

Subscription price \$1.75
(Including Companion Volume)
PUBLISHED MONTHLY.

J. H. KELLOGG, W. D.

CONDUCTED
BY

THE GOOD



JUNE, 1895.

GENERAL HYGIENE 163-171

Biographical Health Studies: 17. Marshal Canrobert, by F. L. OSWALD, M. D. (*Illustrated*) — Prolonging Life — The Hygiene of Sorrow — Assyrian Medicine — Standing for One's Posterity — A Traveler's Testimony — Isopathy in Africa — Work and Worry — Mental Labor Necessary to Mental Health — The Chances of Liquor Drinkers.

HOME GYMNASIUM 172-175

Gymnastics at Yale — Round Shouldered Girls — Physical Culture Necessary for Brain Workers — One of the Factors of Longevity.

HOME CULTURE 176-181

Positive and Negative Training, by MRS. E. E. KELLOGG, A. M. — Simple Simon, by MARTHA WATROUS STEARNS (*Illustrated*) — The Battle Creek Sanitarium Dress System, V. (*Illustrated*) — A Very Young Doctor — Seasonable Recipes.

HOME TRAINING SCHOOL FOR NURSES 182-185

Selection and Preparation of Food for the Sick and Helpless (*Concluded*) — Serving Food to the Sick and Helpless — Disposal of Sweepings and Other Household Dirt — The Feeding of Children.

EDITORIAL 186, 187

Social Purity Reform in New York — The Pan-American Congress of Religion and Education — An Epileptic Colony — An Error.

A DOCTOR'S CHATS WITH HIS PATIENTS 188-193

Vegetable Milk — Cause of Fits. ANSWERS TO CORRESPONDENTS: Neuralgia, Falling of the Hair — Cough, Rheumatism — Constipation, etc. — Morbid Growth on Face — The "Viava" Treatment, etc. — Bad Dreams, Wakefulness, etc. — Nuts, etc. — Cold on Lungs, Cough, Calomel and Ipecac, etc. — Coated tongue, Bad taste in Mouth, etc. — Violent Itching in the Rectum, Pain in Left Kidney etc. — "Pigeon Toes" — Germs Growing upon the Tongue, "Rodam's Microbe Killer" — Food Combination, Test for Hard Water, Bismuth in Acid Dyspepsia, etc. — Baked Apples, Health Foods, etc. — Soda Water, Blushing — Pain in the Right Side, Crystals in Grape Juice — Dyspepsia, Constipation, The Hall Water Treatment — Quinsy — Prickling, Burning Pain in Arms, Palpitation of Heart, etc. — Relief Department.

LITERARY NOTICES 194



THE
"HAXTUN"
BOILER
FOR
STEAM AND
HOT WATER
HEATING.

Base-Burner.

18 YEARS SUCCESSFUL USE.

KEWANEE BOILER CO.

96 Lake St., CHICAGO.

KEWANEE, ILL.



Clubs and Dumb-Bells

By the use of these the muscles can be exercised and developed, giving vigor, appetite, and cheerfulness to the user.

SIZES: 1-2, 3-4, 1, 1-2, 2, 2 1-2, 3, and 4 lbs.

The ½ lb. is adapted to the use of children from 2 to 4 years of age; the ¾ from 4 to 8 years of age.

We furnish outfits for home gymnasiums at various prices from \$10.00 upwards. One of these outfits ought to be in every home.

Send for Catalogue.

SANITARY AND ELECTRICAL SUPPLY CO.,
BATTLE CREEK, MICH.



VOL. XXX.

NUMBER 6.

BATTLE CREEK MICHIGAN.

JUNE, 1895.

BIOGRAPHICAL HEALTH STUDIES.

BY F. L. OSWALD, M. D.,

Author of "Physical Education," "The Bible of Nature," etc.

17.—Marshal Canrobert.

In the coast-regions of the tropics there are forests that appear to be destruction-proof and contrive to recover from devastations that would turn any other country into a desert.

With a similar persistency several provinces of France and Spain have defied the blighting influences of the Middle Ages. Andalusia is still a land of music and moonlight dances, and after thirteen centuries of *autos da fe*, heretic hunts, and merciless wars, Southern France is still as gay as in the days of the troubadours. The worship of joy, inherited perhaps from the Grecian colonists of Marsilia, has survived the massacre of the Albigenes, and the borderland of the Pyrenees has produced a few men who, like Henry IV and the late Marshal Canrobert, represent a moral type almost extinct in other parts of the Christian world, where the prevailing standard of ethics has developed the negative at the expense of the positive virtues. The ancient criterion of a man's worth valued his achievements; the modern idea of respectability measures his conformity to prohibitive rules:—

*"Wir waschen, und rein sind wir ganz und gar,
Aber auch ewig unfruchtbar"*

("We wash, and are certainly clean and nice, but also as barren as winter-ice"), says the allegorical phantom in Goethe's *Faust*, and the devotees of that spirit are apt to condone the most complete practical incapacities of the negative moralist, the man who has never moved a step to further the mental, moral, or physical progress of mankind, but who has

managed to avoid social scandals, never gambles, never fights, and is extremely circumspect in the choice of his words.

From that standpoint of estimation, Francis Canrobert would be ranked very far below Uriah Heep, though the bier of the gallant old marshal was followed by a rarely equaled number of sincere mourners. He had personal friends among the members of the Academy, as well as among the mendicants of his native town and the cripples of the Hotel des Invalides. His unquestioned patriotism had reconciled all political parties. He was the idol of the army, and the posthumous tributes to his military merits were emphasized by telegrams from Berlin, Vienna, and St. Petersburg.

Twenty-five years ago the crown prince of Prussia already called him the "best-looking and best-fighting veteran of Europe" (he had passed his sixtieth year at that time, and still arranged the details of a review in the summer of 1894); but it must be admitted that the old paladin of the Empire was a desperate gambler, and that the grotesque profanity of his speech was proverbial. His best friends often regretted his more serious political cynicism, his councils having had a good deal to do with the aggressive colonial policy of France during the last twenty years: the campaigns of Tonquin and Congo land, and the high-handed proceedings in Madagascar. "Keep up your military arena," was his constant admonition, "train your men in actual warfare at the expense of some foreign baboons; and we may show the Prussians some new tricks, the

next time they do us the honor of a visit." "Are you totally blind?" he said in a debate on a question of that sort in '92, "Don't you see that the victory of Jena was a result of Bonaparte's training in Italy, just as the training of the Prussians in Austria led to our defeat at Sedan? Shoot bush-apes, if you cannot do any better; campaigns will make men of your recruits; barrack lectures do not amount to a charge of damp powder!"

That propensity manifested itself at an early period of his military career. At the academy of St. Cyr his mad pranks got him in trouble so often that one of his teachers once asked him if he tried to get himself cashiered, or had been sent against his free will. "Game got scarce in Zers" (his native department), answered the young scapegrace, "and I had no money to go traveling"—implying that he had donned a blue jacket merely for the sake of the prospective adventures. Seeing no chance of active service, he enlisted as a private soldier, and in 1835 attained the goal of his day-dreams by being sent to Africa, where his pluck, aided no doubt by his smatterings of theoretical erudition, led to his rapid promotion. During a disastrous campaign in the Oran country, the commissioned officers of his company were all killed or captured, and the subalterns having called a council of war, sergeant Canrobert was appointed brevet-captain, and conducted the retreat with such skill that the commanding general not only confirmed his rank but attached him to his own staff. "Captain C.," wrote the military stadtholder of Algeria in 1838, "has all the good points of our native scouts, his eyesight rivals that of a hawk, and he seems to be fatigue proof. Moreover, he is a practical strategist of superior talents, and I should recommend the expediency of condoning his recent peccadilloes"—some duelling scrapes, aggravated by his breach of a preliminary arrest.

Captain Canrobert suffered a year's eclipse of *prestige*, though the threat of a court-martial was revoked, but at the storming of Constantine he distinguished himself in a manner that could not be overlooked. This exploit in entering the breach at the head of the forlorn hope made him the hero of General Valec's bulletin; he was made a major in 1842, lieutenant colonel in '46, and brigadier general in 1850. In the three days' fight at the Pass of Djerma he was wounded by a rock that splintered his shin bone, but kept in the saddle till the defile had been forced. "I am afraid that leg has to come off," said the surgeon who examined the wound that evening. Colonel Canrobert was clean-

ing his pistols and made no reply. "It has to come off, I'm afraid," repeated the surgeon.

"Indeed? well, I'm afraid one of these things here might go off if you try it," snorted the Colonel. "I was hurt worse than that at Mascara; this won't amount to nothing in a couple of weeks." His leg did get well, and the patient was an advocate of conservative surgery ever after.

Like Napoleon, Canrobert returned from Africa just in time to take advantage of a political crisis; and his resolute tactics in 1851 clinched the success of the *coup d'état*, and naturally made him a pet of the new dynasty. In 1853 he was appointed general of division, and succeeded St. Arnaud as commander-in-chief of the Crimean expedition.

He had hailed the Anglo-French alliance as the happiest event in the political history of both nations, and in view of that fact the scathing denunciations of his report upon the sanitary arrangements of the British camp prove him a man of high moral as well as physical courage, and should be allowed to palliate the virulence of his indictment. "The Queen," he wrote, "cannot trot out cattle-droves of conscripts like that brutal despot" (the Czar Nicholas); "England has to pay dear for her recruits and trains them at great expense; and here are thousands of brave men dying of shameful neglect, thousands of invalids who have survived the vicissitudes of this cruel war, and who are now perishing from cold, rain, and bitter hunger, and all to shield a dozen rascally contractors backed by patrons with long titles and long fingers. What robber chiefs of the Commissary Department, and what a parody of a hospital service! A little bit of a woman here (Miss Florence Nightingale) seems to be the only person of principle and common sense among a gang of knaves and fools! I wish my knowledge of the English language were sufficient to get myself appointed Judge Advocate and give me a chance to ventilate all these things in a public speech in defense of a British deserter!"

The first result of these denunciations was a quarrel with Lord Raglan; but the report of the British commissioners fully justified the protest of the blunt French soldier, who soon afterward received the grand cross of the Bath, with an autograph letter that honored its writer not less than its recipient.

To avoid a squabble with the British government, Napoleon the Third thought it best to entrust the command of the French troops to General Pelissier, but Canrobert retained his casting vote in the councils of war, and upon his return to France was made marshal of the empire.

In the Italian campaign, Canrobert commanded the third army corps, and in several preliminary skirmishes took mental notes of the enemy's tactics that proved their utility in the battle of Magenta and helped to decide the victory of Solferino. The morning of the latter battle (June 24, 1859) dawned in a cloudless sky, and at 10 A. M. the heat was already oppressive, but at Canrobert's advice the French commander continued to manoeuvre with the deliberate purpose of wasting the forenoon and reserving the rough-and-tumble combat for the hour of maximum heat and dust. At 2 P. M. the temperature in the open plain had become almost unendurable, but the French had the advantage of free access to the only drinkable water in that neighborhood, and their vanguard troops, trained in African campaigns, defeated the champions of the North before the sun had reached the western horizon.

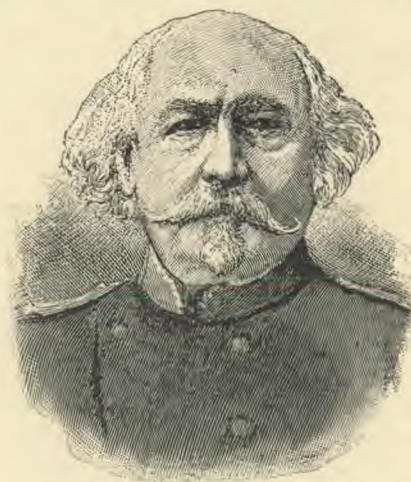
L'année terrible, the terror year of the Franco-Prussian war, left no stain upon the personal honor of Marshal Canrobert, and in 1872 he was made president of the commission entrusted with the reorganization of the French army. The results of that reform may be defined as a minimum of red tape and a maximum of outdoor drill.

"America," argued the presiding commissioner, "is not the only country where marvelous victories have been won by troops that did not care a straw for parade-ground ceremonies. Think of the Swiss patriots, of the Hussites, of the Circassian guerillas. Measures promoting the health and the vigor of a soldier are of far more importance than tricks for the improvement of his dandyish appearance (*figure de petit maitre*). Let us try to excel in the training of athletes and sharpshooters, and leave pipe-clay refinements to our neighbors."

On manoeuvre day, Canrobert rarely consented to changes of program on account of a change of weather. "Never mind a little rifle rust," he used to say, "as long as we get the rust out of our elbow joints; professional fire-eaters should not look at the thermometer, though a hot afternoon may kill off a few absinthe-gullets."

In the summer of 1886 the report of a forced march from Bergerac to Libourne, in the valley of the Dordogne, provoked a rather bitter newspaper controversy. The men had been forced to make thirty-eight miles in heavy marching order with but three brief rests, and of one hundred and twelve soldiers who had been overcome by the heat, eight died before the next morning and six more before the end of the next week. Marshal Canrobert assumed the full responsibility of that experiment,

denounced as a reckless waste of human life. One medical journal maintained that for one man who had succumbed to the fatigues of that *tour de force* about twenty had been more or less permanently injured, and that all in all an epidemic outbreak of the grippe, or smallpox, would have been a less serious calamity. It was also asserted, and pretty conclusively proved, that by no means all of the victims were habitual drunkards. "I do not care," said Canrobert, "I'll warrant they were sinners of some sort or other, or constitutional sybarites. No place for them in the army of a country situated like ours between trap and hunter." "You may say that they should then not have been enlisted at all," he continued, "but what would you do about



MARSHAL CANROBERT.

that? We cannot accept a stout-looking recruit's plea of disability, and must rely on the tests of time."

The minister of war let the old marshal have his own way in such matters, and in other respects envy itself could not have asserted that Canrobert had proved himself indifferent to the comfort of his soldiers. The champion of Florence Nightingale was the terror of negligent quartermasters, and made his inspecting officers remember a fact which has been strangely ignored by our own army-reformers; viz., that the speculations of company cooks and commissary clerks have more to do with desertion, than the rigor of military by-laws.

As a cure of the drink-evil, too, he recommended good dinners, especially liberal Sunday-dinners. "Give a soldier something to look forward to in his week's work," he said, "and he will be less apt to take refuge in the dramshop. You should feed your men better if you would have them drink less, especially in the tedium of barracks life."

On manœuvre marches, on the other hand, he thought it a good plan to accustom recruits to irregular meal-hours—a hardship wholly unavoidable in actual campaigns, and let them forego their dinner altogether, now and then, to treat them to the surprise of an extra good supper. But even an all-day fast he considered less demoralizing than a shelterless bivouac, and succeeded in contriving an amendment which now grants two baggage teams of two horses each, for every company of foot soldiers. These teams with relays of reserve horses, transport the bulky camping outfit, such as tents, field kettles, and axes, while the soldiers carry their own blankets and ammunition. “I’ve been a private soldier myself,” said Canrobert, “and I recollect that a bear-wallow camp in the rain made me feel worse than a hunger-day. A good night’s rest may save a trip to the hospital; *qui dort dine, et meme qui dort prend de bonne medecine* (he who sleeps dines and even has a good medicine).”

In 1889 Canrobert celebrated his eightieth birthday, in the enjoyment of better health than nine out of ten of his comrades who called themselves veterans at sixty and seventy. His obligative services, after that year were gradually dispensed with, but he still drew the full pay of a field-marshal, in addition to the annuities attached to the possession of half a dozen different orders. He spent a large percentage of that princely income in subsidies to invalided subalterns, and ascribed his own mental and physical vigor (1) to his good luck of having been born in 1809, the climax-year of French glory, when every citizen of the empire felt himself the equal of three ordinary bipeds; (2) to his opportunities for abundant work and abundant fun; (3) to his blest exemption from bread-and-butter cares in old age.

The period of doubt, in exile and captivity (1871) he held, had taken ten years out of his life, by the haunting dread of being outlawed by the fanatics of the Commune, and obliged to end his days as a homeless beggar. That his manifold wounds had anything to do with curtailing his chances of longevity he would never admit, and quoted the case of crippled old Soult and various maimed octogenarians of the Invalides. Four years ago he had an attack of pneumonia that made him somewhat cautious in the use of tobacco (alcohol had never tempted him to excess); but he would not for a moment listen to his doctor’s protest against the evil habit of late hours at the gambling table.

His resources of pastime, however, were by no means limited to games of chance. He was an in-

defatigable rider, with a firm belief in equestrian exercise as a specific for the consequences of dietetic transgressions, and in addition to his saddle-horses kept a pretty large assortment of hobbies. His collection of tropical beetles (a fad that is beginning to supersede the butterfly-mania) was the largest in Western Europe. He tried his hand at photography now and then, and expended considerable sums on experiments with protective armor, *i. e.*, bullet-proof uniforms, which he predicted would turn the scale in the next international war. “Let’s bestir ourselves, or that Mayence tailor will get ahead of us,” was the burden of his appeal to the commission for military inventions. His agents failed to purchase the confidence of the German inventor, but he had a shrewd suspicion that the secret consisted in a combination of wire-springs and knotted rawhide thongs, which, indeed, can be interwoven in a way to resist ordinary rifle-balls. In a pamphlet on that subject he makes the suggestive remark that “a well-distributed burden of thirty pounds would impede the speed of a foot soldier less than an ill-adjusted weight of ten, and the iron constitution of the Roman legionaries had a good deal to do with their habit of fighting in massive armor.”

Canrobert’s love of field sports tempted him to frequent excursions. He visited Switzerland and the highlands of the Spanish border, and had a plan about retiring to the estate of a personal friend in the mountains of Jura, if the French demagogues should ever involve him in the ostracism of his patron Boulanger. After his own sojourn in Algeria he took a lively interest in the progress of African exploration, and in 1892 had a memorable interview with that modern Nimrod, Samuel Baker, Pasha.

It was a case of friendship at first sight. “He is one of the men,” says Sir Samuel, in the appendix of his memoirs, “that can reconcile one to the human race in general, and to the products of Gaul and Gascony in particular. I never saw an octogenarian with brighter eyes, nor a more pleasant companion for cosmopolitan conversation, I should add, though at heart he is good-nature itself, ready for any fun a-going. His park at Chateau Drancy is the summer-resort of his grand-nephews, great-grand-nephews, some of them, for all I could tell, and his appearance on the playground always completes the happiness of the rompers. There is no room for game preserves on the lower Seine, and, indeed, no need, in his case, as he can travel free on his inspector’s pass, and extend the range of his hunting-grounds from Normandy to Bagneres, in the upper Pyrenees. His hair and beard are as

white as snow, while mine are only grizzled, but I somehow suspect that this white-haired sportsman will contrive to outlive me."

Had Sir Samuel inherited the physiological second-sight of his mother, who once told him that Great Britain was too small for a Rambler of his type? Perhaps he had also recognized the fact that the

French veteran had solved the problem of keeping both care and *ennui* at bay, while the ex-Pasha, in the atmosphere of a Yorkshire country town, must often have felt like Heine's buccaneer, "requested to dive for copper coins in a duck-pond, after having chased King Phillip's silver fleet on the Spanish Main."

(To be continued.)

PROLONGING LIFE.

THE desire to live long is a perfectly natural feeling. Ambitious hopes and centenarian proclivities are commendable in the aged, and laudable even in the young. In all records of longevity, in all histories of centenarianism that have been written, and in all investigations of a scientific character that have been made, there is no mention of a man of one hundred years or upwards having committed suicide. The longer people live the longer they wish to live. Some writers on the subject endeavor to prove that centenarians are like poets—born, not made. On the other side, there is just as much argument and evidence to prove the contrary. William Shakespeare seems to have been born a poet, but there is no testimony tending to show that the gift was hereditary. And when the enemies of longevity write upon this topic, they always attempt to make it appear that some really exceptional qualities were inherited by the lucky individual from his parents or ancestors, and give him very little credit for his own good traits. Of course, a good constitution and regular habits in early life are much to start with in the race, but many people so endowed do not reach ninety years of age.

Women appear to have an advantage over men in long living. Statistics recently collected by Professor Humphry, of England, in his work on "Old Age," show that, as usual, in records of longevity the women preponderate over the men in spite of many disadvantages they have to contend with, such as the dangers incidental to child-bearing and diseases associated therewith. He attributes this to the comparative immunity of women from many exposures and risks to which man is subject. Temperance in eating and drinking, also freedom from anxieties in reference to labor and business, are on the side of the female sex. No woman writer has yet taken up the subject, I believe; which seems odd, as female physicians are now a necessity of modern times. It has been often stated, and is probably true, that the principal authors on the subject of longevity have been physicians, who, as

a rule, do not reach the standard in age of the average man. In some of its aspects nothing seems to be more capricious and eccentric than the law in regard to longevity. First-born children and also those born out of wedlock were formerly believed to be more likely to live longer than any other. The offspring of centenarians, if they would only intermarry with their class, might in time surpass all other people in length of years.

Poor people, too, were classed as favored in this respect, and we find Sir William Temple stating that health and long life were usually the blessings of the poor. The tables prepared by Dr. Humphry afford many curious facts bearing on this subject in Great Britain. Most men of one hundred years and over were of medium height, though the well-known and generous Jew, Sir Moses Montefiore, was six feet three inches, and lived to the age of 102 years. Nearly one fourth of the 824 cases reported by Dr. Humphry, in which the persons had arrived at eighty or a hundred years, were first-born children. One half of these were of easy, placid dispositions, not given to worrying and fretting about things, not anxious to reform the world, and about one third poor people. They do not have a monopoly of long life, however, for a little over half of the 824 were persons in comfortable circumstances. In this same collection, one third were small eaters, about two thirds moderate eaters, and only one tenth large eaters. As for marriage having any effect on women, it seems that the unmarried ones have as good a chance as the married. Some writers think that marriage, on the contrary, has a tendency to make men live longer, though it may not affect women. Hahnemann, the founder of the homeopathic school of medicine, married at eighty and was an active worker and enjoyer of life up to ninety. The late Sir Henry Holland excelled in horsemanship at eighty-four.

Exercise of a physical character, and also intellectual occupations, contribute to give variety to life and promote longevity, though one should be careful

not to indulge in excesses in either line of recreation. Commonly received opinions are to the effect that centenarians have few pleasures. Sarah White, a widow, who died at 101, at Pershore, is reported by Dr. Smith, in his letter to Professor Humphry, to have danced and sung on her 101st birthday anniversary. Her digestion and appetite were good,

and it saddens the social philosopher to think that if Sarah had not indulged in this terpsichorean revelry, she might have lived many years longer. She was an early riser, like almost all centenarians, drank beer occasionally (that probably was the cause of the dancing), but did not smoke nor take snuff. — *William Kinnear, in the North American Review.*

THE HYGIENE OF SORROW.

IN a recent issue of a New York journal an article by Dr. Louise Fiske Bryson formulates some distinctly modern views upon the uses of grief. The attempt to act as if nothing had happened after the advent of some misfortune, and to conduct life exactly as before, is one of the greatest possible mistakes. It is an outrage on nature, which she resents sharply in the end. Pay-day comes sooner or later; and the overthrow caused by blinding catastrophe arrives, even if deferred. The nervous system requires complete rest after blows caused by sorrow. Recent medical observations (Fere, Bassi, Schule, Zenker) show that the physical results of depressing emotions are similar to those caused by bodily accidents, fatigue, chill, partial starvation, and loss of blood. Birds, moles, and dogs, which apparently died in consequence of capture, and from conditions that correspond in human beings to acute nostalgia and "broken heart," were examined after death as to the condition of the internal organs. Nutrition of the tissues had been interfered with, and the substance proper of various vital organs had undergone the same kind of degeneration as that brought about by phosphorus or the germs of infectious disease. The poison of grief is more than a name. To urge work, study, travel, the vain search for amusement, is both useless and dangerous. For a time the whole organism is overthrown, and temporary seclusion is imperative for proper readjustment.

After some bereavement, the custom of wearing mourning has a distinct moral value. But its period of use must be brief: a few weeks, months, perhaps a year; otherwise dense, black draperies become a burden, an æsthetic blunder, and a source of depression in themselves. For a time they have a place, securing consideration from strangers and

silence from mere acquaintance, since sorrow is one of the touches of nature that makes the whole world kin.

When there is nearness of relationship to nature, rambles in the open air, days alone with the sea, alone in the forest, console as nothing else can. Quiet, silent drives, or even short journeys by rail, will reveal a new heaven and a new earth to one fatigued and worn by sorrow. Music, when it can be borne, has a soothing power beyond words. Books, too, have their place; those gentle companions without speech whose calm society helps annihilate time and space, and who always receive us with the same kindness. The familiar faces of newspapers and journals bring a stray comfort that even the tenderest heart is powerless to bestow. The care and companionship of children is another source of strength. Children are not watching to see how the afflicted are bearing up under sorrow, nor are they waiting for some expression of sentiment or the overflow of self-control. A child is always the best comforter, uttering no word of sympathy, yet rousing interest in life because it is sweetness and light.

Grief cannot be ignored, neither can it be cheered up. It must be accepted and allowed to wear itself away. Readjustment comes slowly. Sorrow, grief, and all great misfortune should be regarded as conditions similar to acute infectious diseases, which they resemble in result; and later, as convalescence from such diseases. Seclusion, rest, sleep, appropriate food, fresh air, sunshine, interests that tax neither mind nor body, — these are requirements in this class of illness. The care of the condition following depressing emotion calls for the same treatment in a greater or less degree. — *SeZ.*

THE milk or water soiled with excrementitious matter, though sweet, and fresh should not be eaten. — *The Atharva Veda.*

Mrs. Dr. De Science — "Hereafter when visitors call, you are not to take their cards. You must ask

them their names. My husband has discovered 900 kinds of bacteria on visiting cards."

Servant — "Yes, ma'am."

Mrs. Dr. De S. — "And when they mention their names, you are to particularly notice if their voices are hoarse. Colds are catching." — *SeZ.*

ASSYRIAN MEDICINE.

[Abstract of a paper read by C. Johnston before the University Philological Association, March 16, 1894.]

ACCORDING to the statement of Herodotus, the Babylonians did not employ physicians, but brought their sick to the market-place in order to receive the advice of such persons as might be able to suggest a remedy, derived from their personal experience or from that of their friends.

The statement is entirely erroneous. The fact that physicians existed and were held in high esteem, both in Assyria and Babylonia, is abundantly attested by the cuneiform inscriptions. They belonged to the priestly class, and in their practice combined magic with more rational methods. It was the general belief that sickness was due to the agency of demons, or evil spirits, which invaded the body of an individual, and produced all manner of diseases.

A large number of charms and incantations have been found, having for their object the expulsion of these malevolent spirits, and the restoration of the sufferer. Most of these charms are fantastic and absurd in the extreme, but occasionally the magical formula veils a really sensible prescription. For example, in the "Cuneiform Inscriptions of Western Asia" is a charm for the cure of a disease of the eyes, which directs the application of crushed palm bark, and it is immediately followed by another in which the ground bark is recommended as a remedy for the same affection. In both these cases it is evident that the virtue of the charm lies in the **astringent application recommended**; it is, in fact, a measure very similar to the use of tea leaves, a well-known household remedy frequently resorted to in cases of inflamed eyes.

It would be interesting to know just what proportion of superstition and rationality entered into the practice of medicine in Assyria and Babylonia, but

the material at present available is too scanty to allow of a settlement of the question. Among the epistolary tablets are a few letters from physicians, and from these it may be gathered that these ancient practitioners did not entirely depend upon magic arts. In one of them, for example, plugging the anterior nares is recommended in a case of epistaxis; in another, where, however, the nature of the malady is not stated, the patient is advised to anoint himself with suet, to wash his hands frequently in a bowl, and to abstain from all beverages except pure water.

A letter of this description is published with transliteration, translation, and commentary, in Samuel Alden Smith's "*Keilschrifttexte Assurbanipal's*," Part II. It is a letter from a physician reporting the condition of a patient under his charge who seems to have been laboring under ophthalmia, or more probably, erysipelas. The following is a translation of the letter:—

"To the King, my lord, thy servant Arad-Nanâ!

"Greeting again and again to my lord, the King! May the gods Adar and Gula grant health of mind and body to my lord, the King! All is well. With reference to that sick man whose eyes are diseased, I had applied a dressing covering his face. Yesterday, towards evening, undoing the bandage which **held it [in place], I removed the dressing.** There was pus upon the dressing the size of the tip of the little finger. If any of thy gods has put his hand to the matter, that [god] must have given express commands. All is well! Let the heart of my lord, the King, be of good cheer! Within seven or eight days he will be well."—*Biblia*.

STANDING FOR ONE'S POSTERITY.—It seems hard that when a man does wrong, his children should be put under an almost irresistible inclination to do wrong; it seems hard that when a man drinks spirituous liquors, his children and his children's children should find themselves urged by a burning thirst, which they can scarcely withstand, toward indulgence in intoxicating drinks; it seems hard that diseases should be transmitted, and that because a man has violated the laws of health, his children should be sickly and short-lived. These things seem hard so long as we look at them only on one side; but what a power of restraint this economy has when every

man feels, "I stand not for myself alone, but for the whole line of my posterity to the third and fourth generation!"—*Henry Ward Beecher*.

A TRAVELER'S TESTIMONY.—M. De Bernoff, the famous Russian pedestrian, in reply to a question addressed to him by an interviewer as to whether he used alcohol in his long walks, said: "I neither smoke nor drink. When in Bavaria I was occasionally tempted to take a good glass of German beer, but it knocked me up utterly, and I soon had to give it up. I always walk on pure water or milk."

ISOPATHY IN AFRICA.

DOCTOR THIRK, in the year 1846, published in the *Medical Weekly*, of Vienna, a very interesting account of the so-called "poison physicians" among the Caffirs and Hottentots at the Cape of Good Hope, Africa.

These medicine men claim to cure cases of poisoning which have resulted from snake-bites, or from the wounds of poisoned arrows. To enable him to properly prepare himself as a qualified poison physician, the following procedure is adopted: He secretes under the article of fur which constitutes his only clothing, a poisonous scorpion, to whose stings he freely exposes himself. After the reaction resulting from the first sting is accomplished, another sting is accepted, and when the effect of this is over, a third and a fourth, and so on until the body becomes perfectly insensible to the stings of a single scorpion; then he exposes himself to the stings of two in the same manner, then three, and more scorpions, until at last the body seems utterly unaffected by such poison. Advancing further in his preparation, the poison doctor hardens his body in like manner against the bites of a peculiar webless spider which lives in holes, then in like manner against the bites of the crown serpent. And lastly, to complete

the charm or invulnerability against poison, he submits to the bites of the puff-adder.

All these preliminaries having been faithfully carried out, the poison doctor is ready to begin the exercise of his art. From time to time, however, he must renew the strength of his healing properties and sustain his reputation as a poison doctor by re-exposing himself to these bites.

The treatment of patients placed under his professional care is effected in the following manner: A piece of the fur cape of the poison doctor, which has been soaked with the medical man's sweat, is then put into some water which the patient is directed to drink. In cases where the poisoning took place some considerable time before applying to the doctor, some very offensive doses are swallowed by the patient.

The poisoning of arrows is effected with the secretion from the water of the spider mentioned above with the venom of the crown-snake and the puff-adder mixed with gall. These cases are interesting as illustrations of a savage instinct which recognizes the power of animal extracts as means, not only of inducing serious injury, but as methods to prepare the body to resist these same noxious influences.—*Sci.*

WORK AND WORRY.

THAT worry is the mortal foe of health, no dispassionate observer of humanity can deny. It is not so much motion that wears out the wheels of life, as the friction engendered. Diminish that and you diminish unnecessary waste of vitality. They who have no sympathy with the work of the faith curist and the mental scientist, ought to appreciate the fact that the cardinal teaching of each has the effect of uplifting patient and pupil into an atmosphere above the region of storm and cyclone, into harmony, buoyancy, and exaltation. The small worries that act like

"The little pitted speck in ripened fruit
That, slowly rotting inward, moulders all,"

are checked, depression disappears, and faith almost literally removes mountains.

The psychologist would particularize the effect upon each organ of a cheery, healthy action, ignoring of minor afflictions, such as really make up a portion of the lives of most of us. He would instruct the reader regarding the impaired nutrition, the poor circulation, and consequent tendency of all

organs to lose tone and power of resistance, through worry.

To the non-professional, it is not needful to enter into these minutiae. It is necessary that we should be sufficiently impressed by the fact that mind back of matter tones up or relaxes, invigorates or depresses.

Two thirds of the worries of life are needless. Let us do the best we can, under all circumstances, and leave the result to Providence. Fortitude, hope, cheerfulness, and faith in the ultimate good—these are better to possess than gold or fame.

The cause of too many worries arises from false pride. A complex civilization is at the bottom of many of our so-styled wants. During the present financial perplexities, how many housekeepers have descended to the depths of despair, because a retrenchment in the style of living was imperative. Suppose we have fewer dishes upon our tables and wear our frocks longer, shall we thereby forfeit the respect of Mrs. Grundy? That dame will forget to-morrow our lack of to-day. Besides, to fear her opinion is to confess ourselves cowards.

It is interesting to watch the faces of those sad-robed Sisters of the Roman Catholic Church, whom we often meet in public places. They are always serene, as if baptized with the spirit of that "peace that passeth understanding." And is not that sweet serenity largely due to the fact that they are lifted above the small worries that invest the lives of most housekeepers? Compare their features with those of women engaged in family life or in other vocations. Could there be a more marked contrast? In fact, how few traces of spiritual serenity, of high exalted peace, do we see either in the crowded

marts of the city or in the seclusion of the country.

That they encounter a variety of difficulties who aim to rise above worry, is not to be denied. For women especially this is a transitional period, and the last year, for all but the wealthy, has been hard. Yet philosophy and religion—not theology—can do much. A noble independence, a strong individuality, an unconquerable will, an aspiration for growth in wise and useful directions, helped by faith in the Divine order—these things are powerful and uplifting. — *Hester M. Poole, in Journal of Hygiene.*

MENTAL LABOR NECESSARY TO MENTAL HEALTH. — Every one who desires to secure and to strengthen a healthy brain, must, first, not only labor physically but mentally; must really labor, and that daily, and not too little. Four hours of work a day for a healthy being is altogether too little. Let any one spend his time in enjoyment and idleness, and enjoyment ceases to be enjoyment. He will accumulate artificial wants in ever-increasing numbers until they burden his life. He will become more and more dependent and morose. His mental horizon will grow narrower continually and more rigid. The plastic brain of youth, that is, its docility and adaptability, will become less and less active and capable of comprehending and elaborating new thoughts. On the other hand, mental labor preserves the plasticity of the brain to a much more advanced age. Idlers, therefore, in spite of the best brain capacity, become prematurely old mentally, narrow-hearted, limited in horizon, and not seldom absolutely stupid. We often observe moderately gifted students becoming, by means of work, men of power; and highly gifted young men, by means of idleness, gradually grow useless, peevish, and now and then narrow-minded. "Nervousness," really brought about by means of mental overwork, forms only a small and comparatively safe fraction, while the great innumerable company of mental wrecks nearly always owe their catastrophe to diseased or defective brain conditions, to excesses, and an enormous percentage to alcohol. Professor Hiltz is certainly right, for he believes that the happiness of an individual (and he might have added his health also) depends upon his fulfilling the purpose of life by labor.

Voltaire's motto was "Always at work;" Carlyle says, "Work alone is noble." Charles Lamb gives this warning: "No work is worse than overwork; the mind preys on itself—the most unwholesome food." — *Union Signal.*

In the oldest medical book now known, composed in Heliopolis, where once Joseph served in the house of Potiphar, we find, "A mean for increasing the growth of hair, prepared for Schesch, the mother of Teta, the king of Upper and Lower Egypt": Dogs' teeth, over-ripe dates, and asses' hoofs were carefully cooked in oil and then grated. Now, as Teta lived before Cheops, builder of the great pyramid at Gizeh, this recipe for hair oil is older than this wonder of the world, and if, as is supposed, Teta lived 4000 B. C., this prescription is over 6000 years old! — *Sel.*

HENRY WARD BEECHER once said: "I have known men who prayed for a good temper in vain, until their physician proscribed eating so much meat; for they could not endure such stimulation."

THE CHANCES OF LIQUOR DRINKERS.—A noted statistician of England, after careful investigation has established the following facts, published in the *New York Witness* some time ago: —

Between the ages of fifteen and twenty, where ten total abstainers die, eighteen moderate drinkers die. Between the ages of twenty and thirty, ten of the former and thirty-one of the latter die. Between thirty and forty years, forty moderate drinkers to ten abstainers die.

That is, a total abstainer twenty years old has a fair chance of living forty-four years longer; a moderate drinker has a chance of living only fifteen and one half years longer.

At thirty years a total abstainer has a chance of living thirty-six and one half years longer; a moderate drinker at the same age only thirteen and one half years.

At forty a total abstainer has a chance of living twenty-eight years more, and a moderate drinker only eleven and two thirds.



GYMNASTICS AT YALE.

THE Yale gymnasium, an illustrated description of which recently appeared in the *Illustrated Buffalo Express*, is doubtless the finest and most completely equipped institution for physical training in the world. Yale has for many years given great attention to the athletic branch of gymnastics, and for the last ten years, under the impetus given to the more thoroughly scientific features of physical training, by Dr. Seaver, the institution has taken foremost rank in this line over all the colleges in this country.

Three or four years ago Dr. Sanderson and his brother, two of the most eminent teachers of gymnastics in this country, who have for a long time carried on a successful school of gymnastics in Brooklyn, took charge of the practical work in Yale, and the excellence of their work there has attracted wide attention.

Dr. Seaver gives the theoretical instruction, takes measurements of the students, etc., and has the general medical direction of the work. Dr. Sanderson has charge of the practical work. The gymnasium building is unequaled by any other like institution in the world for its magnificent proportions and the completeness and elegance of its equipment. Ten fine marble baths, each furnished with a shower, are at the service of the gymnasts, and are so well patronized that the bath department is nearly self-sustaining, although the price charged is only ten cents.

One of the features of the work at Yale, as stated

by the article referred to, is the use of Dr. Kellogg's dynamometer as a means of determining the physical condition of students. We quote as follows from the *Illustrated Buffalo Express* :—

“A late development of this line of work is the use of a universal dynamometer invented by Dr. Kellogg, which can be used for showing the muscular power exerted by certain groups of muscles; viz., it shows not only the power of the flexor muscles of the hand, but also the strength of the extensor muscles; it shows the power of rotating the hand; it shows the strength of the four groups of muscles in the neck when acting singly; it shows the comparative strength of the two sides of the body, etc. The dynamometer tests not only the muscles, but the nerves and nerve centers as well, so that it is a precise measure of the condition of the individual's motor apparatus. The tape-line merely gives the dimensions of a man; it tells nothing as to whether he is alive or dead. A dynamometer gives us an accurate picture of the living, active man.”

The dynamometer referred to tests not only the muscles named, but every important group of muscles in the body, numbering some forty-six in all. The University of Wisconsin and a number of other leading colleges have recently introduced this dynamometer, and the system of examination which is based upon it. It has also been adopted by the Government at West Point, in the examination of soldiers.

THE *Boston Courier* suggests that girls who contemplate purchasing a bicycle would do well to harden their muscles in advance by running their mother's sewing machine or rocking the baby. And

it may be suggested as an addendum that if there is no sewing machine or baby in the house, there is probably a wash-tub.—*Sel.*

ROUND-SHOULDERED GIRLS.

"WHAT shall we do with our round-shouldered girls?" This query meets the physician daily, and anxious mothers are suggesting corsets, shoulder-braces, and other surgical appliances as remedies for the defect, hoping that the prescription of the doctor will overcome the girl's natural antipathy to such restrictions. Too often, I fear, the doctor follows the same line of reasoning as the mother, and advises some instrument of torture that, by holding the shoulders back, will, it is hoped, overcome the deformity. There is a slight appearance of plausibility in the advising of some form of shoulder brace, but there is no plea for the corset in this regard. It is only a sham, in that it keeps the dress from wrinkling, while it allows the girl to droop behind the screen of its smoothness.

Before we answer the query as to what to do to remedy the defect, let us, if possible, find out the cause. Let us look at the round-shouldered girl as she stands before us. We see at once the convexity of the shoulders and the thrusting forward of the head, and perhaps we say to the girl, "O, do draw your shoulders back." If she obeys the command, we can see, if observant, that the deformity is increased, rather than lessened, and other evils of attitude are emphasized. It is evident, then, that the trouble is not primarily with the shoulders; we must look elsewhere for the cause of the ungainly figure. The awkwardness and lack of elegance are, to the mother, the chief sources of discontent, but we, who can see more deeply, find these the least of the evils resulting from the unnatural attitude. We realize the lack of beauty, of dignity, and of charm of figure, but these are external and not vital; they, however, are indications of conditions which affect vital organs, and, as symptoms, are to be seriously considered. Let us look at the girl again. We see now not only the round shoulders, but we observe that the lower part of the spine is, to some extent, straightened from its normal curve, and on the front of the body we notice the depressed and sunken chest and the protuberant abdomen, both indicative of a lessening of activity of vital organs as well as a displacement of the same.

We begin to see that the round shoulders are caused by a drooping of the figure and a consequent weakening of the muscles that hold up the form of the body.

Boys and girls both suffer from sitting in a stooping posture at their studies or in school, but we do

not see as serious results in the boy as in the girl; we must seek an additional cause in her case, and we find it in her dress. The average woman has no comprehension of what a tight dress is. She will maintain, truthfully as she supposes, that her daughter's dress is perfectly loose, and yet perhaps she knows that her son would not permit himself to be girded in so tightly. To understand the influence of dress we must have some idea of the construction of the trunk of the body and its contents. It is a trunk of greater importance than that in which are packed her elegant dresses, and its contents infinitely more valuable. They are packed by the hand of divine skill, and to interfere with them is a matter of vital import. The upper part of this trunk is formed by the unyielding bones of the chest. These might bear considerable pressure without serious harm; but below these the trunk is chiefly made of muscular structure which is easily compressed, and the result is damaging in the extreme. Just here, where the greatest pressure of dress is felt, lie the lower part of the lungs, the liver, the stomach, and that very important muscular partition, the diaphragm, whose office is so little recognized and regarded. A slight pressure at this point suffices to lessen circulation through the muscles, and this weakens them and they fail to hold the body erect.

When we breathe in, the sides of the body at the edge of the lower ribs should push outward. Corsets, or even a tight dress without corsets, prevent this, and consequently the breathing power is diminished and the vital energy lowered. The action of the heart may be hindered, the liver may be impinged upon until its substance shows the imprint of the ribs, and worst of all, the bowels and pelvic viscera are probably pushed down out of place. This displacement of bowels is too often overlooked, but is a matter to be seriously considered, as it interferes with their power to do good work in digestion and assimilation. The displacement is indicated by the prominent abdomen which the fond mother overlooks in her fixed attention to the round shoulders. If her thought is directed to the defect, she will doubtless persist in the statement that the girl has never worn a tight dress in her life and it may be has never worn a corset. Even if this be true, she has in all probability worn tight clothing and with it doubtless a weight of skirts depending from her hips and intensifying the evil. As all women main-

tain that their dress is perfectly loose, it may be well to consider for a moment what a tight dress is. Dr. Robert Dickinson has tested the pressure of the corset by an ingenious device, and found that in a case where the woman measured twenty-seven inches without a corset and twenty-seven inches with one — the same measurement, you see, and you would insist that her dress was not tight — the corset exerted a pressure of forty pounds. When her waist measurement was reduced to twenty-five and one half inches, the pressure was seventy-three and one half pounds. This gives you an idea of what is really a tight dress. We forget that our dresses are usually fitted over empty lungs, thus giving no chance for expansion in breathing. If this occurs in ever so slight a degree, the dress is tight.

But our purpose now is not so much to describe the evils of tight clothing to internal organs as the effect in producing an inelegant figure. Having learned how this is done, let us discuss the remedy. First, the dress must allow all internal organs to remain in, or return to their normal location, not pushed down nor crowded together. This will tend to overcome the protuberant abdomen. We must next teach the girl how to stand properly, holding herself with head poised on an erect spinal column. We will pay no attention to the shoulders themselves, but letting the arms hang naturally at the sides, we will take care that the spine maintains a vertical position, so that a line drawn from shoulder to hip will be straight up and down, inclining obliquely neither backward nor forward. If now the chest is raised, keeping the chin close to the neck, and the abdomen is re-

tracted, we shall find that the round shoulders have disappeared, proving beyond a doubt that they were not the offending members, but are willing to take their proper place as soon as permitted to do so. In order to maintain this correct attitude, the body must be balanced on the balls of the feet, not resting its weight on the heels.

It is often difficult from written directions to be sure that the attitude assumed is a correct one. A simple method of deciding that question is to stand with toes touching a door. In all probability you will find that the abdomen also touches, and that there is quite a space between the chest and the door. Reverse this, bringing the chest up to touch the door and drawing the abdomen back to leave a space, and you will have about the correct position. Perhaps you will feel as if about to fall forward, but that feeling will soon pass away and you will realize an added physical power in this erect position. You can walk better, stand longer, work more easily, breathe freer, sing better, and in truth be a stronger, more beautiful and dignified woman. This correct attitude also helps to overcome the prominent abdomen in women of all ages; it also adds to the height, gives "style" to the figure and grace to the carriage. If you have a round-shouldered girl to deal with, say nothing to her about her shoulders, but induce her to dress so as to give freedom to the waist muscles, teach her how to stand, and the problem of round shoulders is solved at once and forever. — *Mary Wood Allen, M. D., in Journal of Hygiene.*

PHYSICAL CULTURE NECESSARY FOR BRAIN WORKERS.

ACTIVITY of mind pushed too far endangers the brain and the general health. Loss of appetite, indigestion, palpitation of the heart, and numerous other ills spring from overworked brains. Excessive mental exertion should be guarded against by all who value health and life; yet brain workers, as a rule, blindly and recklessly squander vital forces, with the result that almost daily we read of some brilliant man or woman being obliged to drop out of the race for fame or wealth through nervous prostration. This growing malady is on the increase; professional and business men with overworked brains and weak bodies readily succumb to it, and a large number of the sudden deaths among brain workers are due to the excessive mental strain in which they have lived and the too free use of nervous forces.

Working the mind at the expense of the body is a mistake; the physical life becomes degenerated, and when disease attacks the frame there is not sufficient strength to resist it.

Judicious physical exercise is necessary for all brain workers. All who lead a sedentary life need daily physical exercise, and it is only by proper exercise of the body that one can hope to preserve health. One hour's daily exercise in a gymnasium, or at home with dumb-bells or pulley-weights, will be of the greatest service to brain workers, who usually commit the mistake of exercising no part of the body but the head. Physical exercise, while being particularly beneficial to the young, is also a matter for the attention of adults. Vitality is impaired and strength consumed by mental demands

which are raised to a perilous height nowadays, and it is absolutely necessary to counteract the strain by muscular activity. Man's destiny as regards the body is to a great extent in his own keeping, and it is possible, unless disease is inherited, to have perfect health if we study the needs of the body. To exercise the various parts of the body is as necessary as to have food or sleep, yet, as a rule, few who labor mentally take systematic bodily exercise. To get and keep the body in perfect condition is of vital importance, for unless the blood and muscles properly perform their duty, the mind becomes dull and irritable, and intellectual labor has finally to be suspended.

In a most excellent essay on the "Scientific Study of Human Nature," Professor Youmans made a clear and definite explanation of the reason of the so-called "blues" and "megrimms" with which all brain workers are occasionally afflicted. "Those fluctuations of feeling," he says, "with which all are more or less familiar, the alternation of hope and despondency, are vitally connected with organic states. In high health the outlook is confident, there is joy in action and courage in enterprise; but with a low or disturbed circulation, thin, morbid blood, and bodily exhaustion, there is depression of spirits, gloom, inaction, paralysis of will, and weariness of life. The variability of mental state which is so striking and general an experience with the literary and artistic classes, the periods when work is impossible, the moods of sluggish and unsatisfactory effort, the seasons of steady and successful accomplishment, and moments of rare exaltation, capricious as they may seem, are but the exponents of varying constitutional conditions."

Outdoor exercise is preferable to indoor; but in cities this is sometimes impossible, and the best thing to do is to join some gymnasium where appliances may be had for exercising and developing almost every part of the body. In nearly all gymnasiums nowadays such appliances—the result of a vast amount of thought on the part of men interested in physical culture—can be found. Gymnasiums of the present day are very different from

those of fifty years ago. Formerly the aim of the gymnast was to turn out men capable of lifting heavy weights or courting death on the flying trapeze. The one desideratum was feats of strength and dexterity. All this has been changed, and in most gymnasiums competent physical instructors are employed. For old and young who do not have physical exercise each day at their labors, an hour daily in the gymnasium is an hour well spent. Only there can a thorough exercise of the body all round be obtained; liberal judicious exercise is almost certain to build up weak bodies and keep them in a state of permanent strength if continued. It also improves physique, clears the mind, and gives grace and assurance.

All who value health and beauty should give the important subject of physical culture consideration, for health and beauty depend largely upon the development and the exercising of the various parts of the body. The ancients gave particular attention to the demands of the body, with the result that the young of both sexes were beautiful and strong. Women need physical exercise quite as much as men. Many are unfit to become wives or mothers, owing to their physical condition, who might be strong and healthy had they given attention to the art of physical development. Catherine E. Beecher, whose writings upon domestic matters are marked by great good sense, has a word of warning to her sisters upon the subject, which they ought to lay to heart. "Whenever the mind is oppressed with care, anxiety, or sorrow, the amount of exercise in the open air ought to be greatly increased, that the action of the muscles may withdraw the blood, which in such seasons is constantly tending to the brain." The ancient Greeks made this compulsory for the youth of both sexes, and no maiden could become a wife unless efficient in gymnastic exercise. Wise educators of to-day recognize the need of physical culture, and many colleges have embodied physical training in the curriculum. Mental acquirements should not be blindly worshiped and eagerly sought after at the expense of the body.—*Wilton Tournier.*

ONE OF THE FACTORS OF LONGEVITY.—All authorities who have treated on longevity place exercise, moderate and regularly taken, as one of the main factors of a long life. That there are many exceptions does not alter the fact that physical exercise is as useful in keeping one healthy as it is in prolonging life. Good walkers are seldom sick, and the same may be said of persons who daily take

a certain prescribed amount of exercise. Exercise is both a preventive and a remedial measure. "In my own practice," says an eminent doctor, "I have seen a case of persistent transpiration that followed the least bodily effort, and which annoyed and debilitated the person at night—this being a condition left after a severe illness,—disappear as if by magic after a day or two of exercise on a bicycle."—*Sel.*



Home - Culture---

POSITIVE AND NEGATIVE TRAINING.

BY MRS. E. E. KELLOGG, A. M.

Abridged from a Lecture before the Missionary Mothers' Class.

THERE is both good and evil in a child's nature. The problems ever present before those into whose hands is given the guidance of young lives, is how we can increase the good and hold the evil in check.

The Bible tells us to "overcome evil with good." May we not interpret this to mean that in child culture we should so cultivate the elements of good in a child's character that they will grow strong and vigorous, crowding out the evil? If the soil is pre-occupied with good, there will be no room for the evil to take root.

It would seem, then, that our chief efforts in the training of a child should be directed toward the cultivation of virtues, the establishment of good habits, the formation of right tendencies by gently leading and encouraging him in *right* ways until he learns to love right for right's sake. The more customary method, however, is to direct all efforts toward deterring the child from *wrong* doing, apparently assuming that goodness is natural to the child, and as long as he appears good, no notice need be taken of it, but when evil begins to crop out here and there in his nature, then, by prohibitions, by censure, by reproaches, by fault-finding, and punishments, we make vigorous efforts to eradicate it.

The purpose aimed for in both instances is the same, but the methods employed are distinctly opposite: the former is positive, the latter negative training; the one endeavors to build up and enlarge that which is pure and good, the other seeks to tear down and destroy that which is impure and evil; the one emphasizes virtue, the other emphasizes vice.

Some one has said, "The 'Thou shalt not's' of the nine commandments have little import to the heart that keeps the 'Thou shalt' of the first."

Another has said, "Cultivate right tendencies in humanity, and the wrong ones must die out." "Build up the positive side of the child's character, and the negative side will not need to be rebuilt."

It is so much more human, however, to see the wrong, to notice the faults, to be cognizant of the failings of those around us, that the majority of us are prone to give most attention to negative training. We say, "Oh, you naughty boy!" and "Don't do this," or "Don't go there," far more frequently than we offer the child an incentive to do right and keep in the right path by surrounding him with the conditions most conducive to right doing.

A kindergartner of experience says, "There are two words I would, if I could, banish from the nursery. These are the words, *naughty* and *don't*. If they were nothing worse, they are indefinite and so unworthy. But they are worse; their effect is destructive rather than constructive, and there is in general the quality of the wet blanket in both words that has no redeeming thing in it.

"I think we all know that there is one fatal thing in life, and that is discouragement; and we can also see, if we think seriously about it, that the number of do n'ts the average child receives daily would discourage a grown person, and cannot be other than serious to the child; for while growth is all powerful, the least pressure will change the direction, and consequently the form of the growth. An imperceptible prick in a tender leaf in spring will show prominently as a scar or blemish in the mature leaf. So it is better to use the affirmative form more with children and the negative less." And how often the do n'ts are spoken when the thing prohibited is almost beyond the power of the child to control. We say to him,

"Do n't drop any crumbs on the floor," "Do n't soil your clothes," when a little reflection will show us that only the most thorough training in carefulness would make it possible for him to do either the one or the other. Very few grown people could eat a cracker without dropping crumbs, and as for clothing, if the child is to be allowed the freedom of exercise, he cannot help coming in contact with dirt.

These "do n'ts" make transgressors of our children every time they fail to comply with our wishes, and thus serve steadily to undermine our government. And "do n't" is said so often, on so many trivial occasions, when the only necessity for prohibition is some selfish impulse or purpose of our own, one comes almost to fear that this little word of four letters in the mouth of parents is at the bottom of half the failures in discipline we see in the world. One mother said "do n't" five times in as many minutes, and she was no exception. Miss Harrison relates an incident of a mother who came to her in utter discouragement saying, "What shall I do with my five-year-old boy? He is simply the personification of the word 'won't.'" She walked home with the mother. A beautiful child with golden curls and great dancing black eyes, came running out to meet them, and with all the impulsive joy of childhood threw his arms around his mother. What were her first words? "Do n't do that, James; you will muss mamma's dress." In a moment more it was "Do n't twist so, my son; do n't make that noise." Was it to be wondered at that when his mother said, "Run into the house now, mamma is coming in a minute," he replied, "I *do n't* want to"? The continual interdiction of his own rights and desires had had a reactionary effect upon the child's disposition. It is very apt to be the case that, as the old saying is, "the rule works both ways." The constant criticism of the child through the, "Do n't sit so awkwardly," "Do n't be so boisterous," "Do n't talk so much," "Do n't wriggle about," "Do n't come in here with those dirty shoes on," etc., develops unduly the critical element in his own character; and instead of being charitably inclined toward his fellows, he becomes exceedingly critical of their actions, notices every little thing in their behavior which is not up to the standard you have set for him, and very likely calls your attention to it. This tendency is a very common one among children. Mothers and teachers are greatly annoyed by it, yet but few ever stop to trace its origin back to their own treatment of the child, though I am coming more and more to believe that this is the true source of the evil.

It is natural for the mother, in her love and anxiety for her child, to desire him to approach as nearly as possible her ideal standard, and when she sees some exhibition of natural or inherited tendencies which is not in accord with her ideal, it is so easy for her to vent her own feelings of disapproval in a "Do n't do that" that a consideration of the after-effects upon the child seldom enters her mind. This training of young lives is a most solemn business. So much depends upon the mother, upon her forethought, upon her control of her own tongue and temper, upon the sacrifice of her love of ease and other selfish tendencies, that one is almost appalled at the thought of it.

One thing I am sure we should earnestly strive for,—to make our prohibitions the very fewest possible. Kate Douglas Wiggin says, "May we not question whether we are not frequently too exacting with children, too much given to fault-finding? Were it not that the business of play is so engrossing to them, and life so fascinating a matter on the whole,—were it not for these qualifying circumstances, we should harass many of them into dark cynicism and misanthropy at a very early age. I marvel at the scrupulous exactness in regard to truth, the fine sense of distinction between right and wrong, which we require of an unfledged human being. If we were one half as punctilious and hypercritical in our judgment of ourselves, we should be found guilty in short order, and sentenced to hard labor on a vast number of counts.

There are many comparatively small faults in children which it is wise not to see at all. They are mere temporary failings, tiny drops, which will evaporate if quietly left in the sunshine, but which, if opposed, will gather strength for a formidable current. If we would overlook the small transgressions and quietly supply another vent for troublesome activity, there would be less clashing of wills, and less raising of an evil spirit, which gains wonderful strength while in action."

Mrs. E. G. White, speaking upon this point, says respecting the dealing of parents with their children:—

"Correction and reproof are not given for grave offences merely, but for trivial matters that should be passed by unnoticed. Constant fault-finding is wrong, and the spirit of Christ cannot abide in the heart when it exists. Mothers are disposed to pass over the good in their children without a word of approval, but are ever ready to bear down with censure if any wrong is seen. This ever discourages children, and leads to habits of heedlessness. It

stirs up evil in the heart, and causes it to cast up mire and dirt. In children who are habitually censured there will be a spirit of 'don't care,' and evil passions will frequently be manifested, regardless of consequences."

If mothers would banish the "*don'ts*" entirely from their vocabularies, except upon occasions when some serious or important principle is involved, and in its place use its opposite "*do*," there would be a most salutary change of atmosphere in most homes. For example, instead of saying to the child, "Now don't be selfish," urge him to see how many times he can think of and do for other people first. Instead of "O, don't talk so much," say, "Now see if you can be a good listener." Instead of, "Now don't dally about your work," suggest that he see if he can have the task completed within a given time; instead of, "Now do n't spill that water," say, "See how carefully you can carry the pail;" and so on throughout the whole category of *do n'ts*.

Much of the censure and fault-finding with which we burden the lives of the children comes as a vent of our own feelings, because the things they do are so troublesome to live with, so aggravating to get along with. Often there is no real harm in the thing itself, and if we were in the child's place, and could look at it from his point of view, we would realize this; but viewing it from the adult's standpoint, with eyes looking through glasses colored with our own likes and dislikes, our own love of comfort, lack of patience, and, yes, our selfishness, we often censure when some other course would be

far better. We work for present comfort instead of future results.

By scolding, thus constantly calling attention to faults, we emphasize these faults on the child's mind. Says Miss Harrison, "Who are the men and women who are lifting the world onward and upward? Are they not those who encourage more than they criticize? who do more than they undo? The strongest, most beautiful characters are those who see the good that is in each person, who think the best possible of every one, who, as soon as they form a new acquaintance, see his finest characteristics." Again she says, "Mothers, so cultivate the rational element in yourselves that you can see that every fault in your child is simply the lack of some virtue. In the inner chamber of your own souls study your children. Confess their faults to yourselves, not to your neighbors, and ask what is lacking that these defects exist; then, like Nehemiah of old, build up the wall where it is weakest."

If a child has inherited a tendency to some disease, it is possible to overcome this by supplying him with such conditions as will strengthen the weak points and build him up in directions where he most requires it. Inherited or acquired mental and moral tendencies may likewise be thus overcome, or so subdued that they will remain dormant. We must remember, however, that it will be a work of time. We are seldom able to *root* out an evil tendency as we would a weed from our garden, but we can often *grow* it out. Supply more of the sunshine of love, the rain of tenderness, and the dew of encouragement, and they will conquer the evils in the heart.

SIMPLE SIMON.

BY MARTHA WATROUS STEARNS.

"SIMPLE SIMON went a fishing
For to catch a whale,
And all the water that he had
Was in his mother's pail!"

People have caught greater problems than whales in smaller fish-ponds than Simple Simon was favored with, when they used microscopes for their fish-hooks!

Simple Simon (revised edition) was fishing for a suggestion of a wood sloyd model, and though he did not know it, — Mother Goose had not fed her children on Longfellow, — he acted on Longfellow's following bit of advice to all artists: —

"O thou sculptor, painter, poet,
Take this lesson to thy heart,
That is best which lieth nearest,
Shape from that thy work of art."

So he proceeded to the "nearest" thing, which in the present case happened to be his mother's pail of water.

Now a bucketful of muddy water at first sight would not strike one as being a very plentifully stocked fish-pond of inspirations, but there it was, and there was Simple Simon studying it. Mother Goose preferred soft water for washing her clothes, so all the rain-water was carefully caught and saved. Sometimes it grew old, like this particular pailful, when it became a fine nursery for mosquitoes and other entomological specimens.

Many would have said that Simon was an idle, stupid boy to be sitting on his mother's door-step on a bright, sunny morning, doing nothing but stare

into a pail of water; he had probably thus gained his uncomplimentary prefix. Such observers, however, know nothing of the operations of a small boy's mind, nor of the evolution of an idea.

Doing nothing? Perhaps not to the naked eye, but the fact was Simon's two cameras were catching impressions and printing them on his brain cells with a rapidity that would put the best snap shot kodak in the shade. Doing nothing? Just watch him till some particular set of impressions get lodged in his brain cells and begin to coordinate, and then look out for the idea that is bound to work out.

But few people have original ideas, some because they do not catch impressions, others catch too many impressions and do not give them time to shape into ideas, and other simple folk, like Simon, get a set of impressions busy in their brains and just have to sit still and let them work, and then

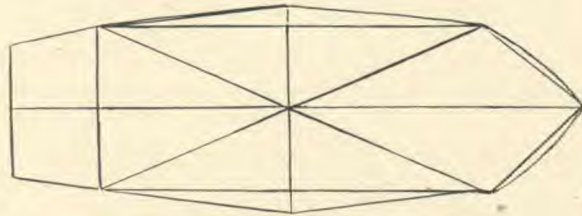


FISHING FOR IDEAS.

get the credit of being "absent-minded," the fact is, their minds are not away from home at all, but, like snails, have crawled into their shells and are decidedly "at home" and at work on something to surprise the world with.

Simon was exclusively "at home" at present, nothing could have taken his attention as he sat watching some half dozen flies skimming over the surface of the water, playing a kind of swimming tag with one another as they darted back and forth like little canoes. Simon's mental operation was something on this wise: Eyes reflected flies on the brain (a harmless affection), the brain cells brought up some previous reflections and compared them, and found that these could swim in water and air both. He found them shaped like small boats. The impressions were rushing in so fast that the brains cells got excited just here, and sent the boy flying off for a microscope to help them out with their work. A fly was caught and examined. Impressions hustled in faster and faster. The cells worked hard grouping them. They had the fly

measured and proportioned, — greatest width contained in his length three and one half times, just the best proportion for a small boat, ends shaped



GROUND PLAN OF BOAT.

to cut the water. The brain cells worked still livelier, and soon had the ideal all made of a little wooden boat to be whittled out like the "Boatman Fly," for the boy's Sloyd model and then —!

Simon began visibly to work with hand and knife, and outsiders became conscious that an idea had "struck" him. When did it strike? When he began to whittle? No, it was all made then, and he was just making it over again in wood out of his mind. When it "struck" he was to all appearances doing nothing, which shows the fallacy of supposing that a child must be continually employed in order to be continually learning.

Simon's *ideal* once made, it was an easy thing to materialize it in wood. A block of soft pine nine and three fourths inches long, three and one fourth inches wide, and two inches thick, was whittled out smoothly and made true by the try-square; then a ground plan of the boat, shaped just like the "Boatman Fly," was neatly drawn on one broad side of the block, on the narrow sides were drawn the side views of the boat; then with a curved chisel Simon scooped out the inside first according to the outline. Afterward he shaped the outside with his knife, modeling by eye and keeping before him the fly for a guide, simply making his "fly" a hollow instead of solid form.

It required hard whittling to complete it, but



COMPLETED BOAT.

once done, it was a proud and happy small boy that launched "The Fly" in a neighboring ditch of water. But his pleasure was not so much in the cute little boat, — as a boat, — as to see in it his own

ideal afloat in material form. 'Tis true, and pity 'tis, 'tis true, that many of the best educated (?) children to-day are not allowed leisure, "do nothing" hours, in which to assimilate what they have learned in school, and give their brains a chance for a little independent action, instead of being handed from one instructor to another from morning till night to have other people's impressions of things poured

into them in regulated doses, till the poor children's brains are overfed with other people's thoughts. They see, hear, and think with their teachers' minds, till their own are powerless to act, unless some motive power is applied from outside. Ideas are poured in, till ideas smother ideas, and the result is an abundant crop of Simple Simons of the old type, or mental automatons.

THE BATTLE CREEK SANITARIUM DRESS SYSTEM.—V.

It is the idea of hygienic comfort to which we would call especial attention as represented in the garments presented this month, and we would speak more particularly of the Favorite shirt waist. A shirt waist above all other articles of summer clothing should suggest comfort and ease, while from its very nature, healthfulness would be presupposed. But as generally worn it becomes fully equal to the corset for harmfulness. It is undeniably loose, it seems cool, and to all appearance it is the most innocent and harmless of garments. And so indeed it might be; the abuse consists of the manner in which it is worn. The tightly drawn belt and the skirt left to hang its weight from the hips are *prima facie* evidence of the gravest conspiracy against the well-being of the body. With no support, naturally the heavy skirt drags itself away from the waist, and so the belt must be drawn overtight to aid in keeping the twain together. In this way all the comfort and satisfaction which ought to be gotten out of the wearing of so light, loose, and cool a garment as a shirt waist is never known. And how many cases of suffering and even invalidism, such as occur among girls and women year by year, might be traced to such harmful dressing, one can only imagine.

Many sensible persons among the wearers of this style have felt to protest, but have not known how to improve upon it. Our new shirt waist, well named the Favorite, will thus be, on this account alone, a boon to thousands. As in all our patterns, every detail of comfort or convenience has been carefully studied and arranged for, every hygienic question answered. The Favorite is cut the proper length to swing the weight of the entire suit from the shoulders, and is made to button onto the binding of the skirt. In this way the hygienic effect is the same as though a single garment were worn. A ribbon belt may then be drawn smoothly (not tightly) around to cover the joining of the waist and skirt. Or, if preferred, a wide, belt-like bind-

ing of the same goods may be put on the skirt and worn with no other belt, which is a very neat and convenient fashion. In this case the buttons would need to be placed on the inside of the belt; or the shirt waist might be basted inside the belt.

The neatness, simplicity, and adaptability of the Favorite will commend it to all. Probably, during warm weather, at least, no other garment furnished by our designer will secure a greater meed of approbation than this shirt waist. When made of any variety of wash goods, the Favorite will be doubly appreciated, as it was designed with special reference to being easy to launder.

The bicycle suit illustrated here is a very excellent and thoroughly hygienic costume, having many valuable features. The following are a few of those most readily recognized: The skirt being divided leaves the action of the lower limbs free and unfettered. The absence of loose, flapping skirts gives less liability to accident, as such are apt more or less frequently to get caught in the wheel. The upper portion of the suit being neat and compact in form, there are no folds or streamers to float behind the cyclist, thus presenting a grotesque appearance.

The Favorite.—This shirt waist is without lining, and consists of ten pieces: Front, back, and yoke for back, cuff, facing, upper and under portions of sleeve, collar, and band for neck, facing for bottom of waist. Studs or small buttons close the front. It is developed in figured percale in the present instance. Of material 22 inches wide the Favorite will require $3\frac{1}{2}$ yards; of 36-inch material, $2\frac{1}{2}$ yards. Price of pattern, 25 cents. Patterns are furnished in sizes 30, 32, 34, 36, 38, 40, 42, and 44, bust measure.

Bicycle Suit.—This costume consists of twelve pieces: Front, back, and under-arm gore of lining of waist, and front and back of outside of waist, upper and under side of lining of sleeve, outside portion of sleeve, two collar portions, cuff, and one leg of skirt. The girdle is a worsted braid $2\frac{1}{2}$ inches



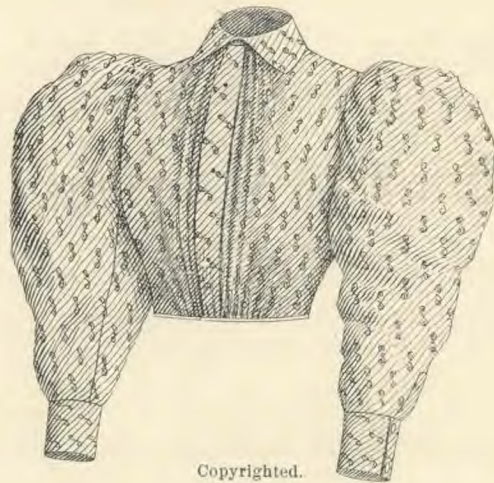
Copyrighted.
BICYCLE SUIT.—FRONT.



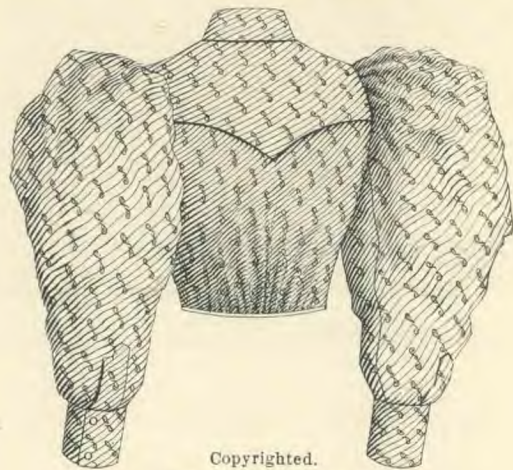
Copyrighted.
BICYCLE SUIT.—BACK.



Copyrighted.
THE BICYCLE SUIT.



Copyrighted.



Copyrighted.
THE FAVORITE WAIST.



wide and 3 yards long. It is raveled to a depth of 8 inches, and tied in a single knot which forms a tassel. The quantity of material needed, is $8\frac{1}{2}$ yards of 36-inch goods. Price of pattern, 35 cents. Pat-

terns can be supplied in sizes 30, 32, 34, 36, 38, 40, 42, and 44, bust measure.

For all patterns, address Sanitarium Dress and Pattern Department, Battle Creek, Mich.

A VERY YOUNG DOCTOR.

A PHYSICIAN owning a country-seat where his family were accustomed to spend the summer months, taught his boys to swim as soon as they were out of the nursery. His farm bordered upon a lake, where the greater part of the boys' time was taken up with boating, fishing, and swimming. One was nine and the other six years old, and they were expected to take care of themselves.

One day the younger child was seized by a cramp while he was in the water, and after screaming for help, sank out of sight. The brother swam out boldly and got an arm under him before the third downward plunge.

The youngster was unconscious and helpless, but the older one contrived to keep him afloat with one arm while striking out with the other for the shore. He drew the little fellow out of the water, white, motionless, and apparently dead.

The rescuer had heard his father describe the treatment for resuscitating persons taken from the water when nearly drowned. He could not remember it in detail, but he was impressed with the necessity of prompt action.

He did not attempt to summon help from the house, which was a long way off. Placing the boy on his face with his wrist under the forehead, he paused

a moment, and then turned the body on the side.

This crude attempt to restore respiration was repeated several times, until he was delighted to find the lips moving and the eyes opening. The young physician had not made a strictly scientific application of the rules for artificial respiration, but the little fellow's breath was restored.

Then two additional rules mentioned by the father were remembered. The body was briskly rubbed, and then bundled up with the jackets and dry clothes which were on the bank.

With these measures for restoring circulation, recovery was well-nigh complete. Then taking the child on his back, the rescuer started for the house, where the mother received them with open arms and anxious face.

The patient was put to bed, and the father summoned from town, but precautionary measures were hardly necessary. The nine-year-old physician had done his work so successfully that nothing more was required.

The father was proud of the boy, as he had a right to be.

"I could not have done better myself," he said to the lad. "You must be a doctor when you grow up; indeed you are one already." — *Self*.

SEASONABLE RECIPES.

Fruit Tapioca.—Cook three fourths of a cup of pearl tapioca in four cups of water until smooth and transparent. Stir into it lightly a pint of fresh strawberries, raspberries, or currants, adding sugar as required. Serve cold with cream, or a pudding sauce prepared by heating a pint of the berry juice to scalding and stirring into it a tablespoonful of cornstarch previously rubbed to a cream with a little cold water. Cook until it thickens, then add sugar according to the acidity of the fruit. Strain and cool before using.

Granose Pudding.—One pint of milk, one and one half cups of granose, three tablespoonfuls of

sugar, and the yolks of two eggs and white of one. Bake slowly for one hour in a dish placed in the oven inside of a pan of hot water.

Granose Fruit Custard.—Take two slightly heaping cups of granose (see advertisement in this number), two cups of milk, two tablespoonfuls of sugar, and two eggs. Add the yolks of the eggs with the sugar and granose to the milk, beat lightly for a few minutes, then add the well-beaten white and one cup of canned or stewed cherries which have been well drained from juice. Bake in a slow oven till the custard is set. Allow the custard to become cold before serving.



SELECTION AND PREPARATION OF FOOD FOR THE SICK AND HELPLESS.

(Concluded.)

AFTER seeing to the health and keeping of meats, the next thing in order is the cooking. This may be done by boiling, broiling, roasting, stewing, baking, or frying. The priests of the Mosaic dispensation were required to eat flesh sodden, or boiled, and from a health standpoint there is no doubt that well-boiled meat is the most healthful, as many excrementitious elements are thus dissolved out into the water, while the nutritious albuminous substances are retained. The boiling should be thorough, as well as all other methods of cooking, for we can never be sure that flesh is free from disease germs or the larvæ of some parasite. Next to boiling comes broiling. For this purpose a tender part, free from fat, should be chosen, as tenderloin, porterhouse, or sirloin, and it should be cut across the grain and well beaten, chopped fine, or scraped into pulp. Then it is made into cakes, and cooked on a broiler or a very hot griddle without grease of any kind. The frying, stewing, roasting, baking, etc., as well as all meat broths and gravies, are best left to the epicure, as they are not fit food for the sick. Even the much-used and vaunted beef-tea is of no nutritive value as a food, and has but a doubtful utility as a stimulant. Mutton, fowl, and fish are most wholesome boiled or broiled, the same as beef. As for salt meats, as sausage, ham, dried beef, etc., there is no need of mentioning them, for they are totally unfit for food for either sick or well. Sometimes raw meat is prescribed, but the risk of germs and worms more than offsets the advantage of its being slightly easier of digestion by a weak stomach.

The grains and fruits, and even vegetables, when sound and kept free from blemishes, sealed up in the unbroken covers with which nature has provided them, are practically germ free. They require no antiseptic, or any other foreign material to keep them from spoiling. They can all be kept for indefinite periods in well-aired bins free from damp-

ness. The grains, as wheat, barley, corn, oats, peas, beans, nuts, and the like, are sealed up safely in their germ-proof shells. Even perfect fruit, when carefully picked and packed, notwithstanding it is so juicy, will keep fresh and bear transportation to distant parts, showing that it is free from disease or decay-producing microbes. It is surprising to learn from the different works on hygiene and other sanitary matters, how easily the grains, fruits, and vegetables can be inspected, and what a short list of diseases are attributable, either directly or indirectly, to this class of foods. Yet some care needs to be exercised in selecting a vegetarian dietary. All living, organized beings, either plants or animals, are liable to be diseased. Smut, rust, potato rot, etc., are examples of damage done by germs to plants; and by being kept where they can gather dampness, or by heating, they may be more or less spoiled.

This is an age when men have become experts in adulteration. Sand may be mixed with sugar; fullers' earth with flour; alum, alkalies, etc., may be mixed with bread; and the flour may be improperly prepared, or spoiled in grinding. The most nutritious parts of the grain may be bolted out. But these defects are very easy to detect. With a little painstaking, a very pure, wholesome vegetable dietary can be selected. Remember that the bodily tissue-building and heat-and-energy-producing food is required in due proportion, and select accordingly. Take about one part in seven of the tissue-forming foods, and the other six parts of the heat-and-energy-forming portion. Whole-wheat bread, peas, and beans will give plenty of the former; while the starch of grains, rice, fine flour, potatoes, and the like, will furnish the latter. Nuts will give plenty of fatty food, sugar will be furnished by fruits, which may be preserved by either drying or canning.

The grains all require thorough cooking, which is best done either by keeping them steaming or boiling in a double boiler from two to four hours, or longer, according to the fineness of the meal and the character of the grain. Coarse oatmeal and cornmeal usually require the longest cooking. For the sick, gruels need long cooking, and if the patient's stomach is weak, they should be strained. They may be served either hot or cold; when lukewarm, they are very unpalatable. Breads are made both leavened and unleavened, and often the leavened bread is sour from over-fermentation. It is best used when it is at least twenty-four hours old, and can be improved by thoroughly toasting in the oven so as to dry the slices entirely through. The unleavened bread made with water, milk and water, or beaten eggs and milk and water, is wholesome, and may be eaten fresh. Acid fruits, as lemons, sour oranges, currants, and the like, often cause indigestion when eaten with starchy food. The acid arrests salivary digestion.

A person with weak stomach should not drink lemonade or eat sour fruit with his meals. It is best to take the fruit half an hour before the meal, or to wait until after salivary digestion is completed.

Weak stomachs can often digest fruit juices, but cannot digest the tougher fibers of the fruit pulp. Few of the vegetable tubers, as potatoes, turnips, beets, etc., are well borne by weak stomachs. Though sometimes a potato, if nicely baked and carefully cracked, eaten while hot and mealy, is relished better than anything else.

Too great a variety should not be given at one meal; neither should food be brought to the patient in great quantities; rather let him call for more, than be disgusted and discouraged by a great tray-full of food which he feels he can neither relish nor retain on his stomach. Usually three or four, or even a less number, of different dishes, are better for the invalid than a greater variety, and there may be variations with each meal. Something unexpected will often tempt a capricious appetite.

Hoping these few hints will help the nurse or mother to learn how to acquire the art of selecting and preparing food for the sick and helpless, we would refer the reader to "Science in the Kitchen," published by Good Health Pub. Co., Battle Creek, Mich., for recipes and further information. Next month we will give directions for administering food to the helpless.

SERVING FOOD TO THE SICK AND HELPLESS.

THE digestive organs of the sick and helpless are always more or less crippled, and appetite is abnormal, and the taste capricious. For this reason it is very easy to destroy all of the invalid's relish and enjoyment of food by serving it in a careless manner, though the food may be perfect and faultlessly cooked. The patient is thus rendered incapable of receiving the nourishment from his food which he should have. A spoonful of lukewarm, though well-cooked, mush, porridge, or gruel, which the patient expected to find hot; a cold, soggy potato, served carelessly or in an unclean, nicked dish; a soiled napkin; a disorderly tray,—all this not only disgusts the invalid's sense of taste and refinement, but it destroys his appetite so that the food cannot be relished, and hence affords him no nourishment. Serving food in great quantities and of many varieties is also a detriment to the invalid.

To make this important matter of the serving of food plain, we will notice the order in which food is prepared. First, it is selected with great care, as explained in the last number of this journal. After the food has been prepared, comes the preparation of the patient and his surroundings. A disorderly

room, with soiled linen scattered here and there; pails and vessels full of slops; an unmade bed, with unaired sheets which have been slept in the previous night; an unmade toilet and soiled bed-gown; and last but not least, air reeking with foul odors, due to imperfect ventilation, and perchance hot and stifling enough to make a well person feel faint and listless, and no food could be relished by even the well and hearty, much less by the uncertain palate of the feeble patient.

The nurse should change all these conditions. First make the room clean and orderly. Then cover the patient up, and let in the fresh air for five or ten minutes. If the patient is strong enough, have him take several deep inspirations, in order to ventilate the lungs thoroughly, as well as the room. Next turn your attention to the patient, comb his hair, and wash his hands and face. Be sure to cleanse the mouth and teeth. In many cases where there is nasal catarrh with a bad odor, it is well to spray out the nose. For a mouth-and-nose-wash there is nothing better than a solution of one part hydrozone to twelve or fifteen parts of water, used with a spray. For the spray, use a graduated bot-

tle which will measure drams, and a hard-rubber spray tube and soft-rubber bulb. This makes a simple, cheap instrument, easy to keep in order, and is useful for both sick and well. The mouth may be rinsed after the spray with a solution composed of a teaspoonful of glycerine, one of lemon juice, and six tablespoonfuls of clean boiled water. This will stimulate the glands of the mouth, and is also antiseptic. The mouth should always be rinsed with clean water before swallowing any food, drink, or medicine, as it is apt to become contaminated both from without and within. Nasal catarrh is a very common disease, and so are soft, spongy gums and decayed teeth. The unhealthy secretions and exudates which accumulate in the mouth from these diseased conditions, form an exceedingly fertile field for the culture of disease germs. The swallowing of this heterogeneous collection of morbid matter and microbes often sickens the patient, and causes stomach disorders. So to prevent swallowing them with the food and drink, cleanse and disinfect the mouth of the invalid thoroughly.

After cleansing the mouth and teeth, let the patient drink a glassful of hot or cool water, whichever seems best to suit his palate or agree with his digestive organs. As he will now be somewhat fatigued, he should be permitted to rest for half an hour, while the nurse goes out to prepare his food and set his tray.

Do not bring a great variety of food at once, and be sure the quantity is small. Leave a reserve supply in the kitchen, where it will keep hot, if it should fortunately happen that your patient calls for more. Put on the tray only a few dishes, those which you know your patient will relish. Two or at most three kinds of food are all that should be placed before a patient at once. To the well a dinner brought on in courses seems a much more refined and civilized method of serving food than to have it all put on the table at once; and for the sick it may arouse a flickering appetite to be allowed to expect an extra dish to be served up hot or crisp and cool, as a salad or some fresh fruit. A sprig of green or a bunch of flowers will add much to the appearance of the tray to make it inviting. All silver and glass on the tray should be bright and clean, and so also should everything on the tray, even if it be only steel knives and forks and tinware. Tin can always be kept bright and clean.

If the patient is to feed himself, prop him up in bed with pillows on a bed-rest, spread a large napkin over his lap and chest, and tuck it under his chin. Set the tray in his lap, or on a small, short-legged

table. Then let him eat leisurely of whatever suits him, or get him something else, which he may call for from your reserve supply. Replenish his dishes, if he so desires, unless he is on a prescribed, limited dietary, in which the physician has given orders for only certain kinds of food and a certain quantity.

As soon as he is through eating, remove the tray and food from the room, out of sight and smell of the patient. Give him a damp towel or wash-cloth to wipe his hands and face on, remove the rest or pillows, and leave him for a time.

If the patient is too weak to sit up, let him turn on his left side, facing the front of the bed, and put the tray of food on a low table by the side of the bed. Arrange the napkins as before, making everything as handy as possible for him.

When the patient is conscious, but too feeble to feed himself, let him lie on his back or side, with the head slightly elevated by pillows. When fluid food is used, let him take it slowly through a glass tube or a feeding cup with a spout, or feed him with a teaspoon or a dessert-spoon. When feeding, be sure that the food is in the mouth and well back on the tongue before emptying the spoon, or the food may be administered outside, to the annoyance of both patient and nurse. When solid food, as meat or potatoes and bread, are used, cut it into small pieces or mash it fine, and feed with a silver fork or spoon, allowing plenty of time for mastication between mouthfuls.

When the patient is unconscious, the food must be fluid, and it is often best to give partially digested or malted milk, gruel, koumyss, peptonized milk, etc. The food should always be nourishing and somewhat concentrated, as the stomach may not be able to retain more than a small quantity. Food may need to be administered often. If other than premalted and peptonized foods are used, fresh milk, either hot or cold, may be used. An egg may be beaten into it, or it may be mixed with gruel which has been well cooked and strained. Beef tea, once so much valued, is now regarded as a stimulant rather than a food. If used at all, other food should be used with it.

Before feeding an unconscious patient, always cleanse the mouth and teeth with a swab, and, if possible, call his attention by rubbing the spoon on his lips. Then put the spoon far back in the mouth, and empty it slowly over the root of the tongue. The patient may be made to swallow by closing the lips and gently rubbing the upper part of the larynx. Always wait for one mouthful to be swallowed before giving another.

After he has had his meal, wipe the corners of the mouth with a wet towel, turn the patient on his side, and let him rest for a time.

In cases in which the stomach is very irritable, as in acute gastritis, every bit of food must be taken cold, sometimes iced, and in very small quantities. Milk may be frozen by placing in a mixture of pounded ice and salt, as may also any other form of fluid food. In cases where there is inability to retain food by the stomach, rectal feeding may have to be resorted to. It is always best, in these cases, to use peptonized or partially digested foods, as the rectal surface secretes no digestive fluids. Peptonized gruels, milk, eggs, and the like may be used. The rectum should be thoroughly emptied by a large enema. Then the nutrient enema should be given, which should be from two to four ounces, equal to four to eight tablespoonfuls, and it should not be repeated oftener than once in four to six hours.

A weak patient should always rest after eating. Sometimes a hot bag to the stomach will improve and stimulate a weak digestion. If the patient can take but little nourishment at a time, he should be fed often, perhaps once in two or four hours. After a severe illness, as diphtheria, children will sometimes suffer a partial paralysis of the muscles of deglutition. In such cases much effort may be

required on the part of the attendant to make the child swallow food enough to keep it alive. Resort must be had to a stomach-tube, through which the food may be poured very slowly into the child's stomach. The same process is sometimes necessary in cases of insane persons.

Some patients have peculiar idiosyncracies in regard to certain articles of food. These should always be considered. Never force the patient to use the objectionable article, nor even urge it upon him, until it is certain that it is only a whim, and then convince his reason first. Many nervous persons have morbid cravings for unwholesome articles, as chalk, lime, tallow candles, clay, tea leaves, slate pencil, etc. These should all be stopped at once, and the cause of the morbid craving sought for and removed. Many a patient has to be cured of the morbid appetite for tea, coffee, pickles, pastries, condiments, etc., to say nothing of alcohol, tobacco, and opium. Such ones are apt to suffer more or less from indigestion when the stimulating food or drink is withdrawn. The stomach at that time needs rest, the food should be simple, and taken in decreased amount. The patient should have rest of both body and mind until the weakened organ can have time to regain their normal tone and vigor.

DISPOSAL OF SWEEPINGS AND OTHER HOUSEHOLD DIRT.—If the habit was formed of burning all the combustible household dirt and all rubbish of the backyard once or twice a year, our premises would be much cleaner and more pleasing to the eye. Old rags, paper, bones, dilapidated barrels, pails, tubs, and other organic material collect, and by becoming wet, decay and form a refuge for disease germs, to say nothing of worms, rats, mice, and other vermin. The household dirt swept out at the back door is blown in again by the next gust of wind from that direction. A green, nicely kept lawn, both back and front of a house, will do much to keep the house and basement clean. The short, fine, thick grass, especially if kept moist and growing, will entangle the street dirt and keep it from entering the dwelling. So a nice lawn is not only a source of pleasure to the eye, but is a hygienic agent not to be overlooked when we consider the ingredients of ordinary street dust, and think of taking in this foul compound in our food and drink, and wearing it in our clothing. Green trees and shrubs, if not too close together, or so near the dwelling as to shut out the sunlight, also serve the same purpose.

THE FEEDING OF CHILDREN.—Let each child have its own spoon, cup, knife, fork, and other dishes. The uncleanly as well as dangerous custom of chewing the baby's food by the mother or nurse before giving it to the little child, is one which should not be tolerated for a moment. The combined mixture of pus from decayed teeth, oral catarrh, and suppurating gums, is in the highest degree unwholesome, not to speak of the tubercular bacilli and other disease germs which may be present in the secretions of the mouth.

Children should never be allowed to chew gum promiscuously, nor to put slate or lead pencils in the mouth.

The necessity for these cautions may be readily demonstrated. Suppose a family whose members all seem to be in the best of health. They are in the habit of using dishes promiscuously. One of the children complains of sore throat, and within a day or two it develops into malignant diphtheria. All those children who have been using the same spoon or other utensils used by the sick child, are infected, and thus the whole family may be exposed to that most dread disease.



SOCIAL PURITY REFORM IN NEW YORK.

MR. AARON POWELL, of New York City, is antagonizing the effort which is now being made to get through the New York State Legislature a bill legalizing prostitution, and which, by the courtesy of Mr. Powell, we have had an opportunity to read. This bill appears to have been framed in the direct interest of brothel keepers; it provides not only for the legislation and protection of prostitution, but contains provisions which are evidently intended to increase rather than diminish this nefarious business. Those American legislators who honestly favor a license and examination on system for prostitution, are at least a decade behind the times in this matter. More than ten years ago it was clearly shown by investigations made in Paris, Berlin, and India, that the system of examination affords positively no protection whatever against disease, while it does encourage prostitution by promoting a false sense of physical security in wrong-doing.

Mr. Powell has done another excellent work, in obtaining from the leading physicians of New York City statements respecting the relation of continence to health.

The following is the bill, prepared by the attorney of the New York Society, recently organized for the promotion of licensed prostitution, made public by the *Morning Advertiser* of the 16th ult. :—

“An act entitled an Act for the Protection of Health and Prevention of Vice in the City of New York.

“The people of the State of New York represented in Senate and Assembly do enact as follows :—

“SECTION 1. It shall be lawful for the Mayor of the City and County of New York, and the said Mayor shall appoint three commissioners, who shall be known as the Law and Order Commissioners of the City of New York, for the purpose of granting permits to owners, lessees, or keepers of houses

of ill-fame, which permit shall be known as ‘District Permit,’ said houses to be confined within the boundary line of a certain district or districts designated by said commissioners, the permit fee to be from (\$250) two hundred and fifty dollars to (\$500) five hundred dollars per annum, to be regulated by said commissioners in proportion to the number of inmates in each house, and the owner or owners, keepers or lessees thereof shall be personally responsible for all loss of money or valuables to any guest who may engage a room or rooms with any of the inmates of said house. Said houses shall be known as District Inns.

“SEC. 2. The said commissioners shall also appoint physicians for the purpose of caring for all female inmates of said District Inns twice in each and every month, or oftener if necessary, and if said inmates are healthy, to give them a certificate certifying the same, said certificate to be posted conspicuously. All keepers, owners, or lessees of such District Inns shall have and keep a record of the names of all inmates. Such record shall be open for inspection at all times. Said commissioners shall also appoint inspectors for the purpose of inspecting said District Inns so as to prevent nuisances, etc., and to carry out the true intentions of this act, and to whom the record shall be open for inspection at all times.

“SEC. 3. The said commissioners to receive the sum of (\$5000) five thousand dollars per year each as salary for their services, and the physicians and inspectors to receive a salary hereinafter designated, said salary to be paid out of the receipts, for permit fees, the surplus of said fees to be deposited and to form a fund which shall be used in the construction and maintenance of an asylum or reformatory for the support and aid of those inmates of such District Inns who desire to reform or are or have become in-

valids or indigent. The said commissioners shall appoint (6) six physicians, whose duty it shall be to care for each and every inmate as herein before set forth, and shall receive the sum of (\$2500) two thousand five hundred dollars per annum each, and six inspectors, who shall receive (\$1500) one thousand five hundred dollars each per annum, and a clerk and assistant clerk, and a counsel whose salaries for their services shall be fixed by said commissioners; the salary of such counsel, however, shall not be less than (\$4000) four thousand dollars per annum.

"The salaries of said commissioners, physicians, inspectors, clerk, assistant clerk, and counsel shall be paid in equal monthly payments.

"SEC. 4. The said commissioners shall have power to make such rules and regulations so as to practically carry out the true intention of this act, and to rescind any permit upon complaint being made that the District Inn is not orderly, or have committed or are committing, in violation of this act, or that a crime has been committed therein or

that the rules of said Board of Commissioners have been disregarded.

"SEC. 5. Any person owning, leasing, hiring, keeping, or running a house of ill-fame without the district or districts located or designated by said commissioners shall, upon conviction thereof, be punished by a fine of (\$1000) one thousand dollars, or imprisonment for six months, or both such fine and imprisonment on the first offense. And on the second offense be punished by a fine of (\$2000) two thousand dollars or imprisoned for two years, or by both such fine and imprisonment; such fines when paid shall be turned over to said commissioners for the purpose of this act.

"SEC. 6. Said commissioners shall select suitable offices, and all salaries and expenses shall be paid out of such funds, and not otherwise.

"SEC. 7. It shall be the duty of such counsel to prosecute all offenders, and when called upon, to advise the said commissioners under this act.

"SEC. 8. This act shall take effect immediately."

THE PAN-AMERICAN CONGRESS OF RELIGION AND EDUCATION.

THERE is to be held in Toronto, Canada, July 18 to 25, 1895, a Congress for the purpose of considering the great social, economic, and moral problems which are at the present time perplexing all classes of thinking men and women. As the Secretary well says, "How to effectively develop the good, repress the evil, eliminate want and distress, and care for the weak dependents of society, are great problems which cannot be gotten rid of, but which must be met and solved, and that along the line of brotherly love rather than through any governmental enactment."

The interests of the Congress are being promoted by leading clergymen of all denominations, by prominent educators, among whom are President Harper, of the Chicago University, and other equally well-known men. We shall await with great interest the result of the deliberations of this distinguished body of statesmen, clergymen, editors, publishers, physicians, educators, and philanthropists, who will gather at Toronto at this Congress.

Information concerning the Congress may be obtained from S. Sherin, Secretary, Toronto, Canada.

AN EPILEPTIC COLONY.—It is stated on good authority that there are about 12,000 epileptics in the State of New York alone. On the supposition that the same proportion of epileptics exists throughout the United States as in the State of New York, there are to be found in this country not less than 150,000 epileptics. A large proportion of these persons are incurable, because their difficulty is due to congenital conditions which cannot be remedied.

The association of these unfortunate persons with healthy persons, is, to some extent, objectionable, at least in the advanced stages of the disease, and in its worst forms, during an attack, is well calculated to make a most unwholesome impression upon the minds of children. Hence persons who are subject to frequent attacks during the daytime, should be

prohibited by law from promiscuous association. Curable cases may, of course, be placed under temporary conditions which will prevent injury to others, while giving the patient a good chance for recovery.

The State of New York has recently done a commendable thing in the establishment of a colony of epileptics at Sonyea, N. Y.

AN ERROR. — One of our readers has kindly called the editor's attention to the fact that in the reference made to Carlyle as a tobacco user in a recent number of *GOOD HEALTH*, it was intimated that he was addicted to the habit of chewing, which was not the case. He was an inveterate smoker, but, like most Englishmen, abstained from the filthy habit of chewing.



VEGETABLE MILK.

THE residents of many tropical countries find an excellent substitute for milk in the use of the cocoanut, and the natives of South America are happy in the possession of a tree which is familiarly known as the "cow tree," from the fact that its milky juice very closely resembles the product of the dairy. Nature, however, has not thus provided for the people of this country, and we have long sought to find some vegetable substitute for milk, owing to the great frequency with which we, as well as other physicians, have encountered persons suffering from stomachic disorders whereby milk became almost an absolute poison, developing the conditions commonly termed biliousness, sick-headache, nervous headache, inactivity of the bowels, etc. Recently we have had the good fortune to hit upon a combination of food productions, which by the aid of organic chemistry, can be converted into a very satisfactory substitute for cows' milk. We quote as follows from an article upon the subject recently contributed to our contemporary, *Modern Medicine*:—

"*Composition.*—The composition of Lac Vegetal, a purely vegetable product, very closely resembles that of mothers' milk. The several constituents are as follows: Vegetable fat, emulsin (closely allied to casein), maltose, dextrose, levulose, and diastase.

"Lac Vegetal supplies a need which has long been felt. It furnishes all the elements needed for complete nutrition, especially the fat-making elements, which are in a form to be most easily assimilated. Milk is an article of food generally relied upon as a

source for this class of alimentary substances, but unfortunately there is a certain class of invalids to whom cows' milk seems to act almost as a poison, producing a condition popularly termed 'biliousness,' and other digestive disorders resulting in inactivity of the bowels, headache and a variety of unpleasant symptoms.

"Lac Vegetal is free from these objections. It does not easily ferment, and is possessed of the property of aiding the digestion of starchy substances, and also to some extent albuminoid substances. It is par excellence the food for infants and invalids who cannot easily digest cows' milk. Taken in connection with other foods, it promotes digestion, the blood-making processes, and assimilation. When dissolved in water, Lac Vegetal looks like rich milk, and in taste it also very nearly resembles the normal product, although possessing the points of superiority above mentioned.

"*Directions for Use.*—Lac Vegetal requires no cooking. It is simply necessary to dissolve the preparation in warm water, in the proportion desired. When dissolved in the proportion of 1 part of Lac Vegetal to 10 parts of water, the composition of the mixture will be very nearly that of mothers' milk, and will be suitable for young infants. Older persons may use a more concentrated solution, — 1 part to 6 or 8 of water, or more, as desired.

"It keeps indefinitely in any climate. It is sold by the Sanitarium Health Food Company, Battle Creek, Mich."

CAUSE OF FITS.—The disease which is often familiarly known as "fits," more properly termed "epilepsy," not infrequently proves exceedingly obstinate and refractory to treatment. That the disease is increasing in this country is well shown by the increasing frequency with which one encounters, in the newspapers, the alluring legend, "I Cure Fits." The cause of this disease is probably less clearly un-

derstood than are the causes of most other ailments, but a careful study of patients suffering from this dreadful malady has shown that in a large proportion of cases at least, the disease has its origin in a disturbed condition of the sympathetic nerve, resulting from indigestion. Treatment directed to the disordered stomach will in many cases effect a speedy and permanent cure.

ANSWERS TO CORRESPONDENTS.

NEURALGIA — FALLING OF THE HAIR.—A. B. L., Kans., a girl seventeen years old, writes that she is in poor health, suffering from neuralgia a great deal, and that her hair is falling out badly. She asks: "1. Is neuralgia the cause of the falling out of the hair? 2. Please tell me what to do for it. 3. Please give me some advice concerning my general health."

Ans.—1. It is quite possible that the same cause which produces neuralgia causes falling out of the hair.

2. Probably the hair will return. Fomentations applied to the affected parts, and daily working with the tips of the fingers will be found helpful.

3. It would be impossible to advise in reference to your general health without a more definite knowledge of your case.

COUGH — RHEUMATISM.—A subscriber writes concerning her child, a boy of eight years, who seems to be in perfect health and yet has a constant cough, which is worse in the daytime. She asks: "1. What ought I to do for the child? 2. Please give a remedy for rheumatism."

Ans.—I would advise, first, a volatilizer (see advertising columns), and have the child use it every hour of the day when not asleep. Employ B. C. & M. E. W., a formula for which is given in the little book of instructions which accompanies the volatilizer.

2. Chronic rheumatism is a constitutional malady, and originates in a disordered digestion. The remedy consists in correcting the indigestion. Dilatation of the stomach is present in many similar cases. An analysis of the stomach fluid should be made and the condition of the stomach thus determined. This examination will furnish a definite and reliable basis for a dietetic prescription and necessary treatment. You probably will be benefited by the use of our charcoal tablets and granose and our other health foods.

CONSTIPATION, ETC.—A. M., So. Dak., asks: "1. Please outline diet and treatment for the cure of constipation. 2. Please also suggest treatment for irregular menses."

Ans.—1. Constipation cannot always be easily cured. Correction of diet, abundance of exercise, and wearing a moist abdominal bandage during the night are among the best measures which could be recommended. Granose and charcoal tablets are especially to be recommended for this condition.

2. Improvement of the general health is the best remedy. A sitz-bath two or three times a week and a cool sponge bath every morning will doubtless be found helpful.

MORBID GROWTH ON FACE.—Mrs. R. A. J., Mich., writes: "Would be glad of your advice in relation to the condition of my right eye. Just under the eyebrow next the nose and quite close to the eye is a growth which for years has been like a mole in appearance, but of late it frequently becomes broken on the surface, discharging a little blood. The eye runs water every forenoon. Three years ago I had a similar, only much larger, growth of the same kind re-

moved from the neck near the collar bone. I am fifty-five years of age and my health is ordinarily good."

Ans.—I advise that this growth be removed immediately. If not already cancerous in character, it is very likely to become so. It may be removed by means of a caustic. Some such means is preferable in such a case.

THE "VIAVA" TREATMENT, ETC.—E. J. H. inquires: "What is your opinion of the 'Viava treatment,' and also of the 'Cerate' used in connection with it?"

Ans.—I do not indorse or commend this treatment; it is a nostrum, and nostrums are to be condemned on general principles.

BAD DREAMS — WAKEFULNESS, ETC.—"An old subscriber," Mass., writes: "I am an old man; am much troubled at night with frightful and distressing dreams; am awake much at night, and rise with a dull, heavy feeling in the morning, and am dull, heavy, and sleepy most of the day. I am slightly deaf, and have some catarrh in the head. Please give me some advice."

Ans.—Go to bed hungry. Take a tepid sponge bath, followed by a vigorous rubbing of the whole surface of the body every morning on rising. Apply a moist girdle about the abdomen, taking care to cover up very warm, and retain it during the night. An abdominal bandage consisting of dry flannel should be worn during the day, if there is a tendency to chilliness.

NUTS, ETC.—J. J. H., Nebr., asks: "1. Are nuts suited for use as a part of the regular food? 2. If so, state what kinds are best. 3. How should they be prepared to make them easy of digestion? 4. I would be glad to be referred to any authoritative work on this subject. 5. Please give the address of the publisher of Carrica La Favre's book, 'Royal Road to Health and Beauty.'"

Ans.—1. Yes.

2. Almonds, pecans, filberts, chestnuts, walnuts,—in fact, almost any nuts in a fresh state.

3. The nuts named may be eaten raw. Peanuts may be added, provided they are well cooked. They should be cooked for at least ten or twelve hours.

4. We know of no work on the subject.

5. The address is Fowler and Wells Co., 27 East 21st St., New York.

COLD ON LUNGS — COUGH — CALOMEL AND IPECAC, ETC.—G. T., Ill., writes that, as the result of a cold contracted sometime since, he has a hard cough, and raises a quantity of yellowish sputa; he also has a discharge from the nose. Ascending one flight of stairs is sufficient to cause hard breathing. He is taking calomel and ipecac to regulate the secretions of the system. He asks: "1. What is your opinion as to the use of these remedies in such a case? 2. I use milk quite freely. Are the symptoms named such as would result from a diseased condition of

the milk? 3. Is there any way in which to determine whether or not a cow has tuberculosis?"

Ans.—1. The writer thinks there are better remedies than those named for the purpose.

2. Probably milk does not agree with you.

3. Yes, by injection of tuberculin.

COATED TONGUE—BAD TASTE IN MOUTH, ETC.—E. B., Minn., writes that he has coated tongue, and a bad taste in mouth accompanied with a great secretion of saliva. The bowels are inclined to be hard. He is taking considerable exercise. He has always had good health. He would be grateful for advice.

Ans.—The patient is doubtless suffering from a foul condition of the stomach. The coating on the tongue is due to a growth of germs upon it. We advise the use of a vegetarian diet consisting chiefly of fruits, grains, and nuts, and antiseptic tablets, which can be obtained by addressing Sanitas Co., Battle Creek, Mich.

VIOLENT ITCHING IN THE RECTUM—PAIN IN LEFT KIDNEY, ETC.—W. L., Neb., writes thus concerning his wife's symptoms: "My wife is seventy-two years of age, and is troubled with violent itching in the rectum and when voiding urine. The attacks mostly occur about 10, p. m., and last until 1 or 2 a. m. She has also great pain in the left kidney. She has no power to rise after sitting awhile. The tongue is also red and cracked. We would be grateful for advice as to treatment."

Ans.—This case is too serious to be treated successfully at home. The patient should visit a hospital or sanitarium.

"PIGEON TOES."—"A." Ill., asks: "Can anything be done to correct a bad case of 'pigeon toes' in a child of fourteen? Gymnasium practice, Swedish movements, with massage, and in addition, constant entreaty, have failed to accomplish anything. The surgeon who has examined the case says there is no malformation."

Ans.—This case should have been taken in hand earlier, as it may be too late to effect a cure, although we are of the opinion that the trouble might be cured by the adoption of sufficiently thorough measures.

GERMS GROWING UPON THE TONGUE—"RADAM'S MICROBE KILLER."—J. M. M. asks: "1. I have a bad taste in my mouth upon awakening in the morning. According to the teachings of GOOD HEALTH, this is caused by germs growing upon the tongue. I have two little white spots upon the tongue. What diet and treatment would you advise? 2. Do you consider 'Radam's Microbe Killer' to be useful in destroying germs?"

Ans.—1. Use Granose and other health foods, and antiseptic tablets.

2. No.

FOOD COMBINATION—TEST FOR HARD WATER—BISMUTH IN ACID DYSPEPSIA, ETC.—Mrs. H. R. J., Minn., asks the

following questions: "1. According to the teachings of GOOD HEALTH, milk and vegetables are a bad combination. But in the recipes given in 'Science in the Kitchen' milk or cream is nearly always used in connection with vegetables. Why is this? 2. It is said that water which contains twenty or more grains of calcareous matter is hard and unfit for use. Please furnish a simple test for hard water. 3. Will boiling render it any softer, or make it any more fit for use? 4. If not, what will do so? 5. Is subnitrate of bismuth of value in acid dyspepsia? 6. If so, how much should be taken and how often? 7. Please give in brief the symptoms of diffusive neuralgia, and the treatment for same. 8. Has the inner bark of the wild black-cherry tree, taken in the form of a tea, any value as a tonic? 9. Has it any value in a case of acid dyspepsia? 10. Is a mixture of sulphur and charcoal beneficial in the above disease?"

Ans.—1. The information given in respect to food combinations is for the benefit of persons of feeble digestion; it need not be strictly followed by persons whose stomachs are sound.

2. The addition of soap to water is a good means of testing its hardness. In soft water, the bubbles formed when soap is added to the water and the water agitated, remain a long time; in hard water they quickly disappear.

3. Yes.

4. Distillation is the only thoroughly effective method. A satisfactory apparatus for the distillation of water may be obtained from the Sanitary Supply Co., Battle Creek, Mich., for \$8. This apparatus will distill nine gallons a day.

5. Yes.

6. The usual dose is 10 to 30 grains. It should be taken before meals in cases of hyperpepsia. It is not useful, however, in hypopepsia, even though there may be acidity. A test breakfast should be taken, and an analysis of the stomach fluid should be made as the only means of determining whether the case is one of hyperpepsia or hypopepsia. The acidity may be due to too much gastric juice. When this is the case, subcarbonate of bismuth is a useful remedy; but if the acidity is due to fermentation, then the antiseptic digestive tablets should be used and an aseptic diet should be employed.

7. There is no such disease.

8. Nearly all bitters excite the gastric glands to activity, and hence increase the flow of gastric juice temporarily, but such action is of doubtful value.

9. We have never found any use for the remedy named.

10. Such a mixture, in proper proportions, may be useful in some cases. It is, however, very disagreeable to take. We recommend, instead, the charcoal tablets made by the Modern Medicine Co., Battle Creek, Mich.

BAKED APPLES—HEALTH FOODS, ETC.—D. S. D., Ind., writes: "1. Have seen the statement somewhere that baked apples are healthful if cooked with the skins and cores removed, but very unhealthful if the skin is left on. Is this true? 2. Does the colored portion lying next the skin interfere with the wholesomeness of the fruit? 3. Has the Health Food Co. of New York City any connection with the Battle Creek Company? The New York firm state that they are the only legal users of the name 'Health Foods.'"

4. What is your opinion of the value of this company's 'Universal Food,' and their 'Pomarius'?"

Ans.—1. No.

2. No.

3. No. The term "Health Foods" is not the trade mark and does not belong to any particular firm.

4. We prefer to say nothing upon this subject, but suggest that you try some of the foods manufactured by the Sanitarium Health Food Company, particularly granose and granola, and make careful comparison, and form your own conclusions. If you choose to do so, we should be glad to have you submit an analysis of samples to a good chemist whose results will give you valuable and very satisfactory information, but you will probably be able to verify the old adage, "The proof of the pudding is in the eating," and find this mode of examination sufficiently satisfactory.

SODA WATER—BLUSHING.—R. A. G., Bristol, Eng., asks: "1. Does the drinking of soda water make individuals thin in flesh? 2. Is there any remedy for blushing?"

Ans. 1.—No.

2. We know of none.

PAIN IN THE RIGHT SIDE—CRYSTALS IN GRAPE JUICE.—J. D., Cal., asks: "1. What is the cause of pain in the right side where the ribs end? 2. If the trouble is with the liver, what is best to do? 3. What ought to be done with canned grape juice when crystals form in it? 4. Is there any way by which to prevent this? 5. Is the grape juice unfit for use when so crystallized?"

Ans.—1. Probably intercostal neuralgia.

2. The difficulty is more probably in the stomach. This pain is directly due to reflex irritation of the solar plexus.

3. Strain it.

4. No.

5. No.

DYSPEPSIA—CONSTIPATION—THE HALL WATER TREATMENT.—D. H. M., Conn., writes: "1. My great trouble is dyspepsia and constipation. Have dreadful distress in the stomach from one to two hours after eating. I have used the Hall water treatment, and at first it did me good, but very soon it became nearly impossible to take it, as an unbearable griping of the bowels took place each time, a few minutes after beginning it. The temperature of the water used seemed to make no difference. Why should a treatment of this kind affect me thus? 2. Please give me a brief outline of proper diet and home treatment for my case."

Ans.—1. Many persons are affected in the same way. This treatment is not to be recommended for all persons. You should not be dependent upon the enema for relief of the bowels. A couple of ounces of oil injected at night may help you; in addition, we would advise you to take granose (see advertising columns), and to take two or three antiseptic charcoal tablets after each meal. For tablets and granose, see advertising columns.

2. Take the following treatment: On going to bed at night, wring a towel out of cold water as nearly dry as possible; wrap it around the body, covered with several

thicknesses of flannel sufficient to keep it warm, and wear during the night. On rising in the morning, take a general cool sponge bath, rubbing the surface vigorously with a rough towel. Exercise freely out of doors every day. Bicycle riding is beneficial. The best food for the cure of constipation is granose, manufactured by the Sanitarium Health Food Co., Battle Creek, Mich. The charcoal tablets, which can be obtained from the Sanitas Food Co., are also very valuable in cases of this sort. We have succeeded in curing many cases of constipation by the use of granose and the charcoal tablets.

QUINSY.—A reader asks the following questions: "1. What is the cause of quinsy? 2. Is it possible to prevent an attack? 3. What is the proper treatment of it?"

Ans.—1. An inflammation of the tonsils.

2. Yes, by having the tonsils removed, or by taking care to keep the throat in a healthy state.

3. Gargle the throat with hot water every hour. Apply fomentations to the outside of the throat every two or three hours, and an ice-bag between the hot applications. Use the volatilizer with the B. C. & M. E. W. solution. The volatilizer can be obtained from the Sanitary Supply Co., Battle Creek, Mich.

PRICKLING, BURNING PAIN IN ARMS—PALPITATION OF HEART, ETC.—Mrs. M. L. E., Me., writes thus: "1. My mother, sixty-three years of age, has severe prickling, burning pains in her arms. These began about twelve years ago in the little finger of her left hand, and gradually extended the whole length of the arm, then into the right arm. There is much fever in both hands and arms. The pain is worse at night or upon lying down, and she is sometimes obliged to walk the floor, swinging the arms about to be able to bear it. Her pulse is weak, and there is palpitation of the heart; sometimes the heart seems to stop. She is easily nauseated, and food often causes distress. There is pain under the shoulder-blade and in the lower part of the back. The urine sometimes contains brick dust, sometimes it is cloudy; and often there is smarting after urination. Her diet is mostly of grains, vegetables, and fruits. What is the cause of the trouble and what will relieve the pain? 2. What treatment would you recommend for a weak heart? 3. Would you consult with a physician by mail? 4. Please tell me where the instrument for treating ingrowing toenails, represented on page 1471 of 'Home Hand-Book,' can be obtained, and also the price."

Ans.—1. The symptoms indicate some disturbance of the spine. There is also indigestion, probably.

2. The heart symptoms are also probably caused by indigestion. This should be relieved by correct diet. We would recommend granola, granose, and zwieback, also the use of the charcoal tablets. The address for these is The Sanitarium Health Food Co., Battle Creek, Mich.

3. This method is generally very unsatisfactory.

4. Our more recent experience indicates that the better method is to have the offending portion of the nail removed, together with the overlying flesh. This effects a radical cure.

RELIEF DEPARTMENT.

[This department has been organized in the interest of two classes:—

1. Young orphan children, and
2. The worthy sick poor.

The purposes of this department, as regards these two classes, are as follows:—

1. To obtain intelligence respecting young and friendless orphan children, and to find suitable homes for them.
2. To obtain information respecting persons in indigent or very limited circumstances who are suffering from serious, though curable, maladies, but are unable to obtain the skilled medical attention which their cases may require, and to secure for them an opportunity to obtain relief by visiting the Sanitarium Hospital. The generous policy of the managers of the Medical and Surgical Sanitarium has provided in the Hospital connected with this institution a number of beds, in which suitable cases are treated without charge for the medical services rendered. Hundreds have already enjoyed the advantages of this beneficent work, and it is hoped that many thousands more may participate in these advantages. Cases belonging to either class may be reported in writing to the editor of this journal.

It should be plainly stated and clearly understood that neither orphan children nor sick persons should be sent to the Sanitarium or to Battle Creek with the expectation of being received by us, unless previous arrangement has been made by correspondence or otherwise, as it is not infrequently the case that our accommodations are filled to their utmost capacity, and hence additional cases cannot be received until special provision has been made.

Persons desiring further information concerning cases mentioned in this department, or wishing to present cases for notice in these columns, should address their communications to the editor, Dr. J. H. Kellogg, Battle Creek, Mich.

He wishes especially to state that those who apply for children will be expected to accompany their applications by satisfactory letters of introduction or recommendation.]

No. 256 is a boy six years old, having blue eyes and light brown hair. He is just as needy and deserving of a home as an orphan. His stepfather has deserted him, and his mother, who is failing rapidly with that dread disease, consumption, wishes to see him placed in a good home. He has been living in the country, not having had many associates, and has not been neglected. He is with relatives in New York, who can care for him but a short time longer.

Two half-orphan girls (Nos. 257 and 258), eleven and nine years old, need a mother to care for them. Their father is not able to work all of the time, on account of ill health, hence desires to place his children in private families. The children both have blue eyes and light hair, and are of a loving disposition. They are now living in one of the New England States. Will some kind friends in the East offer them a home?

Nos. 262 AND 263.—A little boy and girl eight and six years old living in Pennsylvania, have been brought to our attention. They are motherless, and

their father, being in very poor circumstances, needs assistance. He desires to place his children in the homes of Christian people. We learn that they are good children, easy to teach, and of good appearance. They are now with their aged grandparents, who cannot care for them longer.

WORSE THAN ORPHANS.—Two colored children living in Colorado have lost their mother, and as nothing is now known of their father, they surely deserve the sympathy of those who have an interest in those who are needy. The oldest (No. 266) is a boy twelve years old, while the little girl (No. 267) is only four. These children had a mother who gave them good care, and we earnestly trust that some one will deem it a privilege to take these little ones and direct their feet into the right path. The person who writes us concerning these children says, "I believe them to be bright, active children, with no bad habits."

No. 270 is a boy ten years old, living in Ohio. His father is dead, and his mother is in such poor health that she cannot care for him. He has brown eyes and hair. His health is good. He has never been sick. He is said to have a kind disposition, and has not been neglected.

No. 272 is a German boy who is now living in Nebraska. His father and mother are both dead, and the little boy, now at the age of thirteen years, is left homeless. He has gray eyes and dark hair, and his health is fair. Some friends are at the present time caring for him, but cannot provide a home for him much longer. They say that he has shown a desire to do right, and we trust that in a new home, which we hope can be provided for him, he can be surrounded with those influences which will be the means of developing in him a beautiful character.

A WOMAN who had been in ill health for some time showed her gratitude for the blessing of recovery by working for others. She says: "From the time I regained my health I felt it a duty to do what I could for the helpless." She heard of a baby whose mother died when it was a few hours old, and she took it as her own. This child was in such a delicate state of health that it survived its mother but a few weeks.

Still intent on doing something for children, she improved an opportunity to take another child that

was but eight weeks old. She also cared for another child for many months whose parents could not provide for it. This kind-hearted woman says that she has felt a blessing in doing this work, and we believe there are blessings that can be realized by others who will perform similar acts of mercy.

NO. 280.—Word comes to us from Wisconsin of a girl nearly fourteen years old whose mother is working hard to support two children and a husband who is ill. This girl has gray eyes and brown hair, and is said to be bright, but she needs a strong, yet kind hand to guide her.

WE infer that some who have made application for children have the idea that we have within reach children of a variety of ages, sizes, and dispositions, and that in response to their applications we can immediately send them just the kind of child they wish.

It may explain matters somewhat to say that as a rule the children for whom we try to find homes are never brought here, our work being only to provide a means of communication between homeless children and childless homes. We usually try to find a home near where the child is when reported to us. In doing this we save the expense of transporting the child more than once; there is no great change of climate or scenery, neither such a change in the manners and customs of people, and the child is more apt to be contented. Taking a child from the plains to a mountainous region, or from the semi-tropical sections of country to the Northern States is like endeavoring to change the rambling desire of the child of nature, or transplanting tropical shrubs where they would only be chilled and thus dwarfed by the breezes that to northern plants would be the means of life and strength.

We realize that this work of assisting to place children in homes is one surrounded with grave responsibility, yet grand possibilities; and the encouragement derived from knowing that Jesus is with us in the work strengthens us to meet any difficulties which may present themselves.

Dr. Barnardo, of England, who has fifty-one homes for orphan and waif children from which he sends them to private homes, expresses a grand idea when he says this work "falls into line as a department (and that not the least important) of the whole church in action as a translation of the great Christian message into energy; and therefore the work yields in importance in positive majesty and sublimity, to no other commission which our divine Master has laid upon his disciples' shoulders."

PERSONS making applications for children advertised in this department are requested to send with their applications the names and addresses of two or more persons as references. If possible, these should be known, either personally or by reputation, to some member of the Board of Trustees.

VISITING DAYS AT THE HASKELL HOME.

PERSONS intending to visit the Haskell Home will please note that the visiting days are Sundays and Wednesdays, from 4 to 6 P. M. It is necessary to make this announcement, as so large a number of visitors have called at the Home on other days that the very interest of the friends, which we have no desire to discourage, has been something of a hindrance to the workers. J. H. KELLOGG.

CLOTHING FOR THE POOR.

THE call for clothing of all kinds and the numerous offers to supply assistance of this sort, have led us to organize a Clothing Department to receive and properly distribute new or partly worn garments which can be utilized for the relief of the very poor. In connection with this work it is very important that a few points should be kept in mind and carefully observed:—

1. Clothes that are so badly worn that repairs will cost more in money or labor than the garment is worth, will of course be of no service. Garments that are old, though faded, or which may be easily repaired by sewing up seams, or made presentable by a few stitches judiciously taken at some point in which the fabric is nearly worn through, may be utilized to most excellent advantage. But garments so badly worn that they need extensive patching, or clothes which have become much soiled and grimy by long use in some dirty occupation, should find their way to the rag bag instead of the missionary box.

2. Freight must always be prepaid. It costs as much to send 25 pounds or any amount less than 100 pounds as to send the full 100 pounds; consequently it would be well for those who think of sending clothes to be used in this department, to put their contributions together in one shipment, so as to get the benefit of the 100-pound rates. *We are obliged to ask that freight should be prepaid as a means of preventing loss to the work in the payment of freight upon useless packages.*

3. Clothes that have been worn by patients suffering from any contagious disease—such as typhoid fever, erysipelas, consumption, and skin disorders of all sorts, as well as scarlet fever, measles, mumps, diphtheria, and smallpox—should not be sent. Infected clothes may be rendered safe by disinfection, but we cannot trust to the proper disinfection of such garments by those sending them, who, in the majority of cases, are quite inexperienced in such work; neither should those who unpack the clothes be exposed to the risk of contamination while preparing them for disinfection at this end of the line. Such clothes should, as a rule, be destroyed. If they are not destroyed, almost infinite pains is required to render their use perfectly safe.

4. All articles received here are carefully assorted and classified, and are then placed as called for, where they will do the most good.

5. Clothing intended for the Chicago mission should be sent to Chicago Medical Mission, 40 Custom House Place, Chicago, Ill.

LITERARY NOTICES.

"TRUE SCIENCE OF LIVING."—By Edward Hooker Dewey, M. D. Norwich, Conn. : The Henry Bill Publishing Company.

The author of this work is evidently a thinker, and a fluent and interesting writer. Dr. Dewey has made the discovery that too much and too frequent eating are the fundamental causes of a great share of the stomachic and systemic ailments which afflict men and women in modern times, in all civilized lands. The Indian gormandizes now and then, but the long fasts between his seasons of gluttonous feasting serve to restore the equilibrium of the assimilative forces so that he does not suffer the damage resulting from the daily overloading of the stomach in which his civilized brother indulges. Many shrewd physicians are making the discovery, that bad eating, overeating, and too frequent eating are the causes of a great number of ailments which have formerly been attributed to other causes.

The purpose of Dr. Dewey's book seems to be to revive the "hunger cure" as a therapeutic means. Dr. Joel Shew, nearly half a century ago, was a most earnest advocate of fasting as a means of cure. Fasting was a regular part of "the course" at hydropathic institutions in this country many years ago. The writer has met several patients who had undergone, at these establishments, fasts varying from one to three weeks, and in each case remarkably beneficial results were reported. One lady whose bowels had been extremely inactive for fifteen years or more, was completely relieved of the chronic constipation from which she had suffered. Another was relieved of most excruciating headaches, from which she previously suffered. The great Napoleon was given to fasting. When he found himself ill, he ceased eating. A dog or a horse, when sick, refuses to eat, intuitively adopting one of the most powerful of remedial measures.

The popular idea with reference to eating and sickness is about that expressed by an old gentleman of the writer's acquaintance, who, coming home late one night and finding no pie in the pantry, shouted to his wife who was asleep up stairs, "Mary, where's the pie?" The poor woman replied, "John, I am very sorry, but there is no pie." Again the hungry husband inquired, "Where's the cake, Mary?" "Indeed," said Mary, "I am very sorry, but there is no cake." "No pie and no cake," said John; "Mary, what would you do if somebody should be sick in the night?"

Probably half the people are laboring under the impression that it would be positively dangerous to life to go a day without food, and the idea of fasting a week would be simply to invite a funeral. Tanner's fast for forty days, Griscom's fast for forty-two days, and the accomplishment of a two months' fast by an Italian in London, a few years ago, afford the most convincing evidence that a fast of a few days, or even a week, is not a proceeding attended by any risk to life or health.

There is great virtue in abstinence from food as a means of curing morbid conditions of the stomach, liver, blood, and general system, and while we do not quite agree with many things which we have found in Dr. Dewey's book, and do not see quite clearly upon what he bases his title "*The New Gospel of Health*," we nevertheless wish the book success in the hope that it may be the means of helping to dissipate some of the errors in relation to diet which almost universally exist, and which are annually productive of such an enormous loss of life and health.

THE DETROIT FREE PRESS announces that Chas. B. Lewis (M. Quad) has resumed his former place on that paper. Since his retirement from *The Free Press* four years ago Mr. Lewis has been writing for one of the leading syndicates. His preference for direct newspaper work, however, led him to abandon that connection, and hereafter his popular writings will appear only in *The Free Press*.

The publishers are making a special four months' trial offer of the Semi-Weekly *Free Press* for 25 cents, to introduce their paper to new readers, and we would advise those looking for a great bargain to send in their subscription at once. The offer is good only until August 1st.

"THE DEPTHS OF SATAN;" or Spirit Mysteries Exposed. By William Ramsey. H. L. Hastings' Scriptural Tract Repository, 47 Cornhill, Boston, Mass. Price 5 and 10 cents post-paid.

Those interested in the subject of spiritualism will do well to procure this pamphlet, which contains a timely warning against the baneful influence of spiritualism upon its believers. Ministers of all denominations should especially make themselves acquainted with its contents, so that they may know what is going on among the people.

PUBLISHERS' DEPARTMENT.

ROAD IMPROVEMENT.—For the past three years the press of the United States has so thoroughly discussed the different advantages of good roads, and so universally endorsed this reform, that all classes of our citizens appreciate the necessity of, and are anxious for, the immediate adoption of such laws as will hasten the construction of State highways.

Massachusetts has from the outset taken the lead in this matter, and the spirit of her Legislature has been shown by making the Highway Commission a permanent one, and by appropriating three hundred thousand dollars to be expended, under the immediate supervision of the Commission, in constructing new and rebuilding old roads.

As a natural result of the popular agitation and the monster petition presented to Congress in 1893 by Hon. Albert A. Pope, the United States recognized the necessity of a move in this direction, and under the "Agricultural Bill" made a special appropriation of ten thousand dollars to meet the expense of a careful investigation into the condition of roads throughout the country, and for the publication of such information as would assist the people in bettering their highways. The Department of Agriculture has issued a number of bulletins, and it is gratifying to learn that more than a score of States have already passed new road laws, while nearly all the others are planning for the adoption of measures for the promotion of this reform.

Experience has shown that the course pursued by Massachusetts is the one which commends itself most strongly,

both to the people at large and to their legal representatives, the various State Legislatures; and it is natural to suppose that if all were familiar with the work done there, the knowledge would be utilized to bring about similar legislation in other States.

The plan is to build, section by section, such roads as will connect the great centers of trade, and join with through roads in other States, so that both local and interstate communication will be benefited. Thirty-eight sections have been contracted for, and only eight of them are to have a width of eighteen feet of hardened surface, all others being fifteen feet wide. As the primary object is to get length of way, the commissioners are considering the advisability of building single-track roads in the thinly-settled districts. These would not be over nine feet wide, with here and there portions of double width as convenient passing points for carriages. A mile and a half of such roads can be built for less than the cost of a mile of fifteen feet width, and the advantage in getting produce to market is not lessened, provided such construction is confined to localities where the average traffic is from six to eight vehicles an hour.

A number of towns have already appropriated money to build their streets in the same careful manner as those constructed by the State, and others have purchased road machinery with the intention of extending the work on roads other than State highways.

Careful consideration has been given to the plan of planting shade trees along the highways. With this end in view,



GLYCOZONE

Both Medal and Diploma

Awarded to Charles Marchand's Glycozone by World's Fair of Chicago, 1893, for its Powerful Healing Properties.

This harmless remedy prevents fermentation of food in the stomach and it cures:

DYSPEPSIA, GASTRITIS, ULCER OF THE STOMACH, HEART-BURN, AND ALL INFECTIOUS DISEASES OF THE ALIMENTARY TRACT.

HYDROZONE


IS THE STRONGEST ANTISEPTIC KNOWN.

One ounce of this new Remedy is, for its Bactericide Power, equivalent to two ounces of Charles Marchand's Peroxide of Hydrogen (medicinal), which obtained the Highest Award at the World's Fair of Chicago, 1893, for Stability, Strength, Purity and Excellency.

CURES ALL DISEASES CAUSED BY GERMS.

GLYCOZONE is put up only in 4-oz., 8-oz. and 16-oz. bottles, bearing a yellow label, white and black letters, red and blue border, with signature.

HYDROZONE is put up only in small, medium and large size bottles, bearing a red label, white letters, gold and blue border.

 **Mention this publication.**

**SOLD BY
LEADING DRUGGISTS**

PREPARED ONLY BY

Charles Marchand

Chemist and Graduate of the "Ecole Centrale des Arts et Manufactures de Paris" (France).

28 Prince St., New York.

PUBLISHERS' DEPARTMENT.

experts have been consulted concerning the best varieties for the purpose, and the wayside trees have been examined, so as to determine the species well adapted to the climate and soil.

Every State should make a beginning on road improvement. In thinly-settled regions of the country, where the people do not feel able to undertake much, they can do no better than to start the reform by constructing sections of single-track roads. No community can afford to neglect the common roadways. Our prosperity is too intimately connected with the facilities for communication.

* *

IMPROVEMENTS are the order of the day with the Battle Creek Health Food Co. Just at present a number of new products have been prepared. One of the most interesting and valuable of these is Malted Gluten, an invaluable preparation for a certain class of invalids, especially those who digest starch with difficulty.

Perhaps one of the most interesting of the newly discovered combinations is a substitute for milk to which the term "Lac Vegetal" has been applied, for the reason that it is purely a vegetable substance. In appearance, Lac Vegetal exactly resembles ordinary cow's milk; even an expert could not tell the difference by the appearance of this substance. In composition also, it is a very close approximation to milk, containing in abundance an albuminoid substance closely allied to casein in combination with the three most easily assimilable and digestible of all the sugars, dextrose, maltose, and levulose, together with a very considerable portion of the purest vegetable oil. Lac Vegetal is easily digested, does not ferment, does not form hard curds in the stomach, agrees well with the stomach of the infant, and is just the thing for invalids who cannot digest milk but who need some food-forming element to take its place.

Among other newly produced food-substances might be mentioned Granulose, Glutenose, and Kumyzoon. The latter is an exceedingly valuable preparation, somewhat allied to kumyss, but possessing the following advantages over ordinary kumyss:—

1. It is made of milk which is thoroughly sterilized by heating at a temperature above the boiling point of water.

2. It is made without the addition of cane sugar, hence is practically free from alcohol and acetic acid, which are present in considerable quantities in ordinary kumyss, and is also free from cane sugar.

3. The lactic acid fermentation is induced by means of a special ferment which is the result of long-continued investigation and experimentation, and which is free from putrefactive and other ferments found in compressed yeast.

4. Being a product of known elements, subject to known conditions by scientific methods, it is a definite and known product, and is of uniform flavor and composition.

5. It will keep for many months. It may, in fact, almost be said to keep indefinitely.

6. It does not require a tap for its use. The cork of the bottle is withdrawn by an ordinary corkscrew; then by restoring the cork and shaking the contents, and pouring into a glass, the same effervescing beverage is obtained which is

represented in the very best specimens of kumyss in which the most fortunate results have been obtained.

* *

HEALTH FOODS.—A growing interest in health-foods in all parts of the United States is apparent, as the result of a general study of dietetics by physicians everywhere, irrespective of medical beliefs in relation to drugs and medication. Physicians of all classes, regular, irregular, homeopathic, eclectic, and those who have no medical belief in relation to the use of drugs, are coming to a unity of faith upon the subject of rational dietetics. The invalid wants to eat, not the indigestible conglomerations of a French caterer, but the simplest, most nourishing, most digestible food, and such as is adapted to his individual conditions. Probably nowhere else in the world has so much attention been given to the subject of diet as in the Laboratory of Hygiene, which includes food laboratories and dietetic hygiene, connected with the Battle Creek Sanitarium. As the result of long and patient investigation there made, a considerable number of foods which are especially adapted to peculiar and very common morbid conditions, have been developed, and are now for the first time offered to the profession after having been for years successfully employed in the Battle Creek Sanitarium, which is unquestionably the largest and most thoroughly and scientifically equipped of any medical institution of the sort in the world. The astonishing success of this institution is due, not to advertising, as it has been the constant aim of the managers to conduct the establishment within strictly ethical lines, but to the success which has attended the efforts of the physicians connected with the institution in the treatment of chronic invalids whose cases have proven intractable to ordinary remedial measures. The manufacture and sale of these foods is now in the hands of the Sanitarium Health Food Co., who are ready to supply them to the profession everywhere, as well as to the Battle Creek Sanitarium and other medical institutions where they have long been in extensive use.

Among the special foods referred to, and which are worthy of particular mention as capable of accomplishing, in suitable cases, what might well be considered almost astonishing results by those not familiar with the virtues of these food preparations, should be noted, in particular, two, namely, Granola and Granose, a full description of which will be found in the advertising columns of this journal. Granola is a partially digested, thoroughly cooked cereal food which contains more nutriment per pound than any other food product with which we are acquainted. It is palatable and highly digestible, contains nothing irritating, and its nature agrees with infants as well as adults; indeed, it is especially adapted to the use of children and the aged, by whom it is almost universally liked.

Granose is one of the most recently perfected products furnished by this company, and may be said to be the perfection of cereal food. It is bound to be a staple article of diet in every family where it is introduced. It supplies the invaluable nutrient elements found in the choicest wheat in their entirety, and in the form of thin flakes, which are thoroughly cooked, slightly brown, and partially digested. Granose is crisp, delicious, appetizing, and highly digestible,

PUBLISHERS' DEPARTMENT.

and is commended especially for its value as a "food cure for constipation," to which property a great number of those who have made use of it are able to bear witness.

Hon. Wm. Ackerman, late Auditor of the World's Fair and Comptroller of the city of Chicago, who has made use of our Health Foods for a number of years, writes as follows respecting Granose and Granola:—

"CHICAGO, ILL., April 23, 1895.

"Sanitarium Health Food Co.,

"Battle Creek Mich.

"Accept our thanks for the package of your new food preparation known as 'Granose.' We have enjoyed it very much, and regard it as one of the most delicate and delicious articles of diet ever prepared—good not alone for sick people, but for well people, to prevent them from getting sick. To the aged and to children it will be especially welcome. The inventor of 'Granose,' and its twin sister, 'Granola' should be regarded as a public benefactor. The food question is the paramount one of the day, and you are rapidly solving it. May God bless all your efforts in this direction."

Hundreds of testimonies similar to the above might be mentioned.

The Caramel Coffee manufactured by the Sanitarium Health Food Company has constantly grown in popularity as a substitute for those baneful drugs, tea and coffee, which, under the deceptive guise of "cups which cheer but not inebriate," have made nervous wrecks of thousands upon thousands of our American women. Recent improvements which have been made in Caramel Coffee, by which its palatableness and convenience for use are increased, will still further add to its popularity as a tea and coffee substitute. It is agreeable to the taste, aromatic, and at the same time entirely wholesome. The free use of drinks of any sort is not to be commended, but if any drink is to be taken, a few sips of Caramel Coffee may certainly be considered as harmless as anything.

Digestive Coffee is another beverage which the Sanitarium Health Food Co. are preparing to place upon the market. It is in some respects allied to Caramel Coffee. It has the added virtue that it not only does not interfere with digestion but actually aids the digestive process by assisting in the conversion of starch into sugar, which should take place in the stomach under the influence of the saliva acting upon the starch, but which, through hasty eating, sometimes fails, thus giving rise to fermentations and various accompanying stomachic disorders.

One of the chief virtues of the products of the Sanitarium Health Food Co., which is well worthy of mention, is, that they are universally placed at a moderate price. The extortionate prices charged for some so-called health foods has sometimes placed beyond the reach of the average consumer articles which possess a certain degree of merit; never before have articles of such extraordinary merit as the Sanitarium Health Food Co.'s products been placed at prices but little above the actual cost of production. The explanation of this is to be found in the fact that the Sanitarium Health Food Co. is not a money-making concern, but sim-

ply one branch of the great missionary project represented by the Battle Creek Sanitarium, which has, for more than a quarter of a century, stood as a champion of the most advanced principles in relation to dietetic and temperance reform, as well as all other reforms relating to human welfare. No person receives individual benefit from the labors of this institution, all the dividends being devoted to the advancement of the work of the institution itself, one important feature of which is the care of the sick poor. Those who are interested in these foods and wish to learn more about them can get extended information from an interesting little book which will be sent free to any one who desires it and will address the Sanitarium Health Food Co., Battle Creek, Mich.

* *

INTERNATIONAL CONFERENCE, EPWORTH LEAGUE.—June 25 to 27, 1895, the Michigan Central will sell excursion tickets to Chattanooga, Tenn., and return at one fare for the round trip, good returning within fifteen days from date of sale, provided, however, that if the ticket should be deposited with the local agent of the initial line at Chattanooga, on or before June 30, 1895, the return limit may be extended until 30 days from date of sale.

* *

BAPTIST YOUNG PEOPLES' UNION OF AMERICA.—On July 16 and 17, 1895, the Michigan Central will sell excursion tickets to Baltimore, Md., and return at one fare for the round trip, limited for return until August 5, 1895.

* *

THIS MEANS BUSINESS.—On the principal lines of the Chicago, Milwaukee & St. Paul Railway, passenger trains are electric lighted, steam heated, and protected by block signals. With these modern appliances, railway traveling at high speeds has reached a degree of safety heretofore unknown and not attainable on roads where they are not in use. Electric lights and steam heat make it possible to dispense with the oil lamp and the car stove. Block signals have reduced the chances for collisions to the minimum by maintaining an absolute interval of space between trains.

* *

TO TEACHERS AND OTHERS.—For the meeting of the National Educational Association at Denver, Colo., in July, next, the Western trunk lines have named a rate of one standard fare, plus two dollars for the round trip. Variable routes will be permitted. Special side trips at reduced rates will be arranged for from Denver to all the principal points of interest throughout Colorado, and those desiring to extend the trip to California, Oregon, and Washington, will be accommodated at satisfactory rates. Teachers and others that desire, or intend attending this meeting or of making a western trip this summer, will find this their opportunity. The Chicago, Milwaukee & St. Paul Railway (first-class in every respect) will run through cars from Chicago to Denver. For full particulars, write to or call on HARRY MERCER, Michigan Pass'r Agent, 1101 Fourth Avenue, Detroit, Mich.



GRANOLA

A HEALTHFUL FOOD

AN INVALID FOOD prepared by a combination of grains so treated as to retain in the preparation the **Highest Degree of Nutrient Qualities**, while eliminating every element of an irritating character.

THOROUGHLY COOKED AND PARTIALLY DIGESTED.

This food preparation is admirably adapted to the use of all persons with weak digestion, defective assimilation, general or nervous debility, brain workers, feeble children, and invalids generally, as well as travelers and excursionists, who often need to carry the *Largest Amount of Nutriment in the Smallest Bulk*, which is afforded by Granola in a pre-eminent degree.

ONE POUND MORE THAN EQUALS THREE POUNDS OF BEST BEEF

In nutrient value, as determined by chemical analysis, besides affording a better quality of nutriment. Thoroughly cooked, and ready for use in one minute.

Send for illustrated and descriptive circular of Granola and other healthful foods to the

SANITARIUM HEALTH FOOD COMPANY, Battle Creek, Mich.

GRANOSE,

A NEW FOOD-CURE for CONSTIPATION AND INDIGESTION.

GRANOSE is a preparation from wheat, in which all the elements of the grain are preserved, and by combined processes of digestion, cooking, roasting, and steaming, brought into a state which renders assimilation possible with the smallest amount of labor on the part of the digestive or-

gans. **It is accepted by many stomachs which reject food in all other forms.** **GRANOSE** has the advantage of being not only in the highest degree digestible, wholesome, and curative of many disorders of nutrition, but at the same time it is

THE MOST PALATABLE OF FOODS.

The delicate, nutty flavor of **GRANOSE**, its delicious crispness, its delicate, appetizing odor, and above all the remarkable manner in which it agrees with the most refractory

and fastidious stomachs, justify the assertion that it easily surpasses, for general purposes, all other food preparations which have been placed upon the market.

A SOVEREIGN REMEDY FOR CONSTIPATION.

Within two or three days after beginning the use of this food, the great majority of persons suffering from chronic constipation find themselves **ALMOST ENTIRELY RELIEVED**, and the continued use of the food insures regular movements of the bowels in nearly all cases except those in which intestinal inactivity is due to mechanical causes, for the relief of which surgical measures are, of course, required.

Notwithstanding the above representations with reference to the excellent qualities of this food, the manufacturers assert, in the most positive manner, that **Granose is pure wheat**, containing no other ingredient whatever except a minute proportion of chloride of sodium. This food is already in use in a number of the principal sanitariums, in which it is daily verifying the above statements.

For sample, address,

**SANITARIUM HEALTH FOOD COMPANY,
Battle Creek, Michigan.**

MALTED GLUTEN

A New Food

For Dyspeptics, Anæmics, and Neurasthenics.

This product is the result of a long series of experiments and a long and extensive experience in the treatment of maladies of nutrition by a physician who has for many years given special attention to this class of disorders.

MALTED GLUTEN is especially indicated in cases in which starch digestion is imperfectly performed, with resulting acidity, flatulence, eructations of gas, emaciation, and anæmia. It is also very valuable in cases of gastric neurasthenia. In cases of dilation of the stomach, accompanied by foul breath and coated tongue, it is invaluable as a means of securing intestinal asepsis.

MALTED GLUTEN furnishes the farinaceous food elements in a state of complete digestion, ready for immediate absorption. The gluten which it contains has been subjected to malt digestion and is in a state of fine division, so that it is promptly acted upon by the digestive fluids. Gluten is of all food elements the only one which is capable of sustaining life indefinitely. It will thus be seen that **MALTED GLUTEN IS A PERFECT BLOOD AND FLESH-MAKING FOOD.** It is free from the unpleasant flavor of the various meat peptones, and is especially adapted to those cases requiring perfect intestinal asepsis, in which meat peptones and meat preparations of every description are contra-indicated. It has proved a **sovereign remedy** in cases of **nervous headache, sick headache, obstinate nausea, and vomiting**, and numerous cases in which all other food substances were rejected by the stomach. For sample, address

SANITARIUM HEALTH FOOD CO.,

FACTORY:
BATTLE CREEK, MICH.

28 COLLEGE PLACE, CHICAGO, ILL.



CHICAGO & GRAND TRUNK

R. R.

Time Table, in Effect Nov. 18, 1894.

GOING EAST. Read Down.						STATIONS.						GOING WEST. Read up.					
10 Mail Ex.	4 L'd Ex.	6 L'd Ex.	42 A.L. Tr.	2 Mtd. Pass.	2 H.							11 Mail Ex.	1 Day Ex.	3 R'd L'd	23 B.C. Pass.	5 P'd Ex.	
am	pm	pm	am			D. Chicago A.	pm	pm	pm		am	pm	pm	pm		am	
9.00	3.10	8.15	am			Valparaiso.	6.05	11.35	7.10		6.45	1.50	9.10		7.50		
11.25	5.05	10.30	6.00			South Bend.	3.10	10.15	5.44		4.10						
pm						Cassopolis.	2.15	9.40	5.13		3.28						
1.05	6.30	12.00	10.05			Schoolcraft.	1.20										
1.46	7.12	1.45	12.40			Vicksburg.	1.10	8.52			2.37						
2.33		1.33	3.42			Battle Creek.	12.15	8.15	3.55	9.35	1.50						
2.44	7.55	1.45	4.50	am		Charlotte.	11.14	7.23	3.07	8.40	12.53						
3.30	8.36	2.40	6.20	7.01		Lansing.	10.10	6.55	2.40	8.00	12.20						
4.33	9.26	3.25				Durand.	9.35	6.05	1.55	6.50	11.28						
5.10	9.55	4.00				Flint.	8.35	5.35	1.25	5.47	10.35						
6.30	10.45	5.03				Lapeer.	7.49	5.02	1.00	5.10	10.01						
7.30	11.17	5.40				Imlay City.	7.28			4.48							
8.15	11.50	6.15				Pt. H'n Tunnel.	6.50	3.50	11.55	3.50	8.45						
8.42	am	6.35					am	am	am	pm	pm						
9.50	1.00	7.30				Detroit.				10.40	4.05	8.45					
pm							pm					pm					
9.25						Toronto.				9.20		1.00					
am	pm					Montreal.				9.15							
8.15	5.25									am							
pm	am					Boston.				8.3							
8.15	7.25									am							
pm	pm					Susp'n Bridge.				10.15	7.05	2.25					
8.12	7.15									pm							
am	pm					Buffalo.				am	pm		1.00				
7.57	4.25									am	pm		pm				
pm	pm					New York.				8.15	6.10		pm				
7.00	5.40												pm				
pm	am												pm				
8.54	8.05												pm				
am													pm				
1.20						Boston.							pm				

Trains No. 1, 3, 4, 6, run daily; Nos. 10, 11, 2, 23, 42, daily except Sunday.
All meals will be served on through trains in Chicago and Grand Trunk dining cars.

Valparaiso Accommodation daily except Sunday.
Way freights leave Nichols eastward 7:15 a. m.; from Battle Creek westward 7:05 a. m.

† Stop only on signal.
A. R. MCINTYRE,
Asst. Supt., Battle Creek.

A. S. PARKER,
Pass. Agent, Battle Creek.

MICHIGAN CENTRAL

"The Niagara Falls Route."

Corrected June 2, 1895.

EAST.		*Night Express.	†Detroit Accom.	†Mail & Express.	*N. Y. & Bos. Spl.	*Eastern Express.	*Atlantic Express.	
STATIONS.								
Chicago.....	pm 9.30			am 6.50	am 10.30	pm 3.00	pm 11.30	
Michigan City.....	11.35			8.50	pm 12.08	4.50	am 1.19	
Niles.....	am 12.45			10.15	1.02	5.55	2.45	
Kalamazoo.....	2.15	am 7.20		11.52	2.16	7.21	4.35	
Battle Creek.....	3.00	8.10		pm 12.50	5.01	7.58	5.22	
Jackson.....	4.30	10.00		2.40	4.10	9.20	6.50	
Ann Arbor.....	5.40	11.05		3.50	5.00	10.12	7.47	
Detroit.....	7.10	pm 12.20		6.30	6.00	11.15	9.20	
Buffalo.....					am 12.10	am 6.45	pm 5.30	
Rochester.....					3.00	9.55	8.40	
Syracuse.....					6.00	pm 12.15	10.45	
New York.....					pm 1.45	8.45	am 7.00	
Boston.....					3.00	11.35	10.50	
WEST.		*Night Express.	*N.Y. Bos. & Chi. Sp.	†Mail & Express.	*N. Shore Limited.	*Western Express.	*Kalam. Accom.	*Pacific Express.
STATIONS.								
Boston.....				am 10.30				pm 7.15
New York.....				4.30				9.15
Syracuse.....				pm 1.00				5.00
Rochester.....				8.30		11.30	am 2.15	am 7.20
Buffalo.....				10.37		am 1.20	4.10	am 9.55
Detroit.....				11.45		2.20	5.50	am 12.15
Ann Arbor.....	pm 8.45	am 6.30	am 7.20	8.30	pm 1.40	pm 1.00	pm 4.35	pm 3.30
Battle Creek.....	10.25	7.30	8.43	9.25	2.20	0.00	5.57	12.15
Jackson.....	11.40	8.55	10.43	10.30	3.02	7.02	7.35	1.25
Kalamazoo.....	am 1.17	9.48	pm 12.15	11.43	4.18	9.11	2.55	2.55
Niles.....	2.10	10.27	1.00	pm 12.22	4.57	10.00	3.35	3.35
Michigan City.....	4.00	11.48	3.00	1.40	6.27		5.00	5.00
Chicago.....	6.00	pm 12.50	4.25	2.45	7.22		6.00	6.00
	7.10	2.40	6.35	4.30	9.05		7.50	7.50

*Daily. †Daily except Sunday.
Kalamazoo accommodation train goes west at 8.05 a. m. daily except Sunday.
Jackson " " east at 7.27 p. m. " "

Trains on Battle Creek Division depart at 8.10 a. m. and 4.35 p. m., and arrive at 12.40 p. m. and 6.35 p. m. daily except Sunday.

O. W. RUGGLES, General Pass. & Ticket Agent, Chicago.
GEO. J. SADLER, Ticket Agent, Battle Creek.

The Mother's Friend,

A MONTHLY PERIODICAL

ISSUED in the INTERESTS of the HOME.

Edited by

MARY WOOD-ALLEN M. D.

AIMS to present, in a PLAIN and PRACTICAL WAY, an answer to the many moral problems that are continually presenting themselves to parents, and which are not discussed in other periodicals.

The need of confidential relations between parents and children, the instruction important for youth and maiden, pre-natal influences, heredity, and all questions of hygiene, morality, and education, will be discussed by writers whose training fits them especially to be competent teachers of these subjects.

Personal Problems can be Presented to the Editor,

And if of general interest, will be answered through the publication.

5 CENTS A NUMBER.

50 CENTS A YEAR.

Great reduction for clubs. Address for sample copy or for further particulars,

MARY WOOD-ALLEN, M. D.,

ANN ARBOR, MICH.

ARTIFICIAL LIMBS.

BEST LEG WITH WOOD OR RUBBER
FOOT, AND WOOD OR ADJUSTABLE
LEATHER SOCKET.

\$50 to \$70

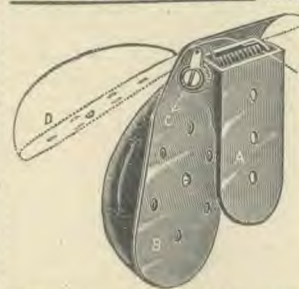
Arms with Ball and Socket Wrist Joints.

These limbs have been endorsed by such men as Prof. Esmarch; Valentine Mott, M. D.; Willard Parker, M. D.; Gordon Buck, M. D.; and scores of other eminent members of the profession.

We make one-fourth of all Limbs supplied the
U. S. Government for Pensioners.

Send for catalogue and state particulars. Established 1857.

TRUSSES. 50 STYLES in Hard Rubber, Celluloid, Leather, Wire and Elastic.



SENT ON APPROVAL.
Standard Prices, Less
25 TO 50%

DISCOUNT TO
PHYSICIANS.

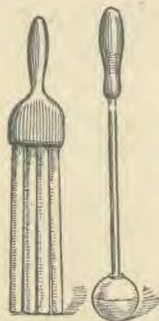
Send for Book on Mechanical Treatment of Hernia.

ELASTIC STOCKINGS,
CRUTCHES,
SUPPORTERS, ETC.

Box 2011.

GEO. R. FULLER, Rochester, N. Y.

Muscle-Beaters



SIMPLE, cheap, and efficient instruments for securing some of the effects of massage. By their habitual use one can obtain most beneficial results without the aid of an expert.

SEND FOR CATALOGUE.

SANITARY AND ELECTRICAL SUPPLY CO.,

Battle Creek, Michigan.

Cannon-Ball Massage



CANNON BALLS are effective in combating certain forms of disease, as well as in destroying life. An eminent German physician discovered a few years ago that by means of a cannon ball covered with leather a patient suffering from inactive bowels may often effect a cure by the regular use of the cannon ball, rolling it along the course of the colon, beginning low down at the right side. This remedy has been in successful use for many years at the Battle Creek Sanitarium.

Send for Catalogue. **SANITARY AND ELECTRICAL SUPPLY CO.,** Battle Creek, Mich.

The accompanying
cut illustrates our



CYCLONE WASHER

Which has proven to be PEER of all Washing Machines.

IT WASHES CLEANER, QUICKER, and EASIER, than ANY OTHER MACHINE ON THE MARKET.

No backache from turning crank or working lever. By rocking the machine, the water is forced by the air from the air-chambers through the clothes, thus cleansing them WITHOUT WEAR. Anything, from the lightest fabric to the heaviest, can be washed with equal SATISFACTION. It meets with universal favor, as the following TESTIMONIAL from Mrs. Dr. Kellogg, which is a sample of many that have been received, shows:—

MESSRS. COON BROS.:

From the trial given the Cyclone Washer, I do not hesitate to say that it does its work in a most satisfactory way, and with the least labor and fatigue on the part of the operator of any washing machine with which I am acquainted; and I would most heartily recommend it to any one who desires to lessen the labor and expedite the work incident to the family washing.

MRS. E. E. KELLOGG.

Battle Creek, Mich, April 24, 1895.

IT WILL LAST A LIFETIME.

AGENTS WANTED. For Circulars, etc., address, **COON BROS.**

(Inventors and Sole Manufacturers), BATTLE CREEK, MICH.

Antitoxine

(Strengthens the Heart's Action),

is a Compound Coal Tar product, and is in no way connected with the Diphtheria Antitoxic Serum. In hospital practice it has been demonstrated to be a powerful heart stimulant as well as a most efficient antipyretic and antineuralgic. It may with absolute safety be placed in the hands of chronic sufferers from Neuralgia or Headache, as, unlike other antipyretics, it is never known to depress the heart's action in the slightest degree, but, on the other hand, adds tone and strength to the action of a weak heart, when administered for the reduction of fever and the relief of pain. Hundreds of British Physicians have written us concerning its power in stimulating the heart's action in a great variety of cases. There is no substitute for Antitoxine.

\$1.50 per. oz. FOR DISPENSING ONLY.

Years before the new Diphtheria Cure was discovered, this antipyretic was known and prescribed in London as "Antitoxine." Please note and remember this, as we are wrongly accused of appropriating the name.

All samples are forwarded to Physicians and Surgeons on application to the
Sole Importers and Agents:

THE C. N. CRITTENTON CO., 115 and 117 Fulton Street, NEW YORK.



6,000 COPIES SOLD. Large Order from London.

The Hair:

ITS { GROWTH,
CARE,
DISEASES and
TREATMENT.

BY C. HENRI LEONARD, A. M., M. D.,
A Professor in the Detroit College
of Medicine.

Octavo, 320 Pages, Calendered Paper, Beautifully Bound in Cloth,
post-paid, \$2.00.

White Paper, limp sides, \$1.00, post-paid.

Has over 100 engravings, and gives Self-Treatment for the Diseases of the Hair, Beard, and Scalp.
200 prescriptions in English given.

If your hair is **Falling Out**, it tells you how to stop it.
If it is **turning gray**, it tells you how to prevent it.
If it is **growing slow**, it tells you how to hasten its growth.
If it is **all out**, and the hair bulbs are not dead, it tells you how to make it grow again.
If it is **growing unsightly in places**, it tells you how to remove it.
It tells you how to **bleach** it, or dye it black, brown, red, or of a blonde color.

It gives a long chapter upon **Hygienic Treatment**.
Also several chapters upon the diseases that make it fall out, such as "scall," "milk crust," animal and vegetable parasites, and how to prevent and destroy them.

Also many pages upon its marvelous growth, etc., etc.
This book has been highly commended by both the Medical and Secular Press.

CIRCULARS FREE.

Address the publishers (mentioning "Good Health").

THE ILLUSTRATED MEDICAL JOURNAL CO.,
DETROIT, MICH.

Bailliere, Tindall & Cox, Booksellers, London, Eng.

THE GRAND TRUNK RAILWAY OF CANADA

Are Offering a TRIP to the—

**Knights Templar and
Christian Endeavor**

TO

BOSTON, Mass.

IN

July and August,

TAKING IN

THE THOUSAND ISLANDS,

ST. LAWRENCE RIVER AND THE RAPIDS,

MONTREAL,

WHITE MOUNTAINS, and the

QUEBEC,

EASTERN SEA-COAST.

For information, apply to **D. S. WAGSTAFF,**
DISTRICT PASSENGER AGENT, DETROIT, MICH.



To BOSTON, in July, 1898.

Meeting of the United Societies Y. P. S. C. E.

AS civilization grows upon the world so does Christianity place the mile-stones. The Young People's Societies of Christian Endeavor have laudably repaired each year to some grand convention place, where together they have formed plans for mutual advancement and public good. Hardly a better place could have been selected than Boston for the coming meeting.

It is with a great deal of pleasure that this Company submits for the consideration of the Christian Endeavor Societies and their friends a brief description of the attractions they have to offer *en route*, to this convention.

Leaving the Brush Street Station in the city of Detroit early some afternoon, those taking the trip will traverse the Southern Division of the Grand Trunk Railway as far as Toronto.

In the event of the passenger not wishing to take the time for as extended a trip as most of the following description entails, this Company can furnish transportation direct via Niagara Falls, Buffalo, Rochester, Syracuse, Utica, Albany, etc., to Boston, returning the same way or via any return route mentioned hereafter.

If Port Huron is more contiguous to the point from which the journey is commenced, the same as the foregoing could be said of this portion of the route.

The traveler will be delighted with the journey thus far, passing through the prosperous cities of London, Woodstock, Dundas, and Hamilton. The reason the city of Dundas is mentioned, is because of its munificence in providing a beautiful picture for the sightseer.

The railroad traverses the edge of the mountain which overhangs the city, spreading an interesting panorama of hill and valley, dotted by the quaint buildings of the town, with here and there a rising church spire, reminding one strongly of the old quotation which might be made, from Barbara Fritchie: "The clustering spires of Fredericktown, green walled by the hills of Maryland." While it is not in Maryland, it is in a country which during the war-time enjoyed with it the same sympathies. Gliding down the Cope-town grade from Dundas, a view of Burlington Bay, at Hamilton, is suddenly spread before us.

These scenes are all beautiful. From Hamilton we traverse the shores of Lake Ontario into the Union Depot at Toronto, the "American City of Canada." From Toronto we take the main line of the Grand Trunk Railway to Kingston Wharf, on the St. Lawrence River. The palatial steamers of the Richelieu & Ontario Navigation Company will here take the pilgrims on the historic waters of the St. Lawrence, through the Thousand Islands and numerous rapids to Montreal. The Rapids of the St. Lawrence have for years occupied a prominent place in the history of picturesque America.

As we are all likely familiar with its ancient history, it would be an idle waste of time to change the current of our pleasant thoughts, by a too meager description of the varied grandeur and power of the mighty St. Lawrence.

MONTREAL.

This city will be visited by many for the first time. Its wealth of buildings, including convents, churches, and hotels, will, after the journey is completed, afford food for pleasant thought.

It is a city of upwards of three hundred thousand inhabitants, made up of English, Scotch and French. The French, being the early settlers, have left a strong stamp of

originality and racial mannerisms upon nearly all one sees. The prevailing language is French. Even the English-speaking people have imbibed the spirit of Parisian grace in shrugging their shoulders and gesticulation, which fairly makes one thankful to have made their acquaintance.

From Montreal the Grand Trunk Railway will take us across the River St. Lawrence on the Victoria Bridge, an immense tubular steel causeway, some two miles or over in length.

As most of us will make the trip between Montreal and Quebec in the night time, it will be sufficient to say that the road-bed is good, and that the time of arrival in Quebec is early in the morning.

QUEBEC.

Oh! for the spirit of reminiscence. Oh! for the love of antiquity. Could we but always live in the shadow of such monuments of the past as these. One needs no trip to ancient Europe or the Continent to live again the centuries ago. Quebec is old, Quebec is new. Old in its citadels, its fortresses, its walls of stone, bearing on their crests the ancient British cannons and mortars. It is new, in that its antiquities are here—they are with us, living, present monuments to the Anglo-Saxon race.

France here saw her glory fade. Here she relinquished the profit of the victories of her voyageurs, her missionaries, and her soldiers. She here bade a sad good by to her possessions on the continent of America. The Englishman took them all, but like a victory of the prison house, he could take neither the Frenchman's God, nor his love of country and his native tongue.

Our time can be most profitably spent looking at the quaint monasteries, and pictures by ancient artists filling most every prominent building in the city. We can listen to the history of each and every one if we can but "parlez Francais," because in this old, yet new France, French is indeed the court language.

From Quebec the Grand Trunk Railway will take the train to Gorham, the base of the White Mountains, where can be had in the near perspective a fine view of these Eastern Hills. Thence to Portland, Maine, and Old Orchard Beach. Here one can listen to the song of the grand old Ocean, and, as we hear it in the Gladiator, "telling its story to the smooth pebbles on the beach." The enjoyment of a sea bath is just the thing before we land in Boston.

The Return Trip.

So many varied routes having been chosen and talked over, both direct back from Boston via Niagara Falls, also by way of New York and Niagara Falls, that it will be hardly possible to include a list of the attractions of any one line, it not having as yet been selected. We are pleased to say that we can offer a direct trip back via the Fitchburg and West Shore Railroads, taking in Saratoga and Niagara Falls, without extra charge; Fitchburg Railway to Albany, West Shore or Hudson River Day Line of Steamers to New York, and any of the lines back to Niagara Falls, among which are the West Shore, Delaware, Lackawanna & Western, Erie, and last but not least, the picturesque Lehigh Valley Route, through the Lehigh Mountains, Mauch Chunk, Glen Summit, Wilkesbarre, the Coal regions and Lake Geneva, and all of which run in direct connection with

The Great International Route, The Grand Trunk Railway of Canada.

R. McC. SMITH, Traveling Passenger Agent, DETROIT, MICH.

D. S. WAGSTAFF, District Passenger Agent, DETROIT, MICH.

**SOMETHING
NEW and**

Vegetable Charcoal, Sulphur, Diastase.

Antiseptic - Digestive Tablets.

**GOOD for
INDIGESTION.**



MODERN bacteriological investigations have shown that most of the disorders of digestion are due to microbes, and that disease of the liver, kidneys, and many other organs, is the outgrowth of the contamination of the blood and tissues with the poisonous products of germ action upon the food.

The ingredients of which these tablets are composed constitute the most valuable known means of establishing an aseptic condition of the stomach and intestines. The great objection to their use heretofore has been the inconvenience of their administration. The discovery of a special form of vegetable charcoal, and of the method of combining it with other valuable ingredients, has enabled us to overcome the objections heretofore existing, and to present these most valuable

agents in an efficient and agreeable form. These tablets, while they contain no foreign substances or excipient whatever, may be taken as easily and agreeably as a caramel.

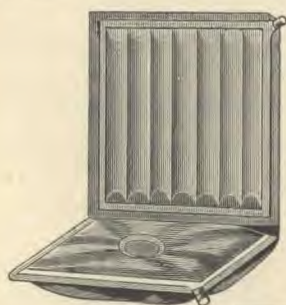
Antiseptic, Deodorant, Digestant.

These tablets, used in connection with a properly regulated dietary, form the most efficient means of affording relief for nearly all forms of indigestion, whether involving the stomach or intestines.

Antiseptic-Digestive Tablets cure sour stomach, or acid fermentation, heart burn, bloating, flatulence of the stomach or bowels, foul tongue, bad breath, "nasty" taste in the mouth, biliousness, sick headache, nervous headache, constipation, and a variety of other conditions growing out of the action of microbes in the stomach and intestines.

Address for sample and circular, the

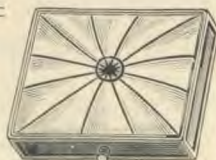
MODERN MEDICINE CO., Battle Creek, Mich.



INVALID CHAIR CUSHION.

This cushion adds all the comfortable effects of upholstering to any ordinary chair, as it covers both the seat and the back. Will adjust itself readily to a wheel-chair, as well as to ordinary chairs and rockers.

CARRIAGE



CUSHIONS.

RUBBER BATH TUBS.

When a bath tub is obtainable that can be folded up and carried in an overcoat pocket, no one need be without the facilities for bathing. When inflated, this tub is perfectly stable, although made entirely of rubber. Its many advantages will be apparent when it is considered that it may be used in any room, and afterward folded up and tucked away in a drawer.



Prices on Application.

SANITARY AND ELECTRICAL SUPPLY CO., BATTLE CREEK, MICH.

THE Monarch

LIGHT · STRONG
SPEEDY
HANDSOME

King of Bicycles

Elegant 40-page Catalogue
Free at any Agency
or Mailed for Postage.



FOUR
MODELS

\$85.00
\$100.00

Monarch Cycle Mfg. Co.,

FACTORY AND MAIN OFFICE, Lake and Halsted Streets. RETAIL SALESROOM, 280 Wabash Avenue.

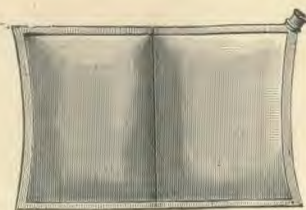
CHICAGO.

DETROIT BRANCH, 310 Woodward Ave.

GEO. HILSENDEGEN,
Proprietor.

OTHER BRANCHES:

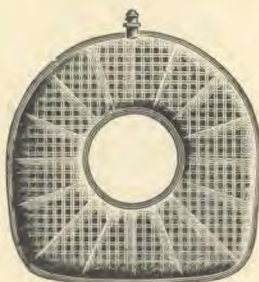
New York. San Francisco. Portland. Salt Lake City.
Denver. Memphis.



AIR PILLOWS.

Air pillows are always cool and restful. They can be adjusted at will. Just the thing for camping out or traveling. Can be packed in small space by letting the air out.

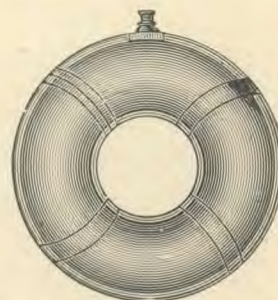
Hospital Cushions.



These cushions are made with special reference to hospital use. They are extra strong.

INVALID AIR CUSHIONS.

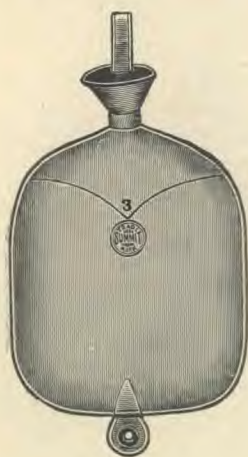
These cushions are unsurpassed in the comfort they afford to very thin persons in sitting, and are also essential as a means of preventing the formation of bed-sores.



SEND FOR CATALOGUE.

**SANITARY AND ELECTRICAL SUPPLY COMPANY,
BATTLE CREEK, MICHIGAN.**

HOT-WATER BAGS.

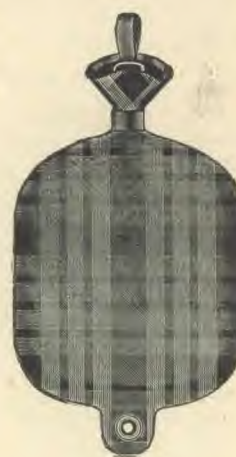


Style A.
WHITE RUBBER.

As a foot-warmer, or for applications of either moist or dry heat, this bag is invaluable. For moist heat, wring a flannel cloth from hot water, and lay on the bag. It is a durable article, and one not willingly dispensed with after once using.

STYLE B. FLANNEL COVERED.

The same bag covered with flannel or sateen, which to many makes it much more agreeable as a foot-warmer.



Style B.
FLANNEL COVERED.

SPINE BAGS.



RUBBER SPINE BAGS. Very strong and durable; essential in the treatment of some forms of Dyspepsia, Spinal Irritation, and many nervous diseases.

- - - SEND FOR CATALOGUE - - -

SANITARY AND ELECTRICAL SUPPLY CO., Battle Creek, Mich.



J. FEHR'S "COMPOUND TALCUM" "BABY POWDER,"

The "Hygienic Dermal Powder" for Infants and Adults.

Originally investigated and its therapeutic properties discovered in the year 1868 by Dr. Fehr and introduced to the Medical and the Pharmaceutical Professions in the year 1873.

COMPOSITION —Silicate of Magnesia with Carbolic and Salicylic Acid.

PROPERTIES —Antiseptic, Antizymotic, and Disinfectant.

USEFUL AS A GENERAL SPRINKLING POWDER,

With positive Hygienic, Prophylactic, and Therapeutic properties.

GOOD IN ALL AFFECTIONS OF THE SKIN.

Sold by the Drug Trade generally. Per Box, plain, 25c.; perfumed, 50c.;
Per Dozen, plain, \$1.75; perfumed, \$3.50.

THE MANUFACTURER:

**JULIUS FEHR, M. D., Ancient Pharmacist,
HOBOKEN, N. J.**

Only advertised in Medical and Pharmaceutical prints.

The Volatilizer

A NEW INSTRUMENT FOR THE TREATMENT OF

**CONSUMPTION, COLDS, COUGHS, NASAL CATARRH, AND ALL CHRONIC
DISEASES OF THE NOSE, THROAT, AND LUNGS.**

This instrument, which is the result of long experience in the use of medicaments in the treatment of various affections of the air passages, is intended for the purpose of applying medicated air to the nose, throat, lungs, eustachian tubes, and ears. It has been tested in the treatment of a large number of cases at the Battle Creek Sanitarium and elsewhere, and is believed to be the most effective instrument for the purpose which has been devised. It is comparatively inexpensive and durable, being made of nicked copper, so it is scarcely possible for it to get out of order.

A Nebulizer and Volatilizer Combined.

A nebulizing tube accompanies the instrument, so that if for any reason the use of a Nebulizer is desired, the instrument can be used for this purpose also, so it is not only a Volatilizer but a Nebulizer as well.

A list of formulæ adapted to different conditions accompanies each instrument.

PRICES:

Spun Brass, Nickel Plated, Complete,	-	\$2.50
Without Bulb and Nebulizing Tube,	-	1.50
When sent by mail, add for postage,	-	.12
Solutions for use with Volatilizer, per oz.,	-	.20



**SANITARY AND ELECTRICAL SUPPLY CO.,
BATTLE CREEK, MICHIGAN.**

GET A COLUMBIA

THE best is ever the cheapest. Maybe the first cost of the peerless Columbia will be a few dollars more than the price of a bicycle said to be "just as good." What if it is? You will have few or no repairs with a Columbia—built just as it should be—and your content in the possession of this unequalled machine will be worth *all* of its cost—

\$100 Wise Economy in every dollar.

If you *must* have a low-priced machine, buy the reliable HARTFORD, \$80 \$60; \$50 for boys' and girls' sizes.

Send for a Catalogue of this splendid line of bicycles—a work of highest artistic merit. Free from any Columbia agent or by mail for two a-cent stamps.



POPE MFG. CO.
Hartford, Conn.

Boston,
New York,
Chicago,
San Francisco,
Providence,
Buffalo.

Battle Creek Sanitarium,

The
Oldest and Most
Extensive Sanita-
rium Conducted on
Rational and Scien-
tific Principles in the
United States

BATTLE CREEK, MICH.



Special Advantages:

An Elevated and
Picturesque Site.

Remarkably Salubrious
Surroundings.

BATHS OF EVERY DESCRIPTION.
ELECTRICITY IN EVERY FORM.
MASSAGE and SWEDISH MOVEMENTS
By Trained Manipulators.
PNEUMATIC AND VACUUM TREATMENT.
MECHANICAL APPLIANCES of All Sorts.
A FINE GYMNASIUM,
With Trained Directors.

CLASSIFIED DIETARIES.
UNEQUALED VENTILATION.
PERFECT SEWERAGE.
ARTIFICIAL CLIMATES created for those
needing Special Conditions.
THOROUGHLY ASEPTIC SURGICAL
WARDS and OPERATING ROOMS.

All Conveniences and Comforts of a First-class Hotel.

Incurable and Offensive Patients not received.

Not a "Pleasure Resort," but an unrivaled place for chronic invalids who need special conditions and treatment not readily obtainable at home.

For Circulars, address, **SANITARIUM, Battle Creek, Michigan.**