resistance. Proper food will improve the quality of the blood, and good blood will improve the quality of the mucus in the nose so that it will again kill germs, and that is how to kill the catarrh. The cure must come from within, not from the outside. You may kill all the germs in your nose and your catarrh will start again to-morrow, because the ordinary germs of the body are the germs that produce catarrh. So long as your nose is able to kill the germs that enter it, you can't have catarrh; but when the mucus in the nose loses its germicidal power, you are subject to catarrh. It is not the external climate but the internal climate that causes catarrh.

A French physiologist says, "All life is under water." We think under water, we smell under water, we digest under water; all the work of the body is done under water. If you have some goldfish in a vase and put in something to pollute the water, the goldfish will soon become diseased and die. Now suppose you make the water of your body impure—the fluids of the body in which the brain cells, the muscle cells, the gland cells work—if these fluids become impure, the mucus that is formed in the nose will be impure, and will not have the power to kill germs.

You say that every time you expose yourself you get a cold on your lungs. The trouble is not with your lungs but with you. Your whole body is in such a polluted state that the cells, spread over the two thousand square feet of lung surface, are put to sleep by the poisons generated in your body, so that the germs collected together are allowed to grow, and pneumonia or tuberculosis thus gets a start. How do I know that the body itself has been polluted? I will give you one absolute laboratory proof. An animal is taken and some germs are injected into it without making the animal sick at all. It is proof against those germs. Now a very small dose of poison of some kind is

*Extracts from one of the doctor's talks.

injected into the animal's body, and its vitality is depreciated a little, and some of the same germs are injected, and the animal gets sick, whereas before it did not.

Here is a person living all the time in a state of indigestion, and you ask him if anything is the matter with him and he will say, "No, only a little indigestion." Now "a little indigestion" is a tremendous big thing. Suppose a lady has a goldfish and her husband comes along and spits some tobacco juice into the vase; it would be an awful thing; the fish would be compelled to live, or rather to die, in the poisoned liquid; so with the cells of our own body when surrounded by the poisons which are produced as a result of indigestion.

The person with a coated tongue is not safe a minute. The coated tongue means Bright's disease by and by, and premature death. It means that your vital resistance is lowered. The skin is proof against germs. You can handle the most deadly germs with your hands with absolute immunity so long as the skin is healthy and intact, but when the body cells lose their germicidal power, the germs penetrate into the tissues and there multiply. Whenever there is a surface discharging white matter, that matter is chiefly made up of dead cells killed in the combat with the germs. Pus, then, is always infectious. Whenever there is the least bit of pus, be careful of it, and see that it does not get around. Do not let it come in contact with the towel or the doorknob, but keep the discharging part completely wrapped up and protected against everything else—put it in quarantine. It is contagious, like smallpox, for when you have pus in one part of the body, it means that the whole body is in such a state that it might easily be infected. The whole vitality is lowered, probably as the result of poisoning from indigestion. If you have neuralgia or chronic headache or a bilious attack, it means that the body has been so contaminated with poisons that the liver and kidneys have been overworked and unable to care for the poisons.

When you hear a person saying, "I have been taking this or that for so many years and it has not yet hurt me," you may know with absolute certainty that the day is coming when he will have to cash every one of those checks, for "whatsoever a man soweth, that shall he also reap." The one precaution to take if you do not want cholera is to go up high and stay high, and don't dare to come down a minute, because if you do, the cholera will catch you. We have all been looking forward to a time when cholera and other things will be around us. That time has come.

Chances for Longevity

WHETHER feeble or deformed, thin or fat, long or short, that man has the best chance of reaching threescore and ten who eats at regular times and nothing between, whose bodily functions are in regular daily action, and who is kept fully employed in agreeable and profitable activities in the open air. At the same time the lean can have the advantage over the fat, the merry over the morose, the hopeful over the despondent, and the busy over the idle.

What to Eat: That's the Question

By the Editor

NOW that meat is so expensive, many are considering the problem of meat substitutes. They do not want to deal in speculation; they want *facts* regarding meat as an article of diet.

1. Can other foods be found which will take the place of meat without injury to the health?

2. Can such foods be depended upon to furnish brain and muscle force?

3. Can such foods be obtained at prices which will justify their general use?

Believing that these questions can all be answered in the affirmative, we call a few out of many eminent witnesses to bear us out.

MAN A VEGETARIAN BY NATURE.

The Scriptures in the first chapter of Genesis gives the diet originally prescribed for man by his Creator: "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat."

Eminent naturalists and comparative anatomists bear testimony that man's structure shows him not to be carnivorous. We have space only for a few brief expressions out of many.

It was Dr. Spencer Thompson who said, "No physiologist would dispute with those who maintain that man ought to live on vegetarian diet."

Gassendi says, "We do not appear to be adapted by nature to the use of flesh diet, from the confirmation of the teeth."

Prof. W. Lawrence, F. R. S.: "The teeth of man have not the slightest resemblance to those of the carnivorous animals, except that their enamel is confined to the external surface."

Prof. Sir Charles Bell: "Every fact connected with the human organism goes to prove that man was originally formed a frugivorous animal."

A VEGETARIAN DIET ADEQUATE.

Dr. W. B. Carpenter, C. B., F. R. S., is quoted as saying: "A regimen consisting of bread, fruit, and herbs is quite adequate to the wants of a population subsisting by severe and constant toil."

Sir Benjamin Ward Richardson, M. D., F. R. S., says: "Weight by weight, vegetable substances, when they are carefully selected, possess the most striking advantages over animal food in nutritive value."

The noted Adam Smith said, in his "Wealth of Nations," "It may indeed be doubted whether butchers' meat is anywhere a necessity of life."

DANGERS OF FLESH EATING.

Professor Gamgee, M. D., F. R. S., says, "One-fifth of the total amount of meat consumed is derived from animals killed in a state of malignant or chronic disease."

T. P. Smith, M. B., M. R. C. S., says, "Symptoms of poisoning are sometimes produced by the flesh of animals apparently healthy, and by flesh in a state of incipient decomposition."

In his treatise "The Dietary in the Treatment of Disease," Henry S. Purdon, M. D., L. R. C. P., says: "I have known persons who, after adopting the vegetarian practise of diet, recover their health, and no longer suffer from such complaints as indigestion, constipation, fits, gout, gravel, etc. Moreover, I believe that a strict vegetarian is less liable to ordinary disease than a beef eater."

Dr. Maxwell, specialist in treatment of cancer, says that during fifty years' experience with the disease he did not know of a single case of cancer in a vegetarian.

Dr. J. C. Jackson, of the Dansville Sanatorium, has cured drunkards by the withdrawal of flesh meats and tobacco.

From the foregoing, the reader will perceive that the substitution of other foods for meat is actually a decided advantage instead of an injury.

THE FOOD FOR STRENGTH.

Lieut. C. R. Low: "Few people surpass the Arabs in longevity, agility, and power of endurance, yet they subsist on dates and milk."

Dr. Edward Smith, who reported to the government on the food of the United Kingdom, found that the strength of the different races varied with their dietetic habits, those using least meat being strongest.

Capt. C. S. Howland, of New Bedford, Mass., makes this remarkable observation: "I have often hired men to labor for me in Russia, which they would do for sixteen to eighteen hours for eight cents a day. They would come on board in the morning with a piece of their black bread, weighing about a pound, and a bunch of garlic as big as one's fist. This was all their nourishment for the day of sixteen or eighteen hours' labor. They were astonishingly powerful and active, and endured severe and protracted labor far beyond any of my men. Some of them were eighty and even ninety years old, yet these old men could do more than any of the middle-aged men belonging to my ship."

SPLENDID MENTAL POWERS.

That vegetarianism is not incompatible with splendid mental powers is shown by the fact that many of the world's greatest minds were sustained on a non-meat diet. Among these may be mentioned Socrates, Plato, Pythagoras, Plutarch, Seneca, of olden time, and Professor Newman, Sir Isaac Pitman, Count Tolstoi, Edison, and Wagner, of modern times. Some of the most brilliant nations of antiquity were vegetarian, among them Egypt, Assyria, and Chaldea.

COMPARATIVE COST.

Regarding the comparative cost of plant and animal foods, it may be stated that the land which will develop one steer for market would raise plant foods equivalent to many times the weight of the animal. An animal in obtaining his growth has to eat his own weight of nutritive substances eight or ten times a year. In very populous countries the people become vegetarians of necessity, as the land will not produce meat in sufficient quantity.

Huxley said it would cost forty to fifty cents to put a pound of flesh on a man by feeding him meat, twenty cents by feeding him on potatoes, and six cents by feeding him on peas.

Herewith are given the amount of tissue-building material and the heat and force-producing power in one

dollar's worth of a number of more common foods. This is based on ordinary retail prices, and the food values, with one or two exceptions, are taken from the bulletin of the U. S. Department of Agriculture. It will be noticed that the dried cereals, legumes, and fruit products furnish far higher food value than the same amount of animal food. The canned and green vegetables and fruit are of course more expensive. Potatoes, for instance, at 65 pounds for $1.00 would give .93 pound protein and 21,125 heat units. Apples at 50 pounds for $1.00 would give .26 pound protein and 16,575 heat units.

One dollar will buy:—

Article	Price	Lbs.	Protein or Flesh Former (in lbs.)	Fuel Value Heat Units
Steak	15c a pound	6⅔	1.06	6,833
Eggs	15c for ¾ doz. (1 lb.)	6⅔	.88	4,321
Milk	5c a quart	40	1.32	13,000
Flour	$5.00 a barrel	40	5.60	66,400
Split peas	5c a pound	20	4.82	32,800
Dried beans	3½c a pound	28	6 24	44,520
Corn-meal	3c "	33	2.94	54,615
Oatmeal	5c "	20	3.12	37,200
Bread	5c "	20	1.90	24,100
Rice	6¼c "	16	1.25	26,080
Dried figs	5c "	20	1.02	27,900
Shelled peanuts	10c "	10	2.58	25,600
Peanut butter in bulk	15c "	6½	1 92	18,395
Granola	12½c "	8	1.12	15,269

From this we learn that meat is not the natural diet of man, is not essential to man; that man thrives mentally and physically on a non-meat diet; that meat eating tends to produce disease; that meat eating is expensive.

Human Nature's Way—Downward

By T. S. Whitelock, M. D.

ONE day, while traveling with a friend in Southern California, a scene was enacted at one of the stations which made a decided impression upon our minds. A corpulent, red-faced man came leisurely into the train and threw himself down in a seat near us. One would judge from his walk and the expression on his face that he was suffering from an attack of rheumatism. In his hand he carried a bunch of geranium blossoms. By him sat another man, whose attention was attracted by the flowers.

Said he to the man, "Those are beautiful colors."

"Yes," answered his corpulent neighbor, "all they are good for is to look at."

He laid the flowers down in the seat ahead of him, and soon a cigar was pulled out and a match applied to one end, while he occupied the other extremity. He leaned back in his seat and evidently enjoyed the sickening odor that emanated from the poison weed. The delicious fragrance of the flowers was unnoticed by him.

Men to-day complain of the injustice of God, and wonder why it is that they do not enjoy better health and have more pleasure, and an easier time in this world; but when permitted to gaze upon the beautiful creation of God and breathe the atmosphere of heaven, they deliberately choose to poison the mind with the foul smoke of Satan's favorite instrument of destruction, and, after bringing on physical wreck and spiritual decay, find fault with God because of the results of their evil course.

"Whatsoever a man soweth, that shall he also reap."

Compresses

By Henrietta E. Brighouse, M. D.

IN this study we will consider some of the uses of the compress as a means of treatment. A cotton or linen cloth folded to several thicknesses is wrung out of water and applied to some part. It may or may not be covered with flannel and some impervious material, as oiled silk or even paper, according to the effect desired. Cheese-cloth folded to from four to eight thicknesses makes excellent compresses,—soft, light, and spongy.

Compresses are used cold, warm, or hot. Hot compresses make an excellent and cleanly substitute for a poultice. The object of the poultice is the heat and moisture obtained by it. There is no especial virtue in the material used in a poultice. Flaxseed, bran, and other materials used have the quality of holding heat and moisture. A cheese-cloth compress, covered with some impervious material to hold the moisture and covered with a hot-water bag, fulfils the requirements in a much more cleanly way.

Different effects are obtained according to the way the compress is managed. Wrung out of cold water and changed every five to fifteen or twenty minutes, or before it thoroughly warms up, it has an entirely different effect from that obtained by less frequent changing, or allowing the compress to become hot. A compress covered with flannel and oiled silk or some other impervious material has a different effect from one covered with sufficient flannel only to prevent chilliness, and yet permit of slow evaporation of the moisture of the compress. The effect obtained from the latter is decided stimulation, and is desirable in many conditions.

Compresses are useful in affections of all the deep-seated organs. The liver, kidneys, lungs, heart, bladder, and bowels may be favorably treated with compresses in suitable cases.

In acute inflammations of these organs, compresses, wrung out of cold water, and renewed so frequently as not to permit of their becoming hot, covered with one thickness of flannel, will prove very helpful. Every three or four hours a fomentation should be given for a few minutes, the compress being continued again afterward as before. This quickens circulation in the organ, and stimulates vitality.

In the early stage of pneumonia, the compress wrung from ice-water, renewed every twenty minutes, proves very valuable. If the fever is high and the compresses warm quickly, they may be renewed more frequently. They must be wrung dry. They must be large enough to cover the whole diseased area, and a little more. If the right lung is affected, the compress may well cover the whole side of the chest. Lightly rubbing the skin when renewing the compress will add much to its effectiveness if there is any tendency to the skin's becoming numb. As the disease progresses, the compress must not be changed so frequently. The time lengthens out to once an hour, once in two hours, and finally to once or twice a day only. In the latter event, the compress is covered with flannel and nicely and snugly bound in place. It should not

be covered so warmly as to have a poultice effect, but should be so managed as to allow a very slow evaporation, with a continual stimulation of the skin, but without any chilling. To allow chilling would be to undo all that had been done. Chilling may also result at this stage from too heavy a compress. A compress of so many thicknesses that the body can not warm it will fail in producing a reaction, and chilling will result. While there is high fever there is not much danger from this, but at the stage when the fever is disappearing, the patient is very susceptible to chill. The fomentation must still be used in alternation with the compress, but not so frequently.

The compress is useful also in chronic lung difficulties, as bronchitis and asthma. It is very useful for children. Colds of all kinds may be treated with the compress.

The Typhoid Bacillus

By S. A. Lockwood, M. D.

NOT many months ago the world was startled by the news of the awful catastrophe in Martinique, in which, with scarcely a moment's warning, 40,000 persons were swept out of existence. The very thought of this terrible disaster causes a shudder, yet we are quite indifferent when the fact is presented that in the United States during the year 1902 a number almost equally as large will fall as victims of the scourge named in the heading of this article.

For twenty years the cause of typhoid fever has been known and its infectious nature quite fully understood; yet, although much has been said and written on the subject, the number stricken with the disease each year is but little diminished. That this should be true is certainly a proof of indifference, for it is in the power of almost every one to fortify himself against the attacks of this microscopic foe. Too many times we accept the view that what is to be will be, so why struggle against our fate? Rather than accede to such a view, let us study the habits of this hidden enemy; and, knowing where to expect it, how long it lives, how it may be destroyed, we can do much toward stamping it out.

The typhoid bacilli are microscopic plants, having an oblong form with rounded ends, and so small that it would require 30,000 of them if placed side by side to reach across the space of one inch. From different points on their surface there are tiny, whip-like projections, five to twenty in number, and by means of these they are able to propel themselves rapidly through any fluid medium.

Unlike the germs of many other diseases, the typhoid bacillus is able to live and multiply outside of the body for a period of several months, or even from one summer to the next if the conditions are favorable. In damp clothing it remains alive and virulent for weeks and months; in the water of wells, lakes, and rivers, it thrives for a long period, and, strange to say, pro-

longed freezing does it no injury whatever. Soil which has been contaminated from vaults, bad sewers, or cesspools, offers the most favorable conditions for its growth and multiplication. A heavy rain may carry it through the soil to a well in the vicinity, insects may transplant it by carrying it away on their feet or wings, or the wind may carry it far and wide in particles of moist dust.

The bacilli most frequently gain an entrance to the body through the drinking water, less often through food, and, occasionally, perhaps in the infected dust, which is inhaled and then swallowed. They establish themselves in the lower part of the small intestine, and there multiply with great rapidity. The individual who is ill with typhoid does not endanger those about him by his breath, since the bacilli are eliminated from the body by the bowel and kidneys.

As stated before, surface wells are particularly apt to be contaminated, also the water of rivers or lakes which receive sewage. There are so many ways in which food may become contaminated that only the most common will be mentioned.

Several epidemics have been traced to the use of oysters taken from beds where they fed upon sewage. Milk is often the means of spreading the disease, since dairymen may come from homes where the disease is prevalent, or they may wash their cans with infected water. Grapes and other fruits which grow near the ground are sometimes covered with infected dust if a vault or cesspool is located near by. Care should be taken to wash thoroughly all vegetables coming from a sewage farm.

By observing the following suggestions, you may be able to prevent the spread of the disease in a family, and you may be able to prevent those living in the vicinity from having it next month or next year.

As soon as it is definitely known that a patient has typhoid, begin to disinfect the urine and the stools. Either a ten per cent crude carbolic solution or chlorinated lime may be used for this purpose. The disinfectant should be thoroughly mixed with the stool and allowed to stand at least two hours. If there is no system of sewerage, the disinfected material should be buried in a trench four or five feet deep, and if there is a well in the vicinity, as far removed from it as possible. Every article that comes in contact with the fecal matter should be disinfected as soon as possible with the carbolic solution or with a 1 to 1000 solution of bichlorid of mercury. Parts of the body which become soiled with fecal matter should be sponged with the bichlorid solution whenever necessary.

The patient's clothing and the bedclothing should be disinfected in a 1 to 20 solution of carbolic, and afterward thoroughly boiled.

Take care that all the water and milk used by the family of the patient are boiled, and kept covered afterward.

Those in attendance upon the patient should be very careful to disinfect their hands before leaving the sick room, and never, under any circumstances, should they eat or drink there.

These measures should be carried out for a week or ten days after the temperature becomes normal, because the bacilli are still being eliminated in large numbers.

Individual Communion Cups

By A. Q. Shryock, M. D.

SUBJECTS bearing on personal hygiene and preventive medicine are justly receiving a great deal of attention nowadays, and among all these there is none more deserving of attention than that of communion cups. Shall we continue to do as Christians have done for so many years with no thought of the dangers incurred, or shall we yield to the advances of science and adopt measures to avoid, so far as possible, the risks encountered in using one or two glasses for a congregation?

Those who oppose the introduction of individual glasses may offer many objections, but none of them are sufficient to stand when viewed in a correct light. The reasons for adopting individual communion glasses must be obvious to all. Science tells us that many, if not all, communicable diseases are produced by germs, and in many cases these germs gain entrance to the body through the alimentary canal. Germs of diseases such as tuberculosis, diphtheria, etc., are found in the mouth, and it is a very easy matter for them to be communicated to the edges of the glasses or the liquid, and thus they are passed from one to another communicant, and all are exposed to the infection. I have known of persons with cancer of the mouth partaking of communion with all the others, and it usually occurs that such individuals occupy the front seats and are served among the first, and the dregs containing all these germs are passed around for their brethren. There are few congregations of any size that do not have at least one tuberculous member Think of the other members who are needlessly exposed to the dread disease by means of the communion cup!

Some may say that the picture is overdrawn, and that no great degree of danger lurks in the glass, but let me say that the danger does exist, and especially for poorly-nourished, weak, susceptible individuals, those who are weakened physically, and are only waiting for some disease to come along and claim them as its victim. These and many more begin their years of suffering by such and similar means as those we are considering; and now, as we are becoming more enlightened and learning the causes of disease and how to prevent it, in a degree, let us adopt a plan that is not open to these objections, when it can be done without sacrificing principle and with very little trouble or expense. If one life may be saved, are we not justified in going to additional trouble and expense?

I am not speaking of the esthetic side of the question, but a great deal might be said on that question alone.

Regarding the expense,—it need not be great. For a congregation of 100 members it need not exceed $4.00 for glasses and trays. I know of one congregation which purchased 120 glasses and four trays for $4.10. They have used them on two occasions and several have said that the service meant more to them, and seemed more impressive and more sacred than ever before.

In this way there is no possible means for spread of disease, as the

glasses are thoroughly cleansed after each service and with very little trouble. Where it has been tried, the unanimous sentiment is, "We would not return to the old way."

612 Third Avenue, Seattle, Wash.

[The editor must confess that so far as he is concerned the thoughts which should have been uppermost in his mind on these solemn occasions were, before the advent of the individual communion cup, often mingled with thoughts as to how many mustaches and lips had been washed off in the wine before it reached him. It was a worship distracted by uncontrollable mental processes, entirely foreign to the occasion.]

Errors of Health Reformers

By J. E. Caldwell, M. D.

EVERY true reformer has an abiding confidence in truth, and does not fear the consequences of fair investigation. This is true of vegetarians —health reformers. It must be admitted, however, that some of the questions asked of vegetarians are exceedingly embarrassing, because satisfactory answers are not always at hand.

One of the most perplexing of these is, "Why are there so many dyspeptics among vegetarians? Why do so many advocates of health reform suffer from slow digestion or indigestion?"

The answers generally given sometimes fail to meet all facts in the case.

Health reform which contents itself with the selection of an improved dietary only ought not to expect the best results. Reform should be general, and should reach whatever affects the health.

Overeating is justly regarded as a common evil, quite as pernicious as the use of improper foods.

Unless fortified against it by clear, full information, vegetarians are liable to form this habit, for these reasons:

When tired and hungry it is natural to eat until hunger is satisfied. A stimulating dietary, as tea, coffee, and flesh meats, gives a false feeling of strength, which, because it is from stimulation, is felt more quickly than the real strength which comes from non-stimulating, nutritious food.

Years ago, when I was a medical student, my preceptor was often heard to praise coffee as a drink for the feeble because it was so prompt in giving relief from a feeling of hunger or exhaustion. All stimulants give similar results. Because of this, satiety may be quickly reached by using such a dietary, while the danger of overeating is diminished, however hasty the habit of eating.

While using a simple, nutritious dietary, satiety, with a feeling of strength, can come only when the blood has begun to be enriched by the food elements eaten. This can not be until a little time has been allowed the digestive juices to act upon the food, and for absorption to begin.

When one abandons a stimulating dietary for plain food he is in danger of overeating, for from habit he will naturally continue at the table eating until he feels satisfied or until he has fully exhausted his capacity for the

storage of food. I believe this is a real and common danger of most converts to health reform, and may lead to serious consequences.

The true preventive, and the only safe method, is to observe the hackneyed, but seldom heeded, direction of the hygienist, who tells us to eat slowly. This will secure thorough mastication and insalivation of the food. Neglecting these, no one is secure, whatever his dietary. Much has recently been said criticizing thin porridges or mushes and all kinds of watery or semi-liquid foods. The chief objection to that kind of food is that it is swallowed too hastily.

By retaining the food in the mouth until insalivation is complete, the reduction of all starchy elements is secured; the temptation to drink quantities of liquid ceases; the quantity of saliva increases; simple foods, both dry and moist, are eaten with much more relish; and one may close his meal fully satisfied, with very little danger of overeating. A portion of the food eaten at the beginning of the meal will have been digested and a small part absorbed, thus averting gluttony. Much remains to be done by many who have adopted health reform before their example will be safe to be followed by all.

Our Duty to Cooperate with the Health-Giver. No. 4

By W. S. Sadler

THE BLOOD A HEALING AGENT.

GOD is constantly at work in the human body, manifesting Himself through the agency of the blood. See Joel 3:21: "For I will cleanse their blood that I have not cleansed; for the Lord dwelleth in Zion." When God is permitted to dwell in Zion, His promise is that He will cleanse the blood that has heretofore not been cleansed. When we begin to eat and drink in harmony with God,—eat that which God can bless,—then it is that God will be able to cleanse the blood. Even God is not able to create pure blood out of impure food. "Who can bring a clean thing out of an unclean? not one." Job 14:4.

If we will confess our physical sins and bring forth the fruits of reform,—fruits meet for repentance,—God will surely be faithful to His promise and cleanse us from all unrighteousness of soul and uncleanness of body. But there is a part the human agent must act in this great work of cleansing. "Wherewithal shall a young man cleanse his way? by taking heed thereto according to Thy Word." Ps. 119:9. The law of truth contained in and which shines forth from the Word,—the "Word made flesh," the word of revelation, and the word that comes to us as the voice of nature,—if we will but heed these, if we will but listen and obey, we may be cleansed of all filthiness of the flesh and of the spirit. In the Word of God we have healing and cleansing power combined. That which we will not allow the Word to cleanse, we must not expect the Lord to heal. If, by obedience to the requirements of the Word of God, we allow it to perform its cleansing work, then it is consistent for us to expect to experience its heal-

ing power. Christ said, "Now ye are clean through the word which I have spoken unto you." John 15:3. We must accept the Word of God as spoken to us personally. We must yield individual obedience if we expect to be individually cleansed and healed. "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. 7:1. By sincere obedience and willing acceptance we are to cooperate with the cleansing Word.

Thus we discover the necessity of seeking to maintain a pure blood supply, for the blood is one of the agents through which the creative power of God is manifest in the human body. Every few weeks the entire ten or twelve pounds of blood in the human body have been renewed—recreated. Nature secures our blood from the food we eat, and our blood is necessarily of the same nature and quality. It is but presumption and folly to ask God to cleanse our blood, when we are daily taking into our systems such food as would require the Lord to work a direct miracle to prevent its contaminating the blood. The Lord can not consistently continue to daily work arbitrary miracles to save us from the penalties of our dietetic errors. We must sow for good, pure blood by eating good, pure food, and until we thus literally cooperate with God in His efforts to cleanse the blood and heal the body, all the so-called prayers of faith will prove to be but prayers of presumption, and we have no promise on record that the prayer of presumption shall save the sick.

POTATOES boiled in milk will make the hands soft and white.

Learning to Take People at Their Best

ONE of the greatest lessons in life is to learn to take people at their best, not their worst; to look for the divine, not the human; the beautiful, not the ugly; the bright, not the dark; the straight, not the crooked side.

A habit for looking for the best in everybody, and of saying kindly instead of unkindly things about them, strengthens the character, elevates the ideals, and tends to produce happiness. It also helps to create friends. We like to be with those who see the divine side of us, who see our possibilities, who do not dwell upon the dark side of our life, but upon the bright side. This is the office of a true friend, to help us discover our noblest selves.—*Selected.*

Hogan's Nerve

"I HEAR Hogan is sick," said the barber.

"Yes, but he is better now," said the bailiff. "He went to a doctor, who looked him over and then wrote out a prescription."

"How much will that cost, doc.?" asks Hogan.

"About a dollar and a half."

"Have you got that much to loan me, doc.?" says Hogan.

"The doctor took the prescription back and crossed off all the items except 'aqua pura.'

"You can get that for ten cents," he says, handing it back to Hogan; "and here's a dime."

"Don't I have to take those things you scratched off?" asks Hogan.

"No," says the doctor. "Those are nerve tonics. You don't need 'em."—*Medical Brief.*

Roquefort Cheese

THE following amusing description of Roquefort cheese, taken from a contemporary, may not be absolutely correct in all particulars, but as it contains some strong food for thought, we give it space:—

"Roquefort cheese is made in France from the milk of a certain breed of sheep, which are fed on wild thyme, and the cheese has a wild time trying to keep from stinking itself to death in its infancy. The wild thyme grows on the banks of the Lot, Tarn, and other rivers in the department of Aveyron, in France, and after it has first been besheeped and then becheesed, it generates a lot of the tarndest smells that ever perambulated down the pike.

"Thyme is a kind of an aromatic plant with a pungent odor, and after it is converted into Roquefort cheese, it is the pungentest thing known to man. After this cheese is made, it is put in solitary confinement until its whiskers begin to turn gray, and gangrene sets in, when it is taken out and chained to a post. Before it is served it is chloroformed or knocked in the head with an ax. It is then brought to the table in little square sections about the size of a domino. It is served at the close of meals, together with black coffee. It usually has a running mate in the shape of a round cracker, that has to be broken with a maul.

"Roquefort cheese is of a dull white color, except in spots, where mortification has set in. Some claim it to be inhabited, but this is not true. Even the intrepid and mephitic microbe flees from it as we flee from a pestilence. We have seen Limburger cheese strong enough to shoulder a two-bushel sack of wheat, but a piece of Roquefort the size of a dice can carry an election. Limburger is a rose geranium when compared with Roquefort. There is as much difference between them as there is between the purr of a kitten and the roar of a lion. Some people who claim to be civilized say they like Roquefort cheese, but they only eat it because it is imported and expensive. A man who will eat it is an open sepulcher, and should be quarantined or driven into the wilderness, and never again allowed to look into the face of a human being."

The Importance of Diet

THE veteran medico, Sir Henry Thompson, in a little manual he has brought out on "Diet in Relation to Age and Activity," gives some valuable hints. Sir Henry is eighty-two, and has always lived an active life, so he knows what he is talking about.

Speaking of alcohol, he says: "It is rare now to find any one well acquainted with human physiology, and capable of observing and appreciating the ordinary wants and usages of life around him, who does not believe that, with few exceptions, men and women are healthier and stronger physically, intellectually, and morally, without such drinks than with them.

With regard to eating, Sir Henry has been compelled, by facts which are coming constantly before him, to "accept the conclusion that as much mischief in the form of actual disease, of impaired vigor, and of shortened life, accrues to civilized man from erroneous habits in eating as from the habitual use of alcoholic drink."—*Selected.*

WOMAN'S REALM

Conducted by Mrs. M. C. Wilcox

Work of Woman

By M. Elisabeth Burns-Howell

["After this manner in the old time the holy women also, who trusted in God, adorned themselves."]

WORK of woman?—Life-work; to bear and to rear,
To succor and strengthen, to comfort and cheer;
To labor and live for the child of her heart,
And shrink not to suffer, if pain be her part.

Work of woman?—Love-work; created to love,
And, loving, to guide to the city above.
With steps strong and steady, and eye set on high,
Her heart by the hearth-stone, she mounts to the sky.

Work of woman?—Wife-work; devotedly true,
To share and to sympathize, eager to do
With good heart and glad heart, for him whom she loves,
Companion, and consort, and comrade she proves.

Work of woman?—Health-work; to soothe and to heal,
To look up, and lift up, and often to kneel
With head bowed and heart bowed to seek at the throne
The grace that is given for healing alone.

Work of woman?—School-work; the home is her school;
All nature her primer; her Bible the rule
That she solves problems by; she teaches and learns
Life-lessons of patience and power by turns.

Work of woman?—Brain-work; to think and to know,
To search laws of life, that her household may go
The windings about of that intricate way
Of wisdom, and truth, and of duty each day.

Work of woman?—Hand-work; to make or to mend;
To do little deeds from dawn to day's end;
To fashion wee garments, from foot up to head;
To spin or to weave, or to bake daily bread.

Work of woman?—Heart-work; to lead to the Light;
To point to the sun, and sing songs in the night;
To rock at the cradle, and pillow tired heads,
And hear baby prayers beside baby beds.

2819 Green St., San Francisco, Cal.

Orderly Housekeeping. No. 5

By Mrs. A. C. B.

HOUSEWORK—DAILY DUTIES.

WHILE daily duties have a certain monotony that makes their performance irksome, they have also a continual variety that brings new life. It is so much in the way we look at it. None of us want to miss dear old Sol, though he is the same old sun that rises every morning. Neither would we be willing to do without the every-day air, or the every-day water, or even the every-day faces. Their very everydayness shows how valuable they are. So our every-day duties are the jewels in our tiara; and as we go about from room to room handling repeatedly the same old broom and dust-cloth, the same old stir-spoon and dish-pan, let us treasure them as in-

struments of peace and power given us by the Master, and rejoice in our housework as truly God-given as any other labor in His vineyard. Read over and over Acts 15:28, and, as you think of the heavier burdens others bear, it will seem good to you also, in full harmony with the Holy Spirit, that these every-day burdens, these necessary things, are yours.

As your first need in life, so your first each morning, is air. If possible, air your bedroom on leaving it. If this can not be, return as soon as you can catch a few minutes, throw open the windows, and let the path of light and blessing have its way. Give it a clear sweep. Open your bed by taking off each article of bedclothing, one at a time, shaking it well, and spreading it over a chair. Beat your pillows by thumping first the two sides and then the two ends. Toss and thump again until they are soft and light. Empty the wash basin and vessel, rinse and wipe dry with a cloth kept for the purpose, and leave the air to do its work while you are busy elsewhere.

The children will learn your ways by working with you; in fact, they will know no way but yours, and can soon be trusted to work alone.

The first care after breakfast is the dining-room and kitchen, and the first part of that care is the food. That which is good for future use should be put away in clean dishes in the food cupboard, all waste collected and disposed of in a sanitary manner. Fido, Tabby, and even old Speck and her babies may want part, and if your stove has a good draught, much of it will go up in smoke if you but give it a chance. Clear away the breakfast table by first putting in the china closet the articles that belong there. If the sugar-bowl, salt cellar, or oil pitcher need attention, let them go into the kitchen to be cared for. A tray or pan or even a light board may be used to carry the dishes to the sink, emptied, and returned to be filled again, thus saving many steps. Put the silver, glasses, china dishes, and plates each by themselves in an orderly way, and, unless Charley is there to wash them, leave them until you get your dining-room in order. If they are likely to stand long, put your silver in a pitcher of clean, cold water, and your dishes in a panful of the same. Shut the kitchen door and open the dining-room windows. Finish this room before you return to the kitchen. Brush the crumbs from the cloth, fold in the ironed creases, and put it, with the pad, in its place. Brush up the scattered crumbs from the floor with the dust-pan or carpet-sweeper, then dust the whole room, taking care of stray articles, withered flowers, lamps, etc. Put the cover on the table with such things as belong there. Darken the room, open a small exit, and the flies will take the hint. Now you can leave it; return when you are ready to put in your screens, raise your shades, etc., and you have one clean room in case an early caller should surprise you.

If the parlor, halls, stairs, or porch need a little attention, care for them. If your family is small, and your dining-room little used, once a week will suffice for a thorough sweeping, but if it is at one end of the kitchen, it will need it every day. The hovering spirit of Gen. 1:2 will guide you.

Evils Resulting from the Conventional Dress. No. 2

By Abbie M. Winegar, M. D.

THE wise man has said, "Lo, this only have I found, that God hath made man upright; but they have sought out many inventions."

The evils resulting from wrong methods of dress have been more or less apparent for generations past, but especially during the last century has their baneful influence upon the health and life of the race been most apparent. There is no doubt but that the weak, enfeebled condition of our race at the present time is due to a very great extent to the wrong habits in dress. It is by these wrong habits that the bodily functions of some organs are weakened or lost entirely.

In order to have a healthy body there must be harmonious action of all the organs and muscles. Perfect freedom is a necessary element in the maintenance of good health.

One of the chief evils resulting from improper dress, and which should appeal to every woman who is a lover of beauty, is the deformity caused by wearing the conventional dress. A great part of the work of dressmakers consists in devising ways and means by which these deformities may be concealed. So common have these disfigured forms become that we come to look upon them as natural, and trust to dressmakers to do what the Creator has apparently failed to do. The round shoulders, the flat chest, the flat back, and the prominent abdomen are evidences of weakness. The stiffness of the clothing about the trunk of the body interferes with the action of the muscles which form the abdominal wall, causing them to atrophy (shrink within) and become flabby, thus losing their power to support the important organs within. In children and men who have never had constriction about the body the wall of the abdomen is firm and tense, thus forming a perfect support for the viscera. The wall being weak, the heavy organs bear down upon it, thus stretching it still more, causing the prominent abdomen; there is also the weight pulling down from above, producing a sense of weakness. In the attempt to relieve this, there is the dropping of the chest and the drooping of the shoulders. The muscles of the back also become weakened from the prolapsed position, the hips are allowed to fall forward, and thus we have a most unnatural position, with the relation of the organs greatly disturbed. The weakened abdominal wall, which is found in so many women, is undoubtedly responsible for a great deal of the weakness, nervousness, and diseases so common among women at the present day. The tightness of the clothing tends also to displace the viscera and greatly disturb the relation of the organs, besides interfering seriously with the functions of the body.

The heavy skirts dragging down at the waist tend also to displace the organs, as well as to add to the weakness of the muscles. The inequality in the different parts of the body allows some parts to be chilled while other parts are overheated; thus we have deformity and disease of almost every description as a result of heavy, tight, or stiff garments, which form a large part of the wardrobe of women.

Childhood's Lessons

THERE is no lesson more absolutely necessary to learn in this world than self-control or self-restraint.

Mothers should teach their children this most important trait from their earliest infancy.

It is also a lesson that every parent should learn and practise while instilling it into the minds of his little ones.

If the whims and fancies of a child are indulged, no matter how harmless they may be, its first lesson in self-indulgence is learned, and from this lesson will spring the faults, perhaps crimes, of after years.

If, on the contrary, the child is taught that it is not well for him to have his every desire gratified, he will learn to avoid indulgences because they are harmful and imprudent. The habit thus formed will become more and more easy for him to practise as the years pass on.

While this lesson is being taught by the parents, their characters are becoming stronger if they are wise and just, and they will learn to conquer faults because of the love they bear their little ones.—*Selected.*

Women Should Laugh

LAUGHTER is a good, healthy, music-making, lung-developing exercise, and it is as good for girls as for boys. And humor can be cultivated in a girl's mind without any abatement of the dignity and modesty and charm of her womanhood,—not the unpleasant and constant frivolity evidenced in "smart" speech or quickness of repartee, but the humor that looks at the world with a twinkle in the eye, and sees its absurdities, its smallnesses, and its fun. It should be part of every woman's mental equipment, for women are called upon to bear so many of life's small worries as well as its greater ones. The bringing up of children, the care of servants, and the many social duties that become a burden, are all made easy and possible to put up with by the woman with an unfailing sense of the bright side of life. It is a sense that lasts through life, through its many ills, its disillusions, its tribulations, even its tragedies.—*Woman's Home Companion.*

Teach Your Daughters to Cook

TEACH your daughters to cook; that should be the first care of every mother as soon as her girls reach the age of twelve years. It does not matter if they may count on an income of $5,000 or $50 each per annum, whether they are fine ladies or poor working girls, they should know that the woman who can not cook and serve up an appetizing meal without wasting good food is a disgrace to her sex.

The young bride, who, suddenly finding herself without a servant, discovered to her dismay that she could not even boil a potato, is a very good example of the useless sort of woman, who should not marry, at any rate until she has qualified herself at the cooking-school.—*Selected.*

IT takes eight times the strength to go up-stairs that is required for the same distance on the level.

EDITORIAL

Does It Pay to Worry

A MEMBER of the Hundred Year Club, in a speech made before a company of people desirous to know how to prolong life said, "Above all, do not worry." Commenting on this the *New York American and Journal*, in an editorial article, defended the practise of worrying:—

"The man who has lived to be a hundred—and he usually has done nothing else—tells his questioner that he attributes his age to the fact that he 'did not worry.' As a matter of fact he did not *worry* because he did not *think*. The turtle worries not at all and lives to be eight or nine hundred years old in the Galapagos Islands. It is well enough to tell a man not to worry, providing he has done his very best. But you will find usually that the man who tries to do his best is the man who worries. You usually find that the very placid mother has had ten children and has lost seven of them. The mother that worries is sometimes thin, irritable, and not as beautiful as she might be, but she is apt to have all her children on hand, alive and well, as a result of her worrying. Your usefulness is apt to stop when your worrying stops, and what is the use of living to be a hundred years old if no one on earth has reason to be pleased except yourself and the one who sells you food?"

Health Culture calls this "a humorous example of editorial thimble rigging."

Stagnation is sometimes mistaken for rest. Rest, proper, is not incompatible with taxing labor. The Saviour says, "Take My yoke upon you; . . . and ye shall find *rest*." The real rest of the Christian comes in service.

In a similar manner worry is mistaken for activity. Paul says: "Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus." This is Paul's advice not to worry. Yet he certainly did not advocate inaction. Few men have equaled him in his activity and determination. Yet he did not worry. His letters, some of them written under the most adverse conditions, do not give any evidence of worry. True, there is solicitude, deep concern, earnest longing,—but not worry. On the other hand there are manifested hope, courage, determination, a complete trust in God and resignation to His will. When the Saviour said, "Take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?" He was simply cautioning His hearers not to worry. The Saviour never worried. Yet He spent whole nights in prayer, and in His agony in the garden sweat great drops of blood. He was "a man of sorrows," but not of worry. He was "acquainted with grief," but not with fretting.

Worry is not the opposite to idleness; it is the opposite to peace, and Christian trust and resignation. It realizes not that "all things work to-

gether for good," and that "your heavenly Father knoweth that ye have need of these things."

Health Culture thus characterizes worry: "Worry, that anarchy of the mind, deranges the physical no less than the mental functions. Under the influence of worry the disorganized mind and the disordered body mutually act and react, producing the gravest maladies in each."

Worry is the evidence, not of power, but of impotence. It does not indicate a brain well disciplined and under control, but one in which the various emotions run riot.

Discontent with present circumstances and ambition to improve them are not worry. One may have the highest ambitions, and be devoting every energy to their accomplishment, without worrying. On the other hand, one with little or no ambition may be in a state of almost constant worry.

The well-known author of "Steps to Christ" says: "The humblest and poorest of the disciples of Jesus can be a blessing to others. They may not realize that they are doing any special good, but by their unconscious influence they may start waves of blessing that will widen and deepen, and the blessed results we may never know until the day of final reward. They do not feel or know they are doing anything great. They are not required to weary themselves with anxiety about success. They have only to go forward quietly, doing faithfully the work God's providence assigns, and their life will not be in vain."

That is work, action,—not worry. The Christian should work even as though the success of the work all depended on him, and pray as though it all depended on God. In this combination of work and trust there is no room either for idleness or worry, but there will be *rest*, for true Christian work is rest.

Adulterated Foods

IT is interesting to read of the many ways in which chemistry is made to contribute to the all-absorbing desire to heap up earth's treasures. An exchange contained the following:—

"The man that turned a pair of old boots into wine jelly recently is not a magician but a chemist, and the same may be said of the man that converted some old skirts into glucose, distilled the alcohol from it, added color and flavor, and thus produced whisky. Another chemist, speaking of this material sort of reincarnation, says that milady writes to milord with ink made from an old copper coffeepot, on paper made out of old collars. A physician in New York says that from the sewage of that city may be made, every year, as much artificial milk as would be given by 100,000 cows. The waste soapsuds from woolen factories, which used to pollute rivers, is now converted into pressed bricks, from which comes illuminating gas. These are some of the fantastic adaptations that the chemists are making every day."

One expression in the foregoing extract gives a hint in regard to what possibilities are involved in the milk supplies of a large city. Whether or

not the statement there made was suggested by what is actually done is not known. But it is known that other articles of diet are produced from just as corrupt sources. Take, for instance, some of the fancy drip syrups, or some of the highly-colored butter (?), or some of the strongly-flavored catsups, or some beautifully labeled jams, and many other articles which might be named.

Having to purchase these from city stores is a great misfortune, because few have the means at hand of testing their composition. It is far better to live in the country, where one may subsist on fruits and grains, which he knows are pure and fresh. These can be combined according to the liking of the consumer, and so be free from the objectionable ingredients which base greed often suggests. C.

The Convicting Power of Logic.

THE following paragraph, which appears in the *Animal's Defender* for August, is so far-reaching in its logic as to be worth a passing notice here. To strengthen its position against vaccination, it refers to the statement of a dairy farmer of forty years' experience, thus: "He has never seen a case of 'cowpox' among his herds; but he says that cancer is no unusual thing with the cattle, and he comments on the 'risky business' of inoculating into the human system 'matter from such animals.'"

This is but a sample of how far one can be induced to apply logic in order to uphold a theory. This dairyman, if truly quoted, was so eager to assist in suppressing vaccination, as actually to confess that, while he had discovered nothing like "cowpox" in his stock, he knew that cancer was no *unusual thing* with the cattle. If, as he says, it is a "risky business" to inoculate the human system with lymph from such animals, what must he think of his business by which he distributes milk from the same herd, to be taken into human stomachs, for the purpose of making blood and tissue? Is the milk from cancerous cows any less dangerous and "risky" to be taken into the human system than the vaccinating lymph would be? If not, then why does this dairy farmer sell such milk for human consumption, when, as he confesses, he knows that cancer abounds among his dairy cows?

But these are questions which evidently do not affect his mind so much as that one of vaccination with cow lymph. He sells the milk for what money the business will return to his coffers. It would not do to consider the question of disease in the milk he sells, for then, if he is really working for the good of humanity instead of the money to be derived from the business, he would be obliged to close out the business.

If one was bound by any tie to continue in dairy business, he should, in all conscience, see that all diseased stock were quickly removed from his herd, at whatever expense. Moreover, every state should have sanitary laws, by which every dairy herd would be periodically examined by experts, so as to protect the health of

the community. No man should be permitted to carry on a business which is a constant menace to the health and life of those with whom it has to do.

The laws in this regard should be as strict as that which guards the use of vaccine matter. It is well known that the herds from which vaccine is prepared are most vigorously scrutinized by expert medical men, and are not so nearly liable to cancer and other diseases as the ordinary dairy herds, sometimes carelessly kept, and which do not have these special examinations. C.

A Very Helpful Book.

THERE has come to the editor's desk a little book of 186 pages entitled "A Brief of Necroscopy and Its Medico-Legal Relation," arranged by Gustav Schmitt, M. D., of Milwaukee. The size of the book is 3⅜x6¼ inches; nicely bound in leather; $1.00.

The book is a pocket manual, prepared for the special needs of physicians, lawyers, and expert witnesses, and supplies, in brief form, yet with every essential detail, all practical facts connected with the study, diagnosis, technique, and the medico-legal aspect of post-mortem examinations.

It is not necessary to give even the most prominent headings under which the various points are treated. Suffice it to say that it contains in a nutshell the information which, in former years, one must search out from the chapters of elaborate volumes of medical lore. It is indeed a masterpiece of concise, yet exact, advice for all who have to do with autopsies.

Published by the Funk & Wagnalls Co., New York and London.

CHOLERA, being rampant in the Philippines, may reach America any time, and prove a scourge. A few years ago it was thought that bacteriology had made such progress that these infectious diseases would never again go broadcast through civilized countries; but we may have some surprises in store for us. It behooves every one, not only now, but at all times, to be clean—in eating, in drinking, in person, in premises. See to it that no filth accumulates to furnish a hiding-place for germs.

IN the Philadelphia *Medical Journal* of June 28 is an editorial article headed "The Last Blow to Koch's Theory." Since Dr. Koch made his astonishing statement that cattle tuberculosis can not be communicated to man, many physicians have been at work investigating, with a view to proving or disproving the doctor's theory. Koch based his position on the assumption that there is a marked difference between the human and the bovine tubercle bacillus. Doctor Ravenel, of the Veterinary College of the University of Pennsylvania, has about knocked all of Koch's props from under him. He has proved that the bovine and human bacilli are practically identical.

No doubt incalculable harm might have come from the publication of Koch's theory; but well-known men have from the first antagonized the theory, because they could foresee the danger which might arise from a lessened vigilance. Tuberculosis may be transmitted through the eating of tuberculous meat and milk; and, instead of diminishing our watchfulness, we should increase it.

What Housekeepers Should Know

Suggestions for the Laundry

SORTING AND SOAKING.

TABLE linen should be kept in a bag by itself, and before being laundered should be examined for stains, worn places, and rents. The latter should be darned with linen, floss, or ravelings, before being wet; the stains should also be removed, as some are set by soapy water. When this is done, they should be put into a tub of soft water with the glass towels; in the second tub would go the body and bed clothes, all coarse pieces being placed in the third tub. Colored clothes and flannels should not be soaked. As placed in the tubs, all soiled spots should be rubbed with soap.

HANGING AND TAKING DOWN.

Clothes need to be dried quickly, if the best results from laundering are to be obtained. This is especially necessary if starched clothes are to retain their stiffness, and in the case of flannels to prevent shrinking. Before hanging the clothes out, if the clothes-line is a stationary one, it should be wiped with a clean cloth. It is best to hang pieces of the same kind together, fastening two pieces with one pin. Some laundresses seem to think that clothes may be hung up any way —wrinkled or twisted—whereas, if snapped or shaken before hanging, they will dry more evenly, and if neatly folded when taken down, instead of being jammed into the basket, they can be ironed in one-half the time.

SPECIAL PIECES.

Colored clothes should never be boiled, nor should soap be rubbed directly upon any article which will fade. New colored pieces should be soaked for a short time in strong salt water, and black goods should be rinsed in water to which a little vinegar has been added. Blankets and other large pieces should be washed by themselves on a dry, breezy day. For a pair of blankets make a solution with two pounds of good laundry soap, two ounces of borax, and two quarts of water. Boil, cool, and add, half at a time, to the wash water. Do not rub them, but lift, turn, and squeeze in the suds, using two waters, and rinsing in two waters. Counterpanes may be washed in the same way, and, like blankets, should be turned and shaken several times while drying.

SPOTS AND STAINS.

For mildew spread the fabric on a board, and rub in a little salt; sprinkle thickly with powdered chalk, moisten, and let dry slowly in the sun. Rinse well, and repeat if necessary.

To remove ink-stains, dip into boiling water for a moment. Draw over a bowl, and rub in salts of sorrel, then rinse thoroughly. If an indelible ink, use Javelle water, rub in a solution of oxalic acid, and rinse instantly and thoroughly.

Rust can be removed by rubbing in salts of lemon after wetting in cold water, drying in the sun, and rinsing well. In obstinate cases, this process must be repeated several times.

Grease and oil can often be removed from cotton and linen by pouring water, softened with borax, through the fabric. On white goods, a weak solution of ammonia may be used.

SPRINKLING THE CLOTHES.

When ready to sprinkle, turn the garments right side out. Patent sprinklers can be had, though many housewives prefer a small whisk, while others use only the hand. The best sprinkler we know of is a rubber atomizer, such as is used in greenhouses for hand spraying; the fine spray dampens evenly without making the clothes ringing wet. Some pieces must be dampened more thoroughly than others, especially table linen and starched pieces; but the water should in all cases be sprinkled over evenly, and not here and there in spots.

As each piece is sprinkled, fold smoothly, turning hems and selvages towards the center, then roll very tightly. Cover the bottom of the basket with a thick towel, and pack in the rolled pieces. When all are sprinkled, cover with another heavy towel, tucking it down closely.

Stockings, flannels, woven cotton and woolen underwear, should not be dampened, but folded smoothly, and laid by until ready to iron.

IRONING.

Table-cloths should be stretched the last thing before ironing. Each cloth should then be well snapped, doubled down its length right side outward, and ironed with very hot irons. For this, heavy irons are best, and the linen must be pressed until perfectly dry, else it will not be glossy or show the pattern as it should. Even thin, coarse goods, so finished, will look well. The French method is, when they are ready to be ironed, to dip each cloth into boiling water, wring out rapidly between sheets, and immediately iron with very hot irons. As few folds as possible should be ironed into table-cloths; fancy folding savors of hotels and restaurants. The same thing is true of napkins; the necessary folds should be perfectly even. Towels having embroidered initials should be folded in three, lengthwise, and the initials should be pressed on the wrong side in order to raise the embroidery.—*Selected.*

MOISTENED bran sprinkled over the floor when sweeping is excellent for cleaning carpets, besides preventing the dust from settling on pictures and draperies.

EVERY room in our dwelling should be daily thrown open to the healthful rays of the sun, and the purifying air should be invited in. This will be a preventive of disease.

BANANA juice is said to make a first-class indelible ink. A spot on a white shirt from a dead-ripe banana is marked forever, and the juice from bananas thoroughly decayed is a bright, clear carmine.

A GOOD polish for mahogany furniture may be made by dissolving beeswax in spirits of turpentine; add a little burnt sienna and umber to color the preparation, and apply it to the furniture with a soft rag in the usual way.

A USEFUL preparation for washing paint is made as follows: Dissolve in a bucketful of water four tablespoonfuls of soda and an equal quantity of soft soap and turpentine. Apply this to the dirty paint with a flannel, wipe dry, and then rub with a leather. This method leaves a nice glossy appearance on the paint.

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MONTHLY—DEVOTED TO

FAMILY HYGIENE AND HOME COMFORT

G. H. HEALD, M. D., Editor
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THE Mount View Sanitarium, at Spokane, has been having some of the best times in the history of our work.

A change in management was made about June 1, Dr. Dunlap assuming temporary charge until my arrival, July 1. The Lord has certainly been blessing us in these past two months as never before in the history of our institution, both in a financial way and in unusually good results for our patients, and a feeling of unity and good-fellowship in our family circle; and for all this we feel to express our deep gratitude to Him.

The receipts for the month of June were the highest in the history of the work here. Those for July were somewhat less, but still were greater than any of the past winter months, which are usually considered the best of the year. August has started with even brighter prospects. Our houses are both full at the present writing, with the exception of one room. This is very unusual for this time of year, as summer is always dull here for medical institutions. We have great reason for high anticipations for our winter's work, and hope to have the best in every respect in our history.

Together with an increase of patronage, we are improving our training course for nurses. We have adopted the curriculum suggested by the Pacific Union Medical Missionary and Benevolent Association's Committee on Training Schools, and will carry it out fully. Together with the increase in theoretical instruction comes an increased amount of practical experience for our nurses, on account of the growth of our work. The fall class will begin about September 15, and we want to begin with from seven to ten good, honest young people whose desire is to work for God and humanity. If there are any desirous of entering soon, let us hear from them at once. —*S. Yarnell, M. D., Supt. Mt. View Sanitarium, in Pacific Union Recorder.*

"WHISKY, PARABLES, POEMS, FACTS, AND FIGURES," is the title of a 48-page tract, envelope size, published by D. E. Scoles, Washburn, Mo., which contains valuable matter for temperance workers. It can be enclosed in a letter. Price, 5 cents, or $3.50 per hundred. Send 5 cents in stamps to the publisher for a sample copy.

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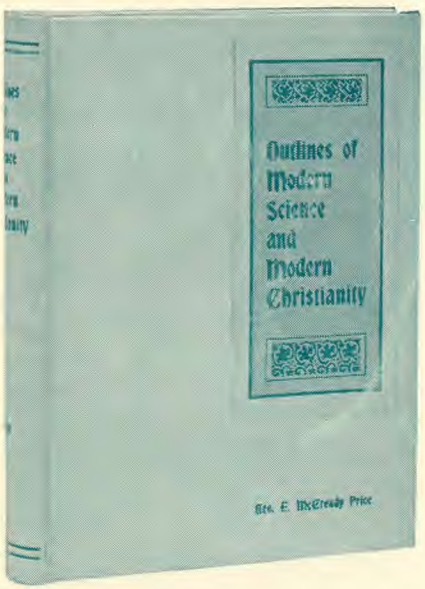

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