

MARCH, 1890

GOOD



HEALTH

CONDUCTED  
BY

J. H. KELLOGG M.D.

Price 15 Cents



GENERAL ARTICLES	65-71
International Health Studies: 11.—Japan ( <i>Illustrated</i> ), by FELIX L. OSWALD, M. D.; Abstinence from Water, by WM. A. ALCOTT, M. D.; Short Talks About the Body, and How to Care for It, by a Doctor; Sanitary Marriages; Who Discovered America?	
DRESS	72, 73
Miss Willard on Woman's Dress; Church Attire, by S. I. M.; The Ordinary Vest.	
HAPPY FIRESIDE	74-78
A "Commonplace" Girl, by S. ISADORE MINER; Tea-Culture ( <i>Illustrated</i> ), by MYRTA B. CASTLE; Compensation ( <i>Poetry</i> ); A Country in Mid-Ocean, by E. L. SHAW; True Politeness.	
TEMPERANCE NOTES	79
POPULAR SCIENCE	79
TRUE EDUCATION	80, 81
Early Character-Building, by Prof. G. H. BELL.	
SOCIAL PURITY	82, 83
Cleansing the Moral Atmosphere; Indecent Posters; The Evils of Divorce; The Bible on Impurity.	
EDITORIAL	84-89
The Cigarette Abomination; Jewish Restrictions Respecting the Use of Flesh-Food; Medical Frauds: 3.—Orificialists—Pockets; Painless Tooth-Extraction; Cows and Consumption; The Purification of Water by Electricity; Ancient Stomach-Washing; Clean Milk; Will-Destroyers; Bayard Taylor on Sun-Bathing; Death from Chilling the Stomach; Ammonia Baking-Powders; Rider Haggard and Vegetarianism.	
DOMESTIC MEDICINE	90, 91
A Simple Remedy; Itching without Eruption; A New Remedy for Rheumatism; A Remedy for Erysipelas; Drain Sore Throat; A New Remedy for Sea-Sickness; A Pillow-Cure for Coughs; A New Remedy for Shingles; A Medical Use for the Umbrella; A New Means of Expelling Foreign Bodies which Have Been Swallowed; Sick-Room Disinfection; Diabetes.	
SCIENCE IN THE HOUSEHOLD	92, 93
Helps for the Inexperienced, 3, by Mrs. E. E. KELLOGG; Co-operative Housekeeping, by S. ISADORE MINER; Custard Desserts with Apple, by E. E. K.	
QUESTION BOX	94
LITERARY NOTICES	95
PUBLISHERS' PAGE	96



## A MARVEL OF COMPLETENESS IS THE HOME-HAND-BOOK.

A Vast Cyclopaedia of Domestic Hygiene and Rational Treatment.

By J. H. KELLOGG, M. D.

The Home Hand-Book tells in plain, every-day language, how to preserve health, and if lost, how to regain it. It is by far, the most important medical work for domestic use that has yet appeared, and is rapidly making its way into the homes of the United States. It is written in the light of the most recent scientific investigation, by a physician of large experience and acknowledged ability, and contains the most approved methods for the treatment of more than 600 diseases. It contains nearly 1700 PAGES, over 500 ENGRAVINGS, about 30 FULL-PAGE COLORED PLATES, and an ELEGANT PAPER MANIKIN.

**TWENTIETH THOUSAND**

Just from the Press.

**RESPONSIBLE CANVASSERS OF EITHER  
SEX WANTED, to whom a liberal salary will be  
paid.**

Address, Good Health Publishing Company, Battle Creek Mich.







A MARCH TWILIGHT.





BATTLE CREEK, MICHIGAN.

MARCH, 1890.

## INTERNATIONAL HEALTH STUDIES.

BY FELIX L. OSWALD, M. D.

Author of "Physical Education;" "The Bible of Nature," Etc.

### 11.—Japan.

IN the coffin of an Egyptian mummy, the naturalist Walzer picked up several grains of wheat, which were planted, after having been soaked in lukewarm water for about forty-eight hours. There were nine of those grains, and five of them actually germinated, and grew up into healthy wheat-stalks, after having slumbered in a death-trance of at least twenty-five centuries.

The Japanese nation has survived a similar test of vitality. Thirteen hundred years ago, Japan was befallen by the worst fate ever visited upon a country, even on the "continent of hereditary despots." It was infected by the mental epidemic of that life-blighting delusion known as orthodox Buddhism. The old nature-worship of the Sintoo priests yielded to the fanaticism of earth-despising maniacs; harmless popular amusements were suppressed by the joy-hating bigots of the new creed, and a general reign of anti-naturalism reduced the nation to the lowest depth of moral and physical degeneration. The Daimios, supported by a small band of patriots, continued, nominally, to represent the authority of a manlier religion; but the Shioguns, the swash-buckler despots at the head of the practical government, soon recognized their mistake in opposing a creed that made passive obedience to oppression a cardinal rule of its doctrine; and indirectly at first, but soon directly and openly, they favored the monkish tyranny of the Buddhist bigots. The dogma of those nature-hating fanatics began to flourish and bear its inevitable fruit. Hordes of meditant friars denounced the worldliness of industrial enterprise. Worn-out sensualists con-

soled themselves with the hope of a better hereafter. Cowards extolled the virtue of meek submission to injustice, and to "the powers that be." Stall-fed monks sneered at the lean follower of Confucius, who wasted his time on laborious inquiries, while he might wax fat on faith and the sacrifices of the pious. Envious impotence insisted on the duty of self-abasement, and transgressors against the health-laws of nature relied on the efficacy of prayer-cures.

Just as in monk-ridden Europe, the suppression of the manlier instincts was followed by an epidemic of vice. *Saki*, a sort of fusel-brandy, became the solace of world-renouncing bigots. The oppressed masses sought indemnification in the lowest forms of sensualism, and wealthy hypocrites tried to counteract the frivolity of their wives by an elaborate system of disfiguring artifices. A married woman, on the day after the nuptial ceremony, had her eyebrows picked out, and her teeth blackened with indelible mineral stains. She became the slave of her husband, not in the moral only, but in the literal and legal sense of the word. Acting on the principle that sensuality would undermine the vigor and counteract the rebellious instincts of the nation, the despotic government encouraged prostitution, and actually organized training-schools of brothel-managers. Renunciation of earthly happiness was honored as a virtue far surpassing the culture of secular faculties, and *hari-kari*—voluntary self-immolation—became a legalized institution.

From that depth of national degradation the country of the Rising Sun was roused by the revolt following



the intolerable tyranny of the Shioguns, in the middle of the present century. Commodore Perry's appearance in the harbor of Yokohama opened the eyes of the nation to the imposture inculcating a belief in the omnipotence of their rulers, while the evidence of the superior knowledge and superior prosperity of the despised foreign heretics, effectually refuted the alleged advantages of orthodoxy; and when the priests of that orthodoxy instituted an inquisitorial crusade



A JAPANESE LADY.

against the champions of reform, the smouldering fires of discontent at last burnt out into a blaze resembling the explosion of the French Revolution. In the winter of 1867, the Shiogun was forced to abdicate, the party of Sootism, or secular philosophy, prevailed against the monkish conservatists, and the long-delayed stream of progress burst its fetters like a dam-breaking river, and with results which in the short space of twenty years have conquered for Japan a place at the head of the Asiatic nations.

From that year also dates our first positive knowl-

edge of the customs and ethnological characteristics of the Japanese people. Their language and certain facial characteristics bespeak an affinity with the great family of the Turanian nations, including the Mongols, the Tartars, the Northern Chinese, and also the valiant Turks, the heroic Circassians, and the undoubtedly progressive Hungarians. The difference between the hero-philosopher Kossuth and a Kalmuk witchcraft-monger can, indeed, hardly appear more radical than the contrast between the life-weary Chinamen and their Japanese neighbors. Energy, not of the Tartaric military type only, but energy guided by intelligence and an instinctive love of progress, is, indeed, a national character-trait of the weasel-eyed Jap. Those squinting eyes can hide their emotions behind a screen of bushy eyebrows, but on occasion will gleam out with a sudden flash of fierce defiance, or sparkle with the light of mirth or intellectual triumph. Prof. Oliphant is perhaps right in describing the Japanese as "on the whole the most versatile of all modern nations." Agriculture is honored as the basis of national wealth, and an area exceeding sixty per cent of the three main islands is tilled like a garden, or rather like the truck-farm of an agricultural normal school; for the Japs believe in experiments, and are ever trying to improve on the traditional methods of their forefathers. But commerce, too, has attained an amazing degree of development; industries flourish, and in certain branches of the plastic arts the Japanese have no rivals anywhere outside of Paris. Their wood-carvings are marvels of spirited design combined with minute finish, and in their larger cities there are mechanics who pass days in their narrow shops, forgetting eating and sleeping, in the ardor of some scientific experiment.

But that aptitude for in-door pursuits goes hand in hand with a passionate culture of the manly powers. On the islands of Nipon and Yesso, there are wrestlers whose travels from town to town resemble the progress of an old Roman triumphator, and who, on their first appearance after an absence of several years, are received by an enthusiasm equalled only by the delirium of homage gathering about the person of a popular Spanish bull-fighter. The cultivation of pluck in the male youngsters of their species is considered a problem of an importance not inferior to that of any form of mental or moral training. "It worries my sporting instincts," writes a facetious friend of mine, "to visit the play-ground of an American boarding-school. Just as sure as a friendly wrestle of two lively brats is beginning to get interesting, there is a shout of dismay, and a rush of interfering representatives of Mrs. Grundy."





JAPANESE CHILDREN'S SPORTS.

Not so in Japan. A Japanese school-teacher knows how to enforce his authority in a way of his own, and has no hesitation about silencing a chattering school-boy by a stunning whack on the head. During lessons, his pupils are models of decorum; but in the rather longish recess, they are indulged in sports which a Christian pedagogue would suppress as incompatible with good order, and even with the safety of life and limb. On the play-ground of a Jap town school, the same instructor who a minute ago frowned down every attempt at frivolity, will squat on the grass and calmly chew a bit of aromatic wood, while acting as referee of two juvenile champions contesting the palm of superior pluck in true Sawyer-and-Heenan style.

The training-room of a Japanese athlete would make our Western bruisers stare. Not content with swinging clubs and iron hand-balls till his shoulder-joints creak, the aspirant for arenic laurels will step back, and with the full force of a running jump, butt his head against a wall of heavy planks till the timbers rattle, or strengthen his sinews by crouching down, and then rising on one foot, under a burden of several hundred pounds. Aquatic sports are likewise

in great repute, and on the afternoon of a sunny holiday, hundreds of spectators may be seen crowded about the top of a rocky promontory, watching the feats of a bold swimmer who dives through the surf like a porpoise, and seems to invite destruction by plunging headlong into the path of a thundering wave. In warm weather, children are often permitted to pass half days in the water, splashing about the rocks, or catching fish with all sorts of curious apparatus.

Among the lower classes, recreations of that sort require no special change of toilet. A wide-sleeved tunic, resembling the old Grecian dalmatica, is considered a sufficient article of summer dress, and youngsters are often seen running about in the condition which Bishop Heber described as "barefoot up to the neck." As elsewhere, persons of wealth are, however, more liberal patrons of the dry-goods merchant. The nobility, for centuries, reserved the right to wear silk, but such luxuries, like our armorial bearings, are now arrogated by every commercial *parvenu*, and the right to wear silk undergarments is no longer disputed, even by the sticklers for old-time prerogatives. Our woolen socks Japanese dudes are inclined



to consider a Western barbarism. They wear stockings of silk and linen, and straw-plaited shoes, that are left at the door, and exchanged for slippers before entering the parlor of a fashionable residence.

Their dwelling-houses are rather too unsubstantial for our Northern ideas of water-proof structures, but in warm summers have the advantage of airiness, and are kept scrupulously clean—a habit greatly facilitated by the movable mattings that cover the floors of every decent house. In cold weather, the apartments of the rich are often heated, in old classic fashion, by large braziers of charcoal, that emit a good deal of heat with a minimum of smoke; but Western im-



A JAPANESE SOLDIER.

provements are rapidly coming into vogue, and in Yokohama alone there are now half a dozen stove-factories, not to mention plumbers and constructors of basement furnaces. Military barracks, however, are still managed on a quite aboriginal plan, and their commanders scorn the idea of corrupting the primitive habits of their troops by any compromise with the innovations of the effeminate West. Soldiers do not even use blankets, but wear heavy winter mantles, which, together with their protective armor, load down an infanterist in full marching order with a burden of half a hundred pounds, without counting his panoply of swords and daggers.

The cities of Japan still retain such traces of mediæval misery as underground prisons and crowded

slum-alleys, but are redeemed, from a sanitary point of view, by a magnificent system of public baths. In some of the larger bathing-houses, fresh sea-water is pumped in and out in continuous streams; others supply their patrons with warm and hot water at a trifling cost, the entry-fee to the common bath-rooms being altogether nominal—about one fifth of a cent per ticket, or four cents a month for regular visitors.

How entirely external forms of decorum differ from the essential principles of ethics, is strikingly illustrated by the association of the sexes in the aquatic sports of a public Japanese bath. Men and women, boys and girls, simultaneously use the same swimming-halls, in the costume of the Nereids, but also with the absolute innocence of the primitive nations. Like the ancient Greeks, the children of the Rising Sun attach no reproach to the idea of nudity, and with difficulty can as much as comprehend the objections of the shocked Western visitor; but in other respects, their sexual morals are anything but lax; and only ten years ago, husbands not only claimed, but frequently exercised, the right of putting an unfaithful wife to death by a summary process of strangulation.

If fish is a brain-food, the Japs ought to be an intellectual people; for in extent of its coast-line, in proportion to its total area, the Japanese empire far exceeds even Great Britain, and no inland city of any size being more than sixty miles from the sea, the gifts of the ocean are, as it were, sold at every man's door, and excellent sea-fish, fresh or smoked, can be bought at prices varying from one fiftieth to one tenth of our Western price of beef.

Rice, too, is a staple, abundant to a degree which almost precludes the risk of famine. Unfortunately, that abundance has proved a curse, by cheapening the price of *saki*, a sort of brandy distilled from rice and millet-seed; but the crusade against the opium-habit is beginning to turn its attention to the evils of alcoholism, and the "Committee of Public Intelligence" (Board of Education, as we might translate it) has made an effective step in the right direction, by providing for the instruction of school-children in the principles of temperance and hygiene.

A glance at the map will show that the latitude of Japan corresponds almost exactly to that of California and Oregon combined. Climatic advantages may thus largely explain the prosperity of the Morning Isles, as the Japs call their sea-girt empire; and race-prejudice would receive a lasting back-set, if the civilization of those isles should before long (judging from the present rate of progress) surpass that of Western America by as much as the culture of our New England States excels that of Western Europe.

(To be continued.)



## ABSTINENCE FROM WATER.

BY WM. A. ALCOTT, M. D.

[AMONG the papers left by my father, I find a manuscript article entitled, "Does Vegetarianism Lead to Intemperance?" The article gives an account of certain experiments made by the author, which are instructive in various ways, and worthy of permanent record. Omitting the introductory paragraph, which is of no present value, I quote the essential portion of the account. WM. P. ALCOTT.]

I was naturally thirsty, both by inheritance and habit. At the age of twenty-one, up to which time I had labored on a farm, except a few winters, my thirst had become excessive. How far my use of animal food had originated this morbid or diseased condition of things, is uncertain, though I have not a doubt that it increased it; for, from two to fourteen years of age, — a period during which I used no animal food, or nearly none, — I had very little thirst, and I had always observed it to be greater when I used animal food in greatest proportion.

While laboring on the farm, and sometimes while keeping school and boarding around (my food being very bad), I drank cider, beer, etc., in very large quantities. I seldom drank water, without milk, molasses, or vinegar mixed with it, simply because I did not relish it; though I sometimes drank it when I could get nothing else, and above all, to cool myself.

After I had been a few years a vegetarian, my thirst became greatly diminished, and in 1840, when I had been a vegetarian ten years, and had gotten fairly into the habit of using no drink with my meals, I observed that I sometimes omitted all drink for several days in succession. In one instance (it was in August, 1840), I ascertained that I had drank nothing in three weeks. The thought then struck me that I would make an experiment. So I abstained nine months and nineteen days. I might have abstained longer, without great difficulty, had I not eaten of some food which was too highly salted, when the thirst became considerable, and I resumed my old habit, that of drinking when I was thirsty.

I did not suffer much inconvenience during my

experiment, and never when my food was such as it should have been. It was only highly seasoned dishes, or long speaking, that gave me thirst, and this was but temporary. Sometimes it lasted only a few minutes. As to health, I was never better; and I even gained flesh to some small extent. Physiologically, there were no very great irregularities or changes. My perspiration was free, but not at any time excessive; my renal secretion tolerable.

Not quite satisfied with this experiment, in 1842 I made another. From January 1, to sometime in July, I drank nothing. Then I ate during two successive days of haying and harvest, two bowls of plain bread and water, as people eat bread and milk, after which I drank nothing till March 1843. The whole was a period of fourteen months and one day.

Since that time I have occasionally abstained for weeks or months from drink; but in general, I drink *between* my meals every day. Of course I drink nothing but water. I have no thirst, properly speaking, at any time. When I drink, I do it from principle (for I believe man is a drinking animal), and also because I am fond of water, and it refreshes me. I only abstain from sheer laziness, or when I am in situations where the water is unpleasant or unhealthful. If it were right, and any good were likely to result from it, I could abstain as well as not, at any time, by the year. I could do this while laboring on the farm, as well as anywhere else; indeed, it can be done best on the farm, as life there is most in accordance with the laws of nature.

[To this account it may be added that in the *Vegetarian Messenger* for January, 1890 (p. 16), there is reference made by another vegetarian, Rev. W. J. Monk, of Doddington, Eng., to his own abstinence from water for eighteen months. It appears that most people who live upon fruits and farinacea, with little or no salt or other condiments, possess this power of comfortable abstinence from water, if necessary. The non-existence of a strong thirst renders the vegetarian bomb-proof against all desire for alcohol. WM. P. A.]

## SHORT TALKS ABOUT THE BODY, AND HOW TO CARE FOR IT.

BY A DOCTOR.

## 13.—The Pernicious Influence Exerted by a Torpid Liver.

If the liver is inactive, and does not make bile enough, the poisonous, waste elements which should be eliminated in this manner, are retained within the body. The bile is not retained, because it is not made. The materials for the bile are not bile, any more than alkalies and oils are soap. One of the ele-

ments of bile is a resinous substance called cholesterol. If this is not carried off properly, very serious and sometimes fatal consequences follow. In the liver itself, it accumulates and forms gall-stones, a diseased condition accompanied with the greatest pain. Gall-stones are sometimes so nearly pure resin that



they can be ignited and burned. Cholesterine has an extremely poisonous effect upon the nervous system and the brain.

One of the symptoms of a torpid liver, is a brassy taste in the mouth, indicating the presence of cholesterine. If such a person has nasal catarrh, some of these waste elements will seek to escape through the discharges from the nose, and this sets up still further irritation to the mucous membrane. Cholesterine is often found in examining the nasal excretions.

Another symptom of torpid liver is specks before the eyes, and these specks are of cholesterine, deposited in the crystalline lens of the eye, where they intercept the rays of light. Sometimes these specks float about, moving with each movement of the eyeball. If these specks become very abundant, they form an impediment to vision. There is an eminent microscopist in Europe whose eyes are seriously affected in this manner. He has made a map of the appearance of the specks in his eyes, and when he makes a drawing of an object he is studying, he subtracts from it the spots indicated upon the map of his eye, in order to arrive at the true appearance of the object.

We can tell very often when a person has a torpid liver, by looking at his eyes; the sclerotic has a dingy appearance. The cause of this is that the organic dirt, which should have been carried off by the liver, is left in the tissues. The blood, instead of being properly purified, becomes a sluggish stream, which deposits almost as much organic waste as it finds. In the sclerotic, we have an intensely white background, and can see this deposit; if there was any way by which the rest of the body could be examined similarly, it would be found in the same dirty condition. The skin appears dingy and dull. The brain and the muscles are drowsy, and saturated with organic rubbish,—odds and ends of waste matter which should have been removed by the liver. Is it any wonder that such a person is down-hearted and depressed, or that he feels as if he was under some ban, or that some awful calamity was hanging over him? His brain is so lumbered up that clear thought is impossible; he is troubled with mind wandering, a dull headache, stupidity, and depression.

If the liver is not doing its full duty in the manufacture of bile, the digestive apparatus suffers greatly. A person with a torpid liver is always lean, for he is unable to digest the fat-making elements of the food. One with hard, plump tissues cannot possibly have a torpid liver; for a pretty good liver is absolutely necessary to the deposit of a large amount of adipose tissue. The typical bilious native of the South is always

represented as a long, lean, lank, tawny individual. Fleshy persons sometimes have "bilious attacks," but "bilious attacks" pertain to the stomach, and not to the liver.

Another consequence of torpidity of the liver is that the food is not well absorbed after it is digested. Such persons may eat enough to be fat, but their food does them no good, beyond maintaining existence.

As noted in a previous talk, the gastric juice is a very corrosive fluid, and if the quantity of bile produced is insufficient, the gastric juice is not neutralized as thoroughly as it should be when it meets the food in the small intestines; and as the small intestines have no means of defending themselves from its action, irritation is set up. Such persons will have pain in the bowels, just below the liver, and often complain of a tenderness in that region. The trouble is not in the liver, but in the duodenum. Not infrequently, however, this irritation sets up a catarrh, and the catarrh travels up to the liver, and dams back what little bile is made; and then the bile must be absorbed into the body, and the skin will not only be dingy, but yellow.

If the bile is scanty, it does not exercise proper antiseptic action, and fermentation sets in before the food is completely digested and ready for absorption. Alcohol and carbonic acid gas are formed, and the bowels become bloated, putrefaction takes place, and offensive gases are formed. Poisonous substances are thus developed, which are absorbed to a greater or less degree; the breath is tainted, and every tissue and portion of the body and the brain itself, all suffer the poisonous effects. The person may have vertigo, and feel dull and unable to concentrate the mind, with overpowering sleepiness after meals. What is the matter?—He is being poisoned by poisons generated within his own alimentary canal.

Yet many people say they have torpid livers and indigestion, but treat it as a trifling matter. It is really a dreadful thing for one's brain to be so poisoned that it cannot even think properly. The nervous system, as a whole, may be affected, and the disturbance may become so great as to lead to insanity.

The bile is a natural laxative, and stimulates peristaltic action. If the bile is deficient in quantity, then the action of the bowels is partially paralyzed. The bowels are not entirely emptied; excretions which should pass off are retained for days and even weeks. During all this time, poisonous substances are generated and being absorbed. It is no wonder that a person with a torpid liver is sick and miserable, and suffers from an innumerable multitude of ills.



If the liver is too torpid to attend to its duty of regulating the supply of sugar, the digested sugar passes directly into the blood, and brings on that disease known as diabetes, which is often very difficult to cure.

Again, the liver may fail to perform its function as a rendering establishment, and the refuse matters of the body are not completely reduced and changed as they should be to enable them to be thrown off by the organs of elimination. This condition is often made apparent by a whitish, brick-dust, or a pinkish sediment in the urine. These sediments mean that the liver is torpid, and is not converting the waste sub-

stances which come to it in the form of uric acid, into urea. Uric acid, or its derivatives, is often deposited around the joints, and the person may have an attack of rheumatism, pleurisy, gout, or some allied affection. Nature must do something with this worse than useless material, so she deposits it around the joints, in order to save the delicate membranes of the heart and brain and lungs from suffering from their presence. Sometimes, in place of rheumatism, the person will have neuralgia or a one-sided headache. None of these secondary diseases can be permanently cured without a reconstruction of the liver, and in my next, I will tell you how this can be secured.

### SANITARY MARRIAGES.

SANITARY ideas are probably furtherest from the minds of the average couple engaging in matrimony, but, as the *Chicago Herald* remarks:—

"Every student of history knows that the Spartans worshiped the beautiful and the useful, and that they took the means to get them. Bodily perfection and mental activity were attained by well-appointed exercise and healthy parents. The sickly and the constitutionally diseased were not allowed to marry; the healthy were punished if they did not marry. Men that were unmarried after a certain age were excluded from the society of women, and once a year were exhibited in public as a warning to other and younger men. Young men and young women were not allowed to marry before they had attained maturity, or cut loose from parental leading-strings. This Spartan system, which was purely for the welfare of the state, was in force for five hundred years, and no braver nor stronger men, no more healthy nor more beautiful women, were ever seen than in old Sparta. Few would

wish to see Spartanism revived in these days, but we may learn some valuable lessons from that ancient state. We may also learn something from our newly-born sister republic, Brazil, where there is a remarkable and self-imposed family custom in regard to marriages in the higher classes. The man about to marry is required to furnish a certificate from one or more physicians, that he is free from diseases of a certain class, and that he is free also from all signs of any of the diseases that are transmissible to the offspring. And further than this, the physician must testify that so far as he can learn there is no reason to believe that the marriage will be otherwise than in accord with sanitary laws. We, as a people, are taking more interest in the proper kinds of physical culture than before. Women are coming to know that they can dress well without distorting their bodies and imperiling health. But the day of the truly sanitary marriage is a long way off. Meanwhile, a great many persons are getting married who should remain single."

"BEG pardon for intruding, sir, but I have here a sovereign remedy for neuralgia, nervousness, loss of sleep, lame back, sore throat, warts, corns, salt rheum"—

(*Indignantly*) "Sir, this is the office of the exponent of Christian science. We have no use for medicines. They are useless. They are humbugs, sir!"

"Chilblains, liver complaint, freckles, bronchitis, and a sure cure for in-growing toe-nails, which I should like to advertise in your periodical, six inches, double column, top of page, next pure reading matter, one year, with privilege of changing once a month."

"Glad to see you, sir. Take a chair."

WHO DISCOVERED AMERICA?—Buddhist monks from China discovered the western coast of America in the summer of 432 A. D. In 464 more Chinamen came over, and in 499 still more. The aborigines did not exclude them. In 725 monks from Ireland settled in Iceland. In 995 Bjarni, from Norway, sailed along Nova Scotia and Labrador, being the first European to see the shores of the continent. Leif, the Iclander, made a settlement in Rhode Island in 1000 A. D. In 1170 Madoc, prince of Wales, made a settlement somewhere in the west, and in 1492 Columbus discovered the country. Columbus made the first practical business discovery. — *ScL*.





### MISS WILLARD ON WOMAN'S DRESS.

MISS FRANCES E. WILLARD, in her late annual address, gives the following expression to her ideas on the subject of woman's dress:—

"Woman's everlastingly befrilled, bedizened, and bedraggled style of dress is to-day doing more harm to children unborn, born, and dying than all other causes that compel public attention. With ligatured lungs and liver as our past inheritance and present slavery, the wonder is that such small heads can carry all we know! Catch Edison and constrict him inside a wasp waistcoat, and be assured you'll get no more inventions; bind a bustle upon Bismarck, and farewell to German unity; coerce Robert Browning into corsets, and you'll have no more epics; put Parnell into petticoats, and home rule is a lost cause; treat Powderly in the same fashion, and the powder mine of failure will blow up the labor movement. Niggardly waists and niggardly brains go together. The emancipation of one will always keep pace with the other; a ligature around the vital organs at the smallest diameter of the womanly figure, means an impoverished blood-supply in the brain, and may explain why women scream when they see a mouse, and why they are so terribly afraid of a term which should be their glory, as it is that of their brothers, viz., *strong-minded*.

"Our degradation in the line of bandaging the waist has reached such a point that Helen Campbell says it is a requisite in fashionable London stores to have the women clerks not larger around than twenty inches,

'and eighteen-inch waists are preferred.' Look at the monstrous deformity produced by constrictive surgery as applied to the average fashion-plate, and think what belittlement of power and happiness it means to the poor creatures who wear these waists, and to their children!

"Bonneted women are not in normal conditions for thought; high-heeled women are not in normal conditions for motion; corseted women are not in normal conditions for motherhood. Each of the constrictions and contortions involved by these crimes in dress is a distinct violation of loving laws given by our heavenly Father for our highest happiness and growth. I wonder that men in their magisterial power do not forbid this thing by statute, in the interests of their sons that are to be.

"But ethics and esthetics must go side by side in the blessed work of dress-reform, for that is nature's way. The pioneers did not see this, and their 'bloomers' speedily dropped into innocuous desuetude. But the modern—led by Mrs. Annie Jenness Miller, 'that Hebe of the new fashion-plate'—have sat at nature's feet, and on my recent eastern trips I learned what I know to be true in progressive Chicago—that the best are also coming to be the bravest women, that among them there is an absolute craze for getting rid of corsets, and that the divided skirt is worn by tens of thousands whom you might not suspect of so much good sense and courage."

### CHURCH ATTIRE.

OVER-DRESSING for any occasion is always a betrayal of bad taste, but at no place can one so illy afford to exhibit it as at church, where serious thoughts, and a devotional frame of mind, are supposed to call the worshipers together. Many a time has a fashionable toilet proved as effective in diverting the "sword of the Spirit," as the most invincible armor in repelling the thrusts of the enemy.

"What was the text, to-day, my love?" asks the fond invalid mother of the daughter returned from the morning service. "I didn't catch it, at all, mamma; for just as he was giving it out, Mrs. Ward came in, and she had on such a love of a bonnet! She is just home from her trip, you know, with all the latest styles. She sat right in front of me, and I had such a splendid chance to see how everything was



made, and was so busy planning how to fix over my suit like hers, that really, I didn't hear much of the sermon. I guess it was as prosy as usual, though. I don't know why, but I never seem to get interested."

There is a large class, composed especially of those persons who have few other opportunities, that seem to think church merely a place for the exhibition of fine clothes,—the showing off of some new piece of finery, to the distraction and envy of their acquaintances,—and their attendance at church is solely for this purpose. To such extent is this display carried, that not infrequently it is given as an excuse for non-attendance on the part of those whose purses will not permit them to compete with their wealthier sisters. The plain cloth suit never seemed shabby till the folds of Mrs. Butterfly's silk infringed on its simple skirt, and one feels that the bonnet worn week in and week out, must prove quite conspicuous in pews where the same hat rarely appears twice in succession.

It is only in America that this foolish custom is

carried to excess, and we might call it a relic or an outgrowth of the early pioneer life, when everybody rejoiced in but one best dress, and that gorgeous enough in style and coloring to fully make up lack of variety in number. In European countries, extravagant dressing for church is considered the height of vulgarity, for rich or poor. Yet the Archbishop of Canterbury, not long since, took occasion to give his flock a serious reproof on the subject. What would the good man think were he suddenly transported to a fashionable American pulpit, there to gaze down upon every glittering furbelow of fashion, and a sea of heads that blossom not only as the rose, but like every other flower, and are as gay with plumage as any tropical forest?

Criticism is not suggestion, however. We recommend our readers to the apostle Paul, who is good authority on what is becoming to appear in at the Lord's house, and those who follow his advice will find themselves not far astray. S. I. M.

THERE is not an ill to which woman is heir, which may not be either alleviated or aggravated by the mode of dress.

A NEAT and pretty house dress, neatly arranged hair, and clean neck-wear, are the only array suitable for home dressing, from richest to poorest. It is a necessity, both to appearance and to morals.

MARY A. ALLEN, M. D., says, "Many a woman is constantly putting large fees into the hands of the doctor, who says no word to her about her dress, when she might be entirely cured were she instructed to relieve her hips of the burden of clothing, and her waist of the restriction of corsets."

*Miss Coulter.*—Oh, dear! I'm afraid I'll be late. Mother, won't you come help Maria pull on this corset? I'll never get dressed at this rate. There, that will do nicely. Whew! Give me a moment to breathe in it. Yes. Now bring me my paper-sole walking-shoes. They look rather thin for wet weather; but it can't be helped. I could n't drag myself along in heavy shoes, with the weight of this new street costume to carry. It nearly breaks my back. There, I'm ready.

*Mrs. Coulter.*—Where are you going?

*Miss Coulter.*—To the Modern Progress Society meeting. I am to read a paper on "Woman's Weakness Due to Man's Tyranny."—*Puck.*

FOR a person troubled with cold feet, a felt shoe is the best. It is porous, and allows the feet to be ventilated, and moisture to be thus dried off, while it prevents the escape of animal heat. Wear woolen stockings. If the skin is so very sensitive that flannel is an irritant, get very fine, thin cotton to put beneath, both in stockings and underwear. By following these suggestions, many diseases will be avoided.

THE ORDINARY VEST.—On general supposition, the vest is worn for the further protection of the manly chest, frequently exposed, barring the underlinen, by the coat's being cut away. Yet the fashionable *decollete* vest, if we may be pardoned this use of the term, provides more protection to the stomach than to the lungs, and thus the organs that perhaps are more than necessarily protected, by the over-lapping of the garments, receive an extra covering at the expense of those organs that, more than all others, need special shielding. Then, too, these same organs, the lungs, come almost to the surface at a point just below the shoulder-blades, and on this account would welcome the further protection which a suitable back to the vest would afford. But the latter, inconsistently enough, is made of the most flimsy material, comparing very inappropriately indeed with the vest front, which in addition to heavy material, is generally well padded. Much additional comfort might be induced, if not positive benefit healthwise, if man would look after and remedy these inconsistencies in dress.



# THE HAPPY FIRESIDE

DEVOTED TO TEMPERANCE MENTAL AND MORAL CULTURE  
HOME CULTURE NATURAL HISTORY AND  
OTHER INTERESTING TOPICS  
CONDUCTED BY MRS. E. E. KELLOGG A.M.

## A "COMMONPLACE" GIRL.

BY S. ISADORE MINER.

MARGIE grew more anxious day by day. It was she who knew the state of the family flour-barrel, and had calculated to a hoful how much coal there was in the cellar. At last in her distress she determined to confide in Mrs. Clarke, a lady who for all her wealth and position, Margie said had "uncommon sense." She was as firm a believer in Margie as Margie was in her; for Mrs. Clarke was a reader of character, and had pierced through the flimsy guise of most of the young ladies in her circle of acquaintances. Margie, she knew, was not appreciated, because those with whom she was thrown, were too superficial to discern her value.

So it was with open arms that Mrs. Clarke greeted her young friend; for she was herself in a strait, and here was one whose good judgment, she knew, would suggest something to help her out. Before Margie, then, had time to lisp a word of her trouble, Mrs. Clarke had unburdened herself freely. It was a small perplexity in comparison. Mary, the cook she had secured of the Morris's, had left her just on the verge of the holidays, when she was expecting a host of company from the city,—had left her with no help but an inexperienced housemaid; and what should she do?

Margie's eyes lit with sudden determination, and before Mrs. Clarke could say a word, she exclaimed, "You have solved my problem just with the stating of yours;" and she told Mrs. Clarke all her anxiety.

Her friend looked mildly astonished. She could not yet see how she had solved Margie's problem, till the latter added, "And now, dear Mrs. Clarke, wont I do instead of Mary?"

"Margie Morris, you are a jewel! 'Do?' Why, I guess we couldn't be grateful enough to have you in our family. Such trouble as we have had! I don't mind going into the kitchen myself, whenever neces-

sary. In fact, I fear I have what Estelle would call 'plebeian tastes;' I rather enjoy it. Still one can't do that, and at the same time entertain a dozen guests. When can you come? and what will your mother and Estelle say?"

"I can come to-morrow, and mother and Estelle must submit to the inevitable."

So it was arranged, though Estelle's pride was mollified only by the prospect of the new hat she coveted to appear in at the Christmas festival. Margie's "salary," as she was pleased to call it, might make possible some of the dainty dishes she dearly loved; for the fare of late was getting "dreadfully plain." Mrs. Morris assented to the "inevitable" but feebly, though it was plain to be seen that she was greatly relieved, though too much in fear of her haughty daughter to acknowledge it in the tender words Margie so longed for.

Margie began her duties in her usual matter-of-fact way. Had she been less sensible, her new relations with Mrs. Clarke might have proved uncomfortable for both. But she had tact to know just where friendship ended and service began, and did not presume on their intimacy. Better still, she assumed her position without a suggestion from her friend, though not without protest.

"No, Mrs. Clarke; while I do your housework it is not convenient for me to sit at the table with you. With me it is not a matter of pride at all, but of mere convenience. The table must be waited upon, and that is one of my duties. I prefer to eat with Nora, undisturbed, than to be constantly leaving the table, as necessity would require. Besides, it would make no end of trouble with Nora."

People wondered a little at Margie Morris's working for Mrs. Clarke, and then forgot all about it, unless they happened to run across her there. Some of the



more shallow ones turned up their noses, and said they "always knew she was commonplace,—so different from Estelle." "Very different!" Mrs. Clarke would dryly respond, and her companions did well if their remarks went no further.

Margie succeeded in her chosen work. She had nothing to worry her now, for with her carefully expended wages, and a little rent money and a little art, matters were progressing smoothly at home, and she soon became her old light-hearted, merry self. Her work was less than it had been at home, and she found time to do many helpful things for the boys, who missed her sadly; indeed, they all missed the helpful daughter when the burdens were rolled from her young shoulders to theirs; and for once Margie's mission was thoroughly appreciated.

In her new home Margie took the same entire supervision, but only the cooking and serving of the meals devolved personally upon her. Mrs. Clarke had never known so much freedom from care. She oftentimes entered the dining-room not knowing what was to be served them, but was sure it would be something seasonable and appetizing. Washing-day came, and she never knew it; ironing day, and piles of satiny damask and smooth linen were put away, well aired and mended, and complete in number. The silver shone, the cut glass sparkled, and the china came down from the closet and went back whole. Order and thoroughness prevailed from cellar to garret, and our little brown-eyed maiden was back of it all.

Margie was surprised when, later on, Mrs. Clarke insisted on paying her a dollar a week more than the liberal wages agreed upon; but her friend only said, "Take it, my dear; you earn it. I never before had head and heart work given me with hand-service. You have entirely relieved me from what was once a great care, and your planning, alone, is worth more than I can ever repay."

Mr. Clarke also insisted that he never had such a thoroughly comfortable home. He laughingly said that not only had Margie's thrift lightened the household expenses, but her well-served viands had entirely put to rout his worst enemy, dyspepsia. So Margie could scarcely refuse the ten-dollar bill he so generously pressed into her hand on her birthday, along with a brotherly clasp of congratulation. Very proud indeed was she thus to be able to provide some comfort unexpected for her dear ones, or even to grant Estelle a small luxury indispensable to her happiness.

Margie herself had few wants, so intent was she on

serving self last; and she was not too proud to supply these from some well-chosen garment altered from her friend's wardrobe, that its kind owner no longer needed. She still had all the society she cared for, and that the very best,—sensible people who were glad to recognize the fair young girl with a noble purpose shining from her eyes, who could become with equal grace Mrs. Clarke's carriage, her parlor, her kitchen, the sick-room, and the abode of poverty, and was never found wanting wherever duty called her. She was the pastor's indefatigable ally, both in her sweet-voiced prayer-meeting hymns and her gentle message to some hungry soul; while the doctor gave more credit to the wholesome dishes her skillful hands prepared, than to medicine. Margie found time amid it all to read her favorite authors and the best magazines, and as the years slipped away, they left her a noble and cultured woman, the dependence of her home and employers, and a helpful friend to any in distress.

\* \* \* \* \*

ESTELLE finally married, after much angling, and did well, according to the standard of herself and friends. It is true her husband was much older than herself, but he was very wealthy. She really thought to benefit her family by this choice, for had she followed the dictates of her heart, her hand would have been bestowed elsewhere. But prudence told her that money was essential to gratify ambition and retrieve their fallen fortunes; and it was a sad blow to her happiness when her husband, on being made aware of her plans, gruffly gave her to understand that he "did n't marry the whole family!" Indeed, so hampered was she that the most she could offer was less than Margie had done, and to the latter's untold joy was yet to do.

For,—well, for all Estelle and society had dubbed her "commonplace," and predicted her future either as an "old maid," or the victim of a marriage improvident and unsuited to her station by birth, Mrs. Clarke surprised everybody by the announcement of a quiet wedding at her home. "It is one of those old-fashioned love matches we sometimes read about still," said she proudly, "and I insisted they should be married where they met, at my home, though it is not as elegant as the one she will fill so perfectly; for she married my favorite brother!"

"But not where we met, dear," said Margie, in gay content; "we were married in the parlor, but we met in the kitchen!"



## TEA - CULTURE.

BY MYRTA B. CASTLE.

EVERY unoccupied nook and corner of a Chinese farm is devoted to tea-culture. For a tea-plantation, well-watered hillsides where the rain escapes freely without washing away the soil, are the most valuable. The garden requires considerable care, as the plants, set four feet apart, must be kept perfectly free from weeds.

Tea is raised from the seed, and on large plantations, nursery beds are made every year, that old and sickly plants may constantly be succeeded by healthy young ones. The tea-plant outlives its usefulness in about a dozen years, so that it is necessary to keep young plants always on hand. The tea-plant must be

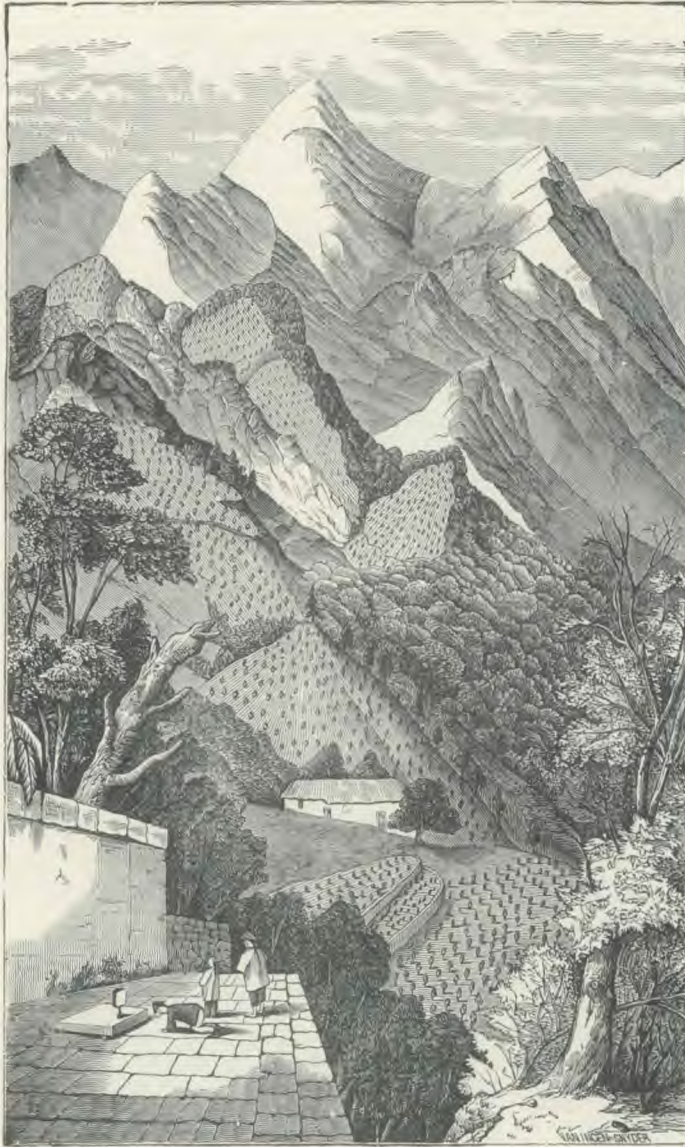
a year old before it can leave the fostering care of the nursery, and then it takes two years more before the leaves may be gathered.

The plant is a beautiful one, growing, when indigenous, from twenty to thirty feet in high; but in a state of cultivation, it grows much more bushy, and only five or six feet high. It resembles the English myrtle-bush or sumac, and its camellia-shaped flower is white, somewhat fragrant, and much like dog-roses. In the blossoming time of the year, a tea-garden must present a delightful appearance.

As the leaves are the lungs of the plant, only part of them are removed at the picking. At the first gathering, the half-opened buds are picked, and they make the finest teas. Then there are five or six other pickings during the year, though each time the leaves are of a coarser quality.

After the picking comes the drying, roasting, manipulating, re-roasting, and roasting again that make the teas of commerce, and it is by these drying and roasting processes that the different kinds of tea are made. Green tea and black tea are alike until the curing preserves the color in one, and does not in the other.

Of all the careful processes connected with tea-making, one of the most careful is the rolling; for each leaf must be a separate roll. A traveler in Japan thus describes it: "The work of rolling the tea is very tiresome, and so the men sometimes perform it with their feet, when they wish to give their hands a rest. We saw one man at his occupation in this way, and he certainly seemed to enjoy it. His bamboo mat was on the floor, and he had his trousers raised so that his legs were bare from the knee down. He rested his arms on a pole, and kept his feet moving over the handful, or rather footful, of leaves he was endeavoring to roll out. Our host picked up some of the tea, and showed us that it was perfectly prepared, and quite acceptable in every way." It may have been "perfectly prepared," but how could it be "acceptable"? The abominable filth of the heathen tea-roller, from which cause hardly any of the working classes are free from skin diseases of various sorts, is sickening enough to contemplate, even when the appetizing (!) herb is prepared by the hands.



A TEA-PLANTATION.



English and American tea-merchants, not content with letting bad enough alone, have prevailed upon Chinese dealers to dye their green teas. For this purpose, equal proportions of gypsum and Prussian blue or indigo are used, about a half pound of dye to a hundred pounds of tea for America, some less for England. This is the reason why Chinese in this country will not use the teas prepared for the American trade.

But the active essence of tea is hardly less poisonous than the adulterants. It contains theine, tannic

acid, and certain volatile oils in large quantities, which cause the headache and giddiness, and other distressing symptoms, experienced by tea-tasters, and the paralysis to which tea-packers are found to be liable. When we learn that the United States alone imports 80,000,000 pounds of tea annually, and the demand constantly increasing, we do not wonder that physicians have been called upon to diagnose a new malady, the "tea-disorder," assuming many forms. And in Europe the evil is still wider-spread and indulged in more extensively.

### COMPENSATION.

SHE folded up the worn and mended frock,  
And smoothed it tenderly upon her knee;  
Then through the soft web of a wee red sock,  
She wove the bright wool, musing thoughtfully:  
"Can this be all? The great world is so fair,  
I hunger for its green and pleasant ways;"  
A cripple prisoned in her restless chair,  
Looks from her window with a wistful gaze.

"The fruits I cannot reach are red and sweet,  
The paths forbidden are both green and wide;  
O God! there is no boon to helpless feet  
So altogether sweet as paths denied.  
Home is most fair; bright are my household fires,  
And children are a gift without alloy;  
But who would bound the field of their desires  
By the prim hedges of mere fireside joy?"

"I can but weave a faint thread to and fro,  
Making a frail woof in a baby's sock!  
Into the world's sweet tumult I would go,  
At its strong gates my trembling hand would knock."

Just then the children came, the father, too;  
Their eager faces lit the twilight gloom.

"Dear heart," he whispered, as he nearer drew,  
"How sweet it is within this little room!"

"God puts my strongest comfort here to draw,  
When thirst is great, and common wells are dry;  
Your pure desire is my unerring law;  
Tell me, dear one, who is so safe as I?  
Home is the pasture where my soul may feed,  
This room a paradise has grown to be;  
And only where these patient feet shall lead  
Can it be home for these dear ones and me."

He touched with reverent hand the helpless feet,  
The children crowded close, and kissed her hair,—  
"Our mother is so good and kind and sweet,  
There's not another like her, anywhere!"  
The baby, in her low bed, opened wide  
The soft blue flowers of her timid eyes,  
And viewed the group about the cradle side,  
With smiles of glad and innocent surprise.

The mother drew the baby to her knee,  
And smiling, said, "The stars shine soft to-night;  
My world is fair; its edges sweet to me;  
And whatsoever is, dear Lord, is right!"

—May Riley Smith.

### A COUNTRY IN MID-OCEAN.

BY E. L. SHAW.

IN the North Atlantic, nearly midway between the United States and Portugal, lie the Azores, or Western Islands, dependencies of the latter country. These are composed of three distinct groups, made up of nine inhabitable islands. Lying in the same latitude as South-Central Spain and Portugal, the same mild, equable weather reigns in these specks of *terra firma* in mid-ocean, and the same balmy breezes blow, which render the sub-tropical clime of those countries alike delightful to native and to traveler. Existence here, fanned by June zephyrs, ministered unto by singing birds, by all luxuriance of fruit and flower, and surrounded by quaint custom and quaint mediaeval architecture, were surely idyllic enough to satisfy the most *blase* and fastidious.

The dwellers in this summer land are of Spanish and Portuguese origin, but there is an admixture of Flemish

and Moorish blood from early settlers and adventurers, and foreigners are present in considerable numbers, more particularly in those groups which lie directly in the track of ocean navigation. In form and features, therefore, the Azoreans are neither so delicate nor so classic as the Spanish, the Flemish blood showing itself in the stoutness and general amplitude of their figures, to which their easy, languorous Southern life and character naturally contribute. Not unlike the Cubans, to whose social life and manners theirs bear much resemblance, the wealthier classes are of distinguished personal appearance. The men are stately and polite, and the women piquant and interesting, while both possess large, liquid eyes, the whitest of teeth, and the most perfect of olive complexions.

The country peasantry and the lowlier classes in



the cities, by an almost exclusively open-air life, develop figures of manly and womanly beauty and symmetry, which would furnish models for an artist. Nowhere, in all the world, are to be found more stalwart and muscular men, or more perfectly-formed, lithe, and graceful women than the water-carriers of the Azorean cities. Many of these cities bring their water-supply from mountain lakes to numberless public fountains, which spout and babble and gurgle continuously. Here groups of bare-footed men and women gather, bringing huge water-pots, and loitering to chatter and gossip ere they go on their way; the men shoulder their immense wooden water-casks with easy *nonchalance*, and the women, whisking out a little pad of rushes, place it on their heads, swing the huge red earthen jar, half as tall and quite as big as they, to a place upon it, and are off with a laugh and a song, as if life were only one long holiday, and this its chiefest recreation!

But brimming physical health makes one masterful and brave, and sunny too; thus these people having scant heritage of aches and pains, and no "nerves" to speak of, are the embodiment of geniality and kindness in their relations with each other, and with strangers as well. Utopia itself is fairly rivaled in the picture of Azorean life given by a late writer: "Among the 20,000 inhabitants of Ponta Delgada, no human being could suffer insult, or fear any known danger. From the naked children playing in the gutter or by the fountains, past all manner of servitors in every calling, to the beggars who swarm every *plaza*, inn court, or church door, and the most abandoned lout sunning himself upon the quays, there is naught but kindness in act, word, or look. Make inquiry, request a service, bestow a greeting, and every soul in the Azores will lift a face of such sunny

good-nature that the stranger's heart glows in gratitude."

The dress of the male peasant is the usual short jacket, much-adorned waistcoat and trousers, with the addition of a striking head-covering, which he wears upon state occasions. This is the *carapuça*, with a hat crown, adorned at the back with a long cape, and at the front with a huge visor or fore-piece, nearly a foot across, the ends of which are curled upward, giving the appearance of two horns. The feminine dress is the usual bodice and short skirt of the European women-peasants, and though the mild climate warrants only the lightest clothing, they envelop themselves, each time they go from home, in the folds of the hideous *capote e capello*, an immense hooded cloak of blue furzy material, which covers them from head to foot. The hood is stretched over bent whalebone, like an umbrella, and is so large that it projects over the face from two to three feet, giving a most curious and grotesque appearance.

One having to do with life in these Arcadian towns, must be struck, as evening comes on, with the quiet and order reigning in their streets. There is no gay "night-side" to Azorean life, as in other continental cities, where the thoughtless abandonment to enjoyment of its earlier hours but paves the way for the debauchery and crime of its later ones. At an hour as early as the bed-time of our Western farmers, the shops are closed and dark, the chattering throngs have gone home to bed, and the streets are silent and deserted. Truly, countries boasting of culture and education, as the Azores do not, might profitably sit at the feet of this primitive and kindly disposed people, and learn much-needed lessons concerning the happiness of the individual, as well as the welfare of the many.

TRUE POLITENESS.—True politeness does not consist alone in suavity of manner. There is the genuine, and there is the counterfeit. The following incident suggests the attributes of the genuine far better than could any wordy definition: A popular revivalist noticed among his large and varying audience three young men who came together, and who were regular in their attendance. As they appeared to be from the working class, he became more than ordinarily interested in them, and took occasion to make some inquiries concerning them. Having found out where they lived, he went to call on them one evening. He found their cheap lodging-house, and climbed

several stairs to reach their humble room. All three were in, and appeared to be taking their evening comfort in their shirt-sleeves. Naturally they felt considerably embarrassed to be found in such attire by one whom they held in such high esteem. The evangelist, observing their mortification and guessing its cause, soon put them at ease with a hearty hand-shake, and the words: "Well, boys, it's a little warm here; I think, if you will let me, I will take off my coat." So in his shirt-sleeves he made his call, and if there had been anything lacking to seal their allegiance to the good man and his cause, this kindly yet homely act completed it.



## TEMPERANCE NOTES.

DRINK sends 100,000 children to almshouses, yearly.

THE city of Baltimore has 2,800 saloons, making a proportion of fifteen saloons to each public school.

AN English M. P. asserts that, as a result of the drink-habit of their parents, 55,000 children in London go to school each morning, unfed.

THE order of Good Templars, numbering about 500,000, are about to embody the Chautauqua idea in the more thorough education of its members, by establishing reading circles, and the adoption of a three years' course of study, covering all the ground of the temperance reform.

It is computed that in the Netherlands the yearly consumption of tobacco averages seven pounds for each individual. Europe's average is not so generous, being only two and one half pounds; but our own United States gives an average of four and one half pounds of tobacco to each inhabitant.

THERE has been formed in Brussels a society called "The Patriotic League against Alcoholism," of which the Comte de Flandre, heir-apparent to the Belgian throne, has been made honorary president.

NOTWITHSTANDING the claim that drunkenness is less common in wine-drinking Switzerland than elsewhere, statistics of the canton of Zurich, Switzerland, show the proportion of insane to be one to every hundred of the population, and chronic alcoholism is assigned as the cause of this enormous proportion of lunacy.

THE working-men of our nation spent for drink during the past year, \$1,280,000,000. This sum is sufficient to pay off our interest-bearing debt, and still have an amount equal to one half the banking capital of the United States, to spare. In four years, at this rate, the working-men could buy up all our mills and factories, and after six years of total abstinence, at the most, could own every railroad in the United States.

## POPULAR SCIENCE.

A RAILROAD up the Jungfrau is in contemplation by competent European engineers.

THE highest tide in the world is at Annapolis, in the Bay of Funday, where it rises a hundred feet, and sometimes more.

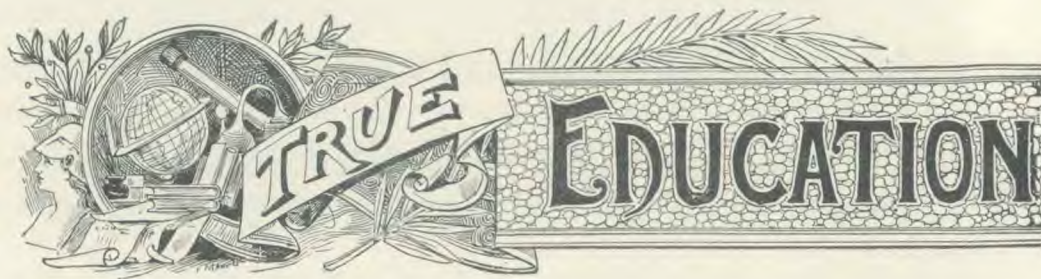
THERE are large possibilities in a drop of ink. It is said to be sufficient to write from 100 to 500 words, varying according to the fineness of the pen and the writing, and the rapidity of the writer. The average writer uses about five drops per hour, and moves his pen over a distance equal to about one eighth of a mile.

THE proposition to build a bridge across the English Channel, is under serious consideration. The width of the channel at its narrowest point is twenty miles; the least depth of the water, one hundred and eighty feet. The estimated cost of the proposed bridge is \$170,000,000, and the time required for building, ten years. When constructed, this bridge will give a sensible impetus to European commerce.

A NEW SENSE.—Physiologists have recently made out that there is a new sense, that of equilibrium, the seat of which is to be found in the semi-circular canals of the ear.

SCIENCE has been calculating the number of movements made by a skillful pianist in playing a presto by Mendelssohn, and finds the number of notes struck to be 5,595 in four minutes and three seconds. Thus twenty-four notes were struck per second, each consisting of three distinct movements, amounting to seventy-two voluntary movements per second. If to these movements we add the various sensory transmissions and changes in force of movements to produce exactly the proper effects, "the work of the memory in placing the notes in their proper position, as well as the fact that the performer at the same time participates in the emotions the selection describes, and feels the strength and weaknesses of the performance, we arrive at a truly bewildering network of afferent and efferent impulses, coursing along at inconceivably rapid rates. Such estimates show, too, that we are capable of doing many things at once."





## EARLY CHARACTER-BUILDING.

BY PROF. G. H. BELL.

THE forming of character begins as soon as the infant has any command of its senses. The first consciousness of sight, sound, or feeling, will make its impression, slight as it may be, upon the future of the child; and as the consolidation of particles forms the mighty reefs of ocean, so the accumulation of these influences builds the frame-work of what we call individuality, or character.

It has often been said that every man is the architect of his own fortune, and this is not more true than that he is the maker of his own character. There is in every plant or animal a life principle, which, by assimilating or rejecting, builds up its own physical structure; so there seems to be in every human being a principle that does a similar work in character-building. Call it instinct, heredity, personality, the inner sense, or what you will,—it is there. It is not the outward impressions really, but the response, the reaction, that has an effect upon character. Thus, the affections and the will, as well as the intellect, grow by their own action. The original germ develops itself, and can only be stimulated to healthful or unhealthful activities.

But parents have a very important part to act in the education of the child. Although he, under God, is the builder, we may offer material and motives, and afford conditions. The bee or the bird is obliged to use the best material it can find. If you hang skeins of bright silk upon bushes, the oriole will build silk into her nest; otherwise, the bark of coarse weeds may have to suffice. The quality of honey is affected by the flowers from which it is made. Just so the child will build from whatever impresses its growing consciousness; for build it must, and that continually. Thus, character depends largely upon early associations.

Early education must proceed through the senses. They are the avenues through which the child's knowledge must be received. The process may seem slow, but it must not be forced. If it had been best, God

could have endowed man with full powers and complete knowledge at birth. We must conclude, therefore, that it is better for him to acquire these things, gradually, and by his own effort.

What a child needs, then, is a fair chance to use his faculties. He must have a chance to see; not the same things forever, but new objects as soon as the first have become old. His cradle should be placed in different parts of the room, in order that he may see objects from different points. He should often be carried about, that new objects may be brought within the range of his vision. At two or three weeks old, an ordinarily bright child will learn to notice pictures about the room, provided he is frequently held up before them. In a short time he will, by the turning of his head and eyes, ask to be taken from one picture to another. A restless child will frequently become perfectly quiet on being taken into another room. Is it strange that the growing mind should long for new sights, when it is by sight-seeing that the child is chiefly to learn the wonderful things written for him in the book of nature?

As soon as the child's eyes are strong enough, give him a broader range in the great museum. Let him have daily, if not hourly, lessons in flowers, birds, insects, animals, and even creeping things. I have seen a little child study a tiny insect intently for half an hour at a time,—a period that seems longer to a baby than a whole day would to you or me. Bestow as much time and pains on your child's education now as you hope to spend, or to have others spend, upon him, when he gets old enough to attend school. Let him study natural history while he loves it; for when you think the proper time has come, it may be impossible to interest him in such things.

As with the eye, so with the other organs of sense; they should have opportunity to take in all of the good, the true, and the beautiful, that they are capable of receiving. Let there be sweet home music in the house; and if possible, teach him to love the



grand oratorio of nature,—not only the songs of birds, and the “music of seas far away,” but the humming of insects, the lowing of cattle, the bleating of sheep; even the wailing of the forest, the roaring of the storm, the pealing of the thunder, may be made to affect the character for good. Let the ear be accustomed to the melody of loving tones, the nostrils to the smell of pure air, and the tongue to the taste of simple, healthful food. O, the tempers that have been soured, the characters that have been marred, by means of ill-ventilated rooms, bad diet, and irritating words!

Cultivating the affections should be regarded as the most important feature of early education. The capacity to love deeply, tenderly, truly, and to love the right things, is worth more than all else. The means of calling the affections into action is simple, though not too well practiced. The old adage, “Love begets love,” can never be improved upon. But there are other ways of showing love than by caresses. Love, in order to win, must be not only constant but constantly manifested. It must consider the good of the child rather than the convenience of the parent. Remember that the little stranger is lonely, and longs for your company,—to be noticed, to be talked to, to be taken in your arms. Fathers should allow themselves the luxury of sharing in the pleasure of comforting the little ones. It is a labor of love that is doubly remunerative, in that it educates the parent as well as the child.

Among the things that most readily awaken love and gratitude, are sympathy in times of trouble, a lively appreciation of every effort to please, a warm interest in whatever is dear to the child, and a long-suffering patience toward his perversities. These are the manifestations by which the love of God quickens in us the noblest emotions, and they will sooner or

later tell upon the character of the most unimpressible child. These little attentions must be bestowed, not only when we have leisure, but also when it seems almost impossible to spare a moment from other duties. If a prince should call upon you at such a time, you would find time to be polite to him, and to do every thing you could for his entertainment; but this little one, who has come to you as pure as the dew from heaven, is heir to a kingdom infinitely more glorious than was ever swayed by an earthly prince! Be polite to him, never harsh, rude, or abrupt; it is the surest means of making him polite to others. Your sympathy and appreciation will be repaid by looks of gratitude that will give a thrill of joy, and make your whole day happier.

There is nothing in which parents make a greater mistake than in neglecting to give time to their children. Make your children happy now, and they will be more likely to make you happy in after years. Indeed, making them happy, in a healthful manner, is an important part of their education. A happy childhood, not a pampered one, begets a happy temper. You must *play* with them: they cannot visit much with you in any other way. You must go down to them: they cannot come to you. It is not really going down, though; for happy is the man who can at times be a child again.

But these happy communings may soon be so directed as to lead to a mutual enjoyment of natural objects. By intimate associations with them, especially under the influence of a parent who delights in such study, the child will come to love all the things that God has made, and will find an enjoyment in them that will turn him aside from a thousand avenues of temptation. From a sincere love of nature the transition is not difficult to the love of Him who is the author of all the wonders which nature unfolds.

---

A CHILD who grows up loving good books, is saved from many temptations that beset the empty minded. He can always find a good companion; he need never be lonely.

---

HARD ON DR. HOLMES.—A little girl of Boston, who recently wrote a composition about Dr. Holmes, remarked that he was for several years professor of *monotony* at the college.

---

ONLY when *knowing* and *doing* go together, is a proper self-consciousness awakened,—the basis of character-building. Doing demands time and exertion, and therefore strengthens the moral powers.

---

WORK, in order to have any educational value, must be productive and pleasing.

---

PEOPLE remember things they are interested in, and forget those in which they have little or no interest. The hunter does not forget his gun, the boy does not forget his top, the fisherman does not forget his hooks, the boatman does not forget his oars. Many a boy has forgotten to fill the wood-box, but did one ever forget his ball or skates when he wanted to use them? A man may forget his employer's business, but he is not likely to forget his own pleasure. “I forgot” is simply another way of saying, “I did not care enough about the matter to remember.”—*ScL*.



# SOCIAL PURITY.

## CLEANSING THE MORAL ATMOSPHERE.

A POPULAR periodical quotes the following from the experience of a lady spending a summer at a boarding-house on the Maine coast, which illustrates one of the most successful methods of correcting the evil habit of impure talk, in which many people indulge who are not so bad at heart as their words would lead one to expect:—

"When I took my place at the table for the first time, I soon discovered that my fellow-boarders belonged to a class richer in money than in mind or manners. They were gay, well-meaning people, who had flitted from one hotel to another, from mountain to springs, and from springs to beach, in search of amusement, and were now tired and *blase*. They chattered gossip for a while, then discussed the fashions, until one of the young men, from sheer vacuity of ideas, apparently, told a story with a covert, immodest meaning. The men smiled significantly; the women tried to look unconscious; the young girls blushed painfully.

"An old man continued the same line of thought, in a still broader anecdote. There was a significant silence. I dared not look up, lest I should meet the eyes of my neighbors. All that was indelicate in thought had been stirred up from the depths. What could I do? I longed for the firmness and decision to protest, to utter a sharp rebuke; but I was a woman, poor, and of no social position.

"At that moment a little, plain, simply dressed woman entered the room, took her seat at the table, and glanced quickly around at the circle of embarrassed faces. I saw that she understood the situation, and that it was not a new one. She was greeted warmly by the whole party, and began to talk with a certain

gay cordiality of manner which had in it a rare charm.

"She had discovered some old coins in the village store, and had heard of others farther up the country. Who would go coin-hunting? Then followed an eager discussion of rare dollars, or pennies, or shillings, until the talk of even the old joker became not only decent, but interesting.

"At every meal this little woman, with her low, vivacious voice and ready wit, shunted the conversation on to new tracks of thought. One day it was a rare plant that she brought in; the next, some legend told her by the fishermen; sometimes it was a stirring incident of local history; again, a question of politics or of religion.

"‘These people,’ she said to me, when I came to know her, ‘mean well. They have no wish to be wicked, but their minds are like stagnant pools. They grow impure and foul simply from inaction. All they need is some wholesome subject of thought to keep them clean.’ I have always remembered the lesson she taught me.

"There is scarcely a day, even in the life of a school boy or girl, when this lesson is not useful. Conversation is always too ready to become malicious or vulgar, especially among idle people. It is rarely expedient or wise openly to rebuke our companions, even if we are free from their faults. Censure usually rouses opposition and ill-nature.

"But when our own minds or those of others become turbid and foul, let us deal with them as with a chamber full of darkness and impure odors,—open a window. The brain is cleansed by new and vigorous thoughts, just as the air of a closed room is cleansed by the sunlight and motion."

## INDECENT POSTERS.

ALL decent men and women ought to combine in protest against the brazen effrontery of the advertisers of the grossly vile shows which travel around the country exhibiting "to men only," but displaying their obscene placards upon the bulletin boards, to

the corruption of innocent boys and girls, and the disgust of respectable citizens. Recently, a lady lawyer in Illinois was arrested for pulling down such a poster, but was acquitted by the very sensible judge before whom she was tried. Referring to this



incident, Miss Willard remarked in her annual address at the late National Convention:—

"God's word to every atom is, *'Combine!'*" and the difference between weakness and strength is always combination, whether on the human or the spiritual plane. Let us then, as white-ribbon women, combine to put away from sight these advertisements that are wholesale demoralizers of the young,—and they were never more boldly flaunted than along Chicago's streets to-day.

"In the interest of public decency, we ought to go before the municipal authorities everywhere, asking for protection from the three chief sources of this leprosy, viz., saloon and theatrical advertisements, and cheap literature. Let it be noted also that high-

license saloons pander more than others to meretricious tastes.

"But we can not forget that some women sin against public modesty so woefully that no explanation can be offered for their conduct, which is not in itself the most scathing arraignment,—I mean the women who parade what ought to be the mysteries of the dressing-room before the public gaze of men; who, bewilderingly attired, emulate in the waltz the fascinations that in haunts of infamy, beguile these same men to dishonor, and whose effrontery in defending their outrageous conduct with the time-worn phrase, *'Evil to him who evil thinks,'* proves them to be as bare-faced mentally and bare-footed morally, as they are bare necked and shouldered in the dance-delirium."

### THE EVILS OF DIVORCE.

THE frequency of divorce, and the facility with which it can be obtained, has undoubtedly led to the development of extremely loose notions concerning marriage, in the mind of large numbers of young persons; and it is more than probable that many young people enter the marriage state with the deliberate intention of dissolving the marriage ties, in case they become tired of each other. This is particularly true of thoughtless young men, and as remarked by the *San Francisco Call*, it not infrequently happens that "the wife, who is ill-prepared to fight the battle of life alone, is stunned by the service of an application for divorce. Cases of this kind, we regret to say, are not uncommon. Almost every one can recall one or more in his own circle of acquaintances. Of course, if the real reasons were preferred in the application, less harm would be done; but the legal necessity of set-

ting forth reasons often suggests a resort to falsehood. Trifles in the way of disagreements will be magnified, and baseless suspicions urged as matters of fact. The remedy for them, as for most other evils, lies with the people themselves. The law is not so much at fault as the facility with which it is evaded. The church and society are too lenient in matters of this kind. It may be questioned if a man who divorces a wife for no other reason than that he prefers to live single, is injured in his business or social relations by his act. If he has been a church-member, he still remains one. And yet he has committed the most cowardly crime a man can commit. A woman thus divorced, unless she has powerful friends, has no future, and children are thrown upon the world without the character and instincts of right which are inculcated in well-regulated homes."

THE Mercy Home for Fallen Women at Manchester, N. H., under the jurisdiction of the W. C. T. U., was dedicated Jan. 1. The State legislature appropriated \$5,000 for this purpose, with the understanding that the W. C. T. U. should furnish a like amount. The city has also appropriated \$500 for it. The Mercy Home is intended to be self-supporting, and a laundry will shortly be put in operation in connection with it, which will furnish work to the inmates.

THE BIBLE ON IMPURITY.—The silence of most clergymen in their pulpit utterance, upon the subject of impurity, and the prudishness of most Christians, were well rebuked by the Rev. J. P. Gledstone, an eminent English divine, in a recent sermon on "The Pulpit and Present-day Questions," as reported in the

*Christian World Pulpit*, of London. The Reverend gentlemen said:—

"However it may please the world for the pulpit to be silent on this terrible and difficult question, and however we ourselves may shrink from it, we shall have to ignore a great portion of Scripture if we leave it alone. It faces us in the commandments; it starts up before us in the story of the lives of both bad and good men; it rings in our ears as we listen to the denunciations and warnings of the prophets; it meets us in the sermon on the mount; it is inwoven with a hundred verses of the Epistles. There can be no doubt that the Bible is not only not silent on impurity, but, as some one has said, thunders against it; and there can also be no doubt that our age and our country need to hear its ominous mutterings."





### THE CIGARETTE ABOMINATION.

THE New York *Journal of Commerce* declares itself against the use of cigarettes, in the following terms of unstinted denunciation, to every one of which we agree: "If the inventor of an unmitigated nuisance deserves to be cursed by his own and succeeding generations, then the manufacturer who first produced the cigarette, ought to face Mt. Ebal all the days of his life, and leave his memory subject to the same anathema. There is not one redeeming feature about this abominable pest. It is obnoxious to the smoker, and when used in public, is a foul offense to the victims of his incivility. A cigar composed of fragrant tobacco may be tolerated even by those who make no use of the weed, and a lighted pipe may be submitted to, as gentlemen who solace themselves away from their homes in that fashion, seldom intrude among those likely to object to it. But the cigarette, with its vile odors, finds its way everywhere, and is oftenest lighted where it is certain to be most intolerable. From the indecent cuts that

herald its pet name to invite customers, all the way to the exhaled stench that signals its destruction, it is unwholesome, insolubrious, pernicious, and debasing to all concerned. With regard to its evil effect upon the health of the smoker, there are not two opinions among those who are best qualified to judge. Our most eminent physicians and chemists speak with united voice when they warn the public against the increased danger of poison from the deadly nicotine, and the injurious consequences sure to follow this indulgence. One of the greatest evils connected with the invention, is the special temptation thus offered to the use of tobacco by the young. No child ought ever to be allowed to touch the weed in any form. But here we have it in its most dangerous guise, prepared especially for the consumption of those who are yet in their infancy. The evil is two-fold: the boy is ruining his health, and he is making himself an intolerable nuisance, by contaminating the air wherever he goes."

### JEWISH RESTRICTIONS RESPECTING THE USE OF FLESH-FOOD.

We quote the following description of the method of slaughtering food animals among orthodox Jews, from the *Popular Science Monthly*, which states that, according to the analysis of Dr. Rabbinoniez, of Paris, the Jewish Talmudic rules concerning the slaughter of food animals, were framed with the special object of providing for the infliction of the least possible suffering upon the animal, and of procuring the meat in the most wholesome condition for food. They prohibit the stunning of the animal by a blow on the forehead, because it is far from certain that the blow immediately annuls pain, and it is certain that it does not annul it if inflicted by an awkward hand. The rules require that the act of

killing shall be performed by the sweep of a long, sharp instrument, which shall sever, more or less completely, the trachea and esophagus. They do not require the arteries to be cut, for the nature of those vessels was not known when the rules were made; but the arteries and the important nerves around their sheath are cut in practice, and the animal steadily faints into insensibility, and dies of hemorrhage.

The important points of the code are, that the steps in slaughter shall be continuous, because any interruption, however minute, in the process, is likely to prolong the sufferings of the animal, and make it unfit for food; that the cut shall be made by a to-and-



fro stroke, without any pressure beyond what is required to carry the knife down to the necessary depth; that the incision in the skin shall accurately coincide in length with the deeper portion, so as to leave no "tail" to the wound; that the wound shall not be made so high as to risk contact of the knife with the bony structures or the cartilaginous rings of the trachea, for this would be likely to cause preventable suffering to the animal, and compel the rejection of its flesh as food; and that no tissue shall be torn or jagged. The candidate for a license to slaughter has to go through a long list of preparations, of which a kind of rough anatomy forms a part, and afterward to prove his competency to the satisfaction of the appointed authorities.

The heart is also carefully examined, to ascertain whether it is fit for food. The rules on this subject, although made before anything was accurately known

of pathology, contribute, as a whole, to the selection of what is good and to the rejection of that which is bad. The use of the blood is forbidden, and it is in the blood that science to-day tells us the germs and the matters that are detrimental are most likely to be found and to be most active.

The lung is the organ most diligently searched and severely tested; and it is the lung which is most liable to disease, and in which, when disease is present, it is most obvious. Fewer directions are given concerning search for morbid conditions in the other organs, for, as it was known that animals were but rarely perfectly sound in their entire system, a more rigid search would have been nearly tantamount to depriving the people altogether of animal food. But, although a search for other diseased organs is not enjoined, any morbid condition observed by the practiced eye of the slaughterer insures the rejection of the animal.

### MEDICAL FRAUDS.—III.

#### Orificialists—Pockets.

THE new term, "orificialist," captures many people who are looking for new things, and who, as before remarked, are not aware that the "orificialist" is only the "pile doctor" of a few years ago, under a new guise,—who has changed his name but not his nature. The popular ignorance regarding medical subjects is "the goose that lays the golden egg" for the quack, and especially for the rectal quack. For the average individual, the word *piles* is filled with nameless terrors, and brings to his mind pictures of horrible sufferings, terrible and indescribable tortures, depleting hemorrhages, and a long list of ills, including in the category almost every malady to which the human body is subject. These notions are cultivated and propagated through the medium of nostrum advertisements and patent medicine almanacs.

Every intelligent physician knows that no part of the body is so subject to slight dilatation of the veins and thickenings of mucous membrane, as is the rectum, and it is probable that not one person in forty who has ever suffered for any length of time from constipation of the bowels, is free from some degree of venous dilatation, or thickenings of the mucous membrane, which would be pronounced by the rectum charlatan as a "pile." At the same time, every intelligent physician is aware that in at least nineteen cases out of every twenty, the individuals in whom the conditions named are present, are entirely unaware of their existence, and suffer not the slightest injury or inconvenience from them.

There is no more reason why a slight thickening or excrescence in the rectum, should produce a serious and complicated train of ills in the human body, than that a similar condition on the surface of the body, in the mouth, or in the nose, should produce such a state of things. The rectum is an organ intended by nature for an outlet of food residuum and various waste substances; and is accustomed to what might be termed comparatively rough usage. The mucous membrane lining the rectum is much less sensitive than that lining the mouth, or the upper orifices of the body. Certainly, nature would have made a great mistake to have placed the most delicate organ of the body, and the most sensitive and important nerve structures, in so dangerous a region. Will our "orificialists" tell us what benefit the body is likely to derive from an arrangement so patently absurd? Nature, or God through nature, does nothing uselessly or without a purpose; and a law which prevails throughout the entire organism is that those structures which are the most delicate and the most important in their relation to other structures, are always the most thoroughly protected from injury, and placed as much out of harm's way as possible. According to the "orificialist," the rectum is a great exception to this rule. He represents it as the center of nearly all the ills to which the human body is subject, the headquarters, so to speak, of the demons of disease which prey upon the human form,—a veritable Pandora's box, out of which he can extract any malady which the



sufferer may announce himself as being possessed of, and out of which he also brings, by the magical use of his speculum, gold nuggets for himself.

A man consults a rectal specialist, tells him he has the headache, backache, or dyspepsia, or a torpid liver, a rheumatism, a sore throat, a nasal catarrh, or a consumption, or any other of the thousand and one maladies in the nosological tables; the "orificialist" at once makes a diagnosis of "piles," or some kindred malady, subjects the patient to an examination, and sure enough, finds either a "pile," or something which to the eyes of an ignorant by-stander he can make to appear to be a "pile," and so his diagnosis is confirmed. As we have before intimated, it is probable that the majority of healthy persons have slight thickenings of the mucous membrane of the rectum, or dilatation of its veins; consequently, the specialist will seldom make an error when he makes a diagnosis of "piles" the moment he sees his patient. These "piles" may have no relation whatever to the maladies from which the patient is suffering. In ninety-nine cases out of a hundred, they are a consequence of the maladies, rather than a cause. They are the natural result of dilatation of the veins, occasioned by straining at stool, or the interruption of the circulation produced by the accumulation of hard masses in the lower bowel; and to regard them as the cause of constipation, dyspepsia, and other maladies with which they are frequently connected, is as absurd as to mistake the fruit of a tree for its roots; and to undertake to cure the maladies named by removing their consequences in the rectum, is equally as philosophical as to undertake to destroy a Canada thistle by picking off its blossoms, or to kill a tree by shaking off its fruit.

Hemorrhoids, and many other forms of rectal disease, are the consequence of an inactive state of the bowels, an inactive liver, and other maladies of the digestive organs, rather than the cause. The "pile doctor" reverses the relation of cause and effect, simply because it is much easier to pluck off a hemorrhoid than to extract by the roots a torpid liver or a disordered stomach. It is certainly a much simpler thing to dilate and prune the rectum than to make a new stomach or a new liver for a dyspeptic, and many persons would sooner submit themselves to a painful ordeal in the way of an operation, and pay a liberal fee in addition, than to practice the daily self-denial necessary for a proper control of the appetite, and the adherence to necessary dietetic rules; but can any intelligent person be made to believe, even by the sophistries of the "orificialist," that doing penance by means of rectal surgery will not only answer as a

penalty for years of dietetic sinning, but at the same time serve as a work of supererogation, sufficient, with the "orificialist's" fee, to give one a bill of indulgence for any amount of transgression in the future?

But we have certainly given enough attention to the absurd philosophy of this new class of quacks who are besieging the country with their advertisements, and torturing the unwary with their unnecessary and bloody operations. It cannot be supposed that even the ignorance of the average "orificialist" is so dense as to make it possible for him to believe the theory which he propounds in his advertisements. Any one who will carefully peruse the documents published and so widely circulated by this new species of quack, will be convinced that the philosophy of so-called "orificialism" is simply a concoction of words compounded for the purpose of deceiving the ignorant and the unthinking, and filling the pockets of charlatans with ill-gotten gains. Certainly there is no business so infamous as that which thrives upon the suffering of human beings, and no means of obtaining a livelihood so degraded as that of the man who subjects men, women, and children, to unnecessary and painful operations, for the mere purpose of being able to collect a fee for the injury inflicted. The business of the hangman, or the public executioner, commonly looked upon as fit only for an ex-convict or a pardoned criminal, is respectable, compared with that of the class of men referred to.

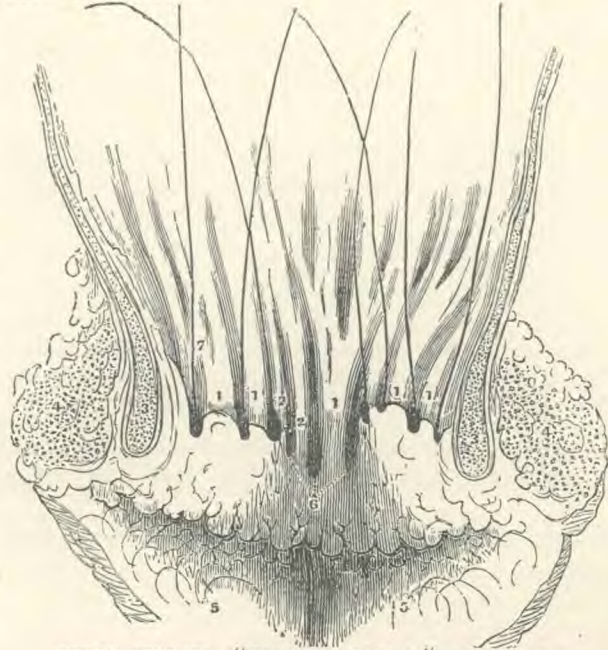
The voracity of the "pile doctor" seemed to be insatiable, as he did not hesitate to attack every "pile" that came within range of his speculum, big or little, mischief-making or harmless, provided the possessor had a fee to tender. But the "orificialist" does not restrict his operations simply to the unnecessary removal of harmless hemorrhoids. In order to attract attention, and to throw an air of novelty about his business, he assumed a new title; and to open up to himself new worlds to conquer, or rather new fields for pillage, he set himself about inventing new and unheard of maladies with which to strike terror to the hearts of the uninformed and quack-be-ridden public. Finding in the anatomies (for even the quack sometimes looks into an anatomy, to obtain some new term or fact with which to impose upon his patient, after the manner of Thornhill in the "Vicar of Wakefield") descriptions of certain folds in the mucous membrane of the rectum, well known to anatomists as rectal pouches, he sees rising up before him mountains of wealth, and finds in every rectum a source of plunder. These so-called "pockets," properly known as rectal pouches, were discovered more than half a century ago. The accompanying cut is a photo-en-



graving copied from an anatomical atlas, by Henry H. Smith, M. D., of Philadelphia, which has been in the possession of the writer for more than fifteen years, and was copyrighted in 1843, the preface bearing the date of 1845. These pouches have a necessary and very important function to perform. At the bottom of each of them are to be found large numbers of glands, which secrete a somewhat viscid mucus, which the "pockets" serve to retain, for the purpose of lubricating the contents of the bowels just before their emergence from the anus, and thus preventing irritation to the lower orifice of the alimentary canal. In the cut, the figures 1, 1, 1, 1, show the columns of the rectum, between which are the pouches, indicated by the bristles shown in the dark lines, the ends of which are placed in the "pockets."

The "orificialist," taking advantage of the ignorance of the people on medical subjects, describes the pouches as "pockets" which are the result of disease, announces them as a new discovery made by "orificial surgeons," and in his examination, pulls out upon his little scoop a quantity of the mucus found in each pocket, and exhibits it as foul matter which the system ought to throw off, but which is retained in these dreadful "pockets." He assures the patient that his headache, backache, toothache, or whatever malady he may have, is certainly due to the accumulation of impurities, and that the only help for him lies in the opening of the sewers of the body, which

must be done by slitting up the rectal "pockets" or cutting off their bottoms. Assuredly nothing but injury can result from destroying these natural and needed structures.



RECTAL POUCHES—"POCKETS" OF THE "PILE DOCTOR."

In our next issue, we shall call attention to another of the fraudulent practices to which "orificialists" are addicted, and will conclude what we have to say regarding this class of quacks.

We are glad some English writers of prominence protest against the practice of sending children out in the cold with bare legs and heads. Children should be clothed from head to foot, at all seasons of the year. The clothing should be carefully adapted to the season and the weather.

**PAINLESS TOOTH-EXTRACTION.**—Dr. Henocque, an eminent physician whom the Editor had the pleasure of meeting a few months ago, in Paris, asserts that the extraction of the teeth may be made a painless operation, by applying the ether spray to the external ear. The cold produced by the spray benumbs the dental nerves, and so prevents pain.

**COWS AND CONSUMPTION.**—A German authority asserts that five per cent of all cows are tuberculous, and that the milk of tuberculous cows is very likely to be a source of infection. An investigation of the milk of twenty tuberculous cows, proved it to be certainly infectious in eleven cases, and capable of communicating the disease to guinea-pigs.

A MALE native of Terra del Fuego, now in London, has for his daily rations five and one half pounds of lean, boiled horse-flesh, two pounds of raw fish, one or two eggs, and four pints of water. Like his countrymen, he is sleepy and drowsy most of the time, which is doubtless due to the poisoning of the system with the products resulting from the action of germs upon the food during digestion.

**THE PURIFICATION OF WATER BY ELECTRICITY.**—In a paper recently read before the British Association, a method was presented for utilizing electricity as a means of decomposing impurities found in contaminated water. It is claimed by the inventor of this system, that the worst water can thus be made entirely pure, germs being entirely killed, and the filtering material kept clean. The process is indorsed by so eminent a chemist as Professor Roscoe. There will assuredly be secured to this new method of water purification the attention of sanitary engineers, and it certainly is to be hoped that it may prove satisfactory.



THE New York *Weekly* thinks more harm is done by tight foot-wear than by tight-lacing. We think this view is somewhat extreme, but certainly tight shoes are a source of no small amount of mischief.

THERE is said to be a Mexican plant which induces a sleep similar to, if not identical with, the hypnotic state. It is called by the natives, "the herb of prophecy," and under its influence the patient is rendered insensible to ordinary things, but answers questions, and obeys commands. It is not stated whether the influence is obtained from an infusion of the herb, or simply by contact with its leaves and branches.

THE director of the Hungarian Bureau of Statistics, has made an investigation of the influence of age of parents upon the vitality of the children. His examination includes the investigation of 24,000 cases. His conclusions are that children whose fathers are less than twenty years of age are weakly. Children whose fathers are over forty years of age are also likely to be weakly. The healthiest children are those whose parents are over twenty, and under thirty-five years of age.

ANCIENT STOMACH-WASHING.—An antiquarian has raked up from amongst the tomes of some old library, a work describing a stomach-brush, which consisted of a brush of horse-hair attached to the end of a round staff, the purpose of which was to scoop out the stomach of those whose digestive organs needed cleansing in this manner. If applied according to the directions, this instrument, which was invented nearly two hundred years ago, would have been very effective, though we can hardly credit the claims of its inventor, who attributes to it as great curative potency as the "orificialist" attributes to his "sphincter-stretching."

CLEAN MILK.—Milk entirely free from dirt is not easily obtained. It is true that by boiling it, it may be sterilized, that is, the germs contained in it may be destroyed, so that no infectious disease can be communicated by it; but the idea of eating even sterilized germs is not the most appetizing. The centrifugal separator shows that milk which has been strained two or three times in the usual manner, still contains some considerable quantities of dirt, such as, hair, dust, and germs, among which are to be found the microbes which produce consumption. The centrifugal cream-separator promises to be one of the most important of recent inventions relating to the preparation of food.

DR. LAWSON TAIT protests against the common custom among fashionable mothers, of keeping their young daughters engaged for hours in the employment of piano-thrumming, to the inevitable detriment of their health, both mentally and physically.

THE *Christian Advocate* gives an account of a boy who, after receiving a severe wound on the head, began to exhibit derangements quite new to him,—lying, stealing, and conduct of the most brutal kind. It occurred to an acute physician to examine the wound. Finding the skull depressed, it was raised, and a splinter of bone removed from the brain. The boy recovered rapidly, and the vicious derangements immediately disappeared. If moral obliquity of every sort could be overcome by trephining, the way would be open for the rapid renovation of society.

A MODERN form of drunkenness for those who would avoid notoriety, is the consumption of Jamaica ginger. A church officer of an Eastern church lately accused his pastor of using intoxicants, and Dr. Day, of Boston, was called, as an expert, in the trial, when a large number of ginger bottles were found in the clergyman's private study, which with some other evidence, went to show that he was secretly addicted to this vice. In regard to Jamaica ginger, Dr. Day is reported as saying: "It takes the strongest kind of alcohol to preserve Jamaica ginger, and the tincture of this substance is extremely inebriating when used even in small quantities. I knew a patient who used to get drunk on a spoonful or two of this stuff, and there is n't any doubt that a great many people use it as an intoxicant."

WILL-DESTROYERS.—One of the greatest dangers of the age is the growing evidence of inherited will-weakness. There are thousands of persons born with that form of mental deficiency which involves will-weakness, and it is no wonder that these unfortunate individuals become the subjects of uncontrollable impulses, which lead to murder, and other crimes of violence. Careful study of the causes of the inherited predisposition to this form of mental unbalance, reveals the fact that one of its potent causes is the habitual use of narcotics, among which may be enumerated alcohol, opium, chloral, cocaine, tobacco, probably also tea and coffee. When indulged in to any considerable extent, it is a noticeable result of tobacco, tea, and coffee, that their pernicious effects are much more pronounced in the children of those addicted to the poisons named, than in the transgressors themselves.



A FRENCH naturalist, M. Giard, has made a curious discovery with reference to the phosphorescence of crustacea. He has traced it to bacteria in the muscles, which were found to be diseased. He inoculated healthy specimens, which shortly presented the same luminous appearance, and after the lapse of three or four days, died, giving out phosphorescence until death, and a short time after.

ACCORDING to Adele M. Field, in *Popular Science Monthly*, the vegetarian Chinaman manages to support himself and several relatives on from eight to fourteen dollars a year, food, clothing, tonsorial services, and tobacco, being thrown in with the salary. The ordinary day-laborer gets from eight to ten cents for his day's work, with his dinner thrown in. The highest wages in harvest time is thirty cents a day, the laborer to feed himself. Food averages a little more than a dollar a month for each member of a farmer's family. One who buys, cooks, and eats his meals alone, spends from one and a half to two dollars a month upon the raw material and fuel. Two pounds of rice, costing three and a half cents, with relishes of salt fish, pickled cabbage, cheap vegetables and fruits, costing one and a half cents, is the ordinary allowance to each laborer for each day. Abernethy's advice to a luxurious patient, "Live on sixpence a day, and earn it," is followed by nearly every Chinaman. One or two dependent relatives frequently share with him the sixpence.

BAYARD TAYLOR ON SUN-BATHING.—The sun-bath is unquestionably one of the most potent of curative agents. We have seen hundreds of instances of beneficial results through the use of this natural curative means. A subscriber calls our attention to the following passage in Bayard Taylor's "Journey through India in a Banghy-Cart":—

"On getting into the cart at the last station before reaching Khurder, the step broke, and as I fell, my knees struck on the projecting bolt, causing such intense pain as almost to deprive me of my senses. By the time we halted again, the joint was so stiff that I could scarcely bend it. The hurt produced such a chilliness that my teeth chattered, and I was fain to sit in the sun while breakfast was preparing. The morning was scorchingly hot, and I noticed that the heat seemed to draw out the pain in the injured limb; in fact, after sunning it half an hour, I was able to get up and walk as usual, and thenceforth never felt the slightest inconvenience from the injury. This is a case of sun-cure which I recommend to any one who is anxious to start a new system of healing."

DEATH FROM CHILLING THE STOMACH.—Mr. Ira Payne, a well-known American gentleman, not long since lost his life, in Paris, as the result of drinking two glasses of iced beer. The gastric mucous membrane is frequently in receipt of permanent injuries in this way.

AMMONIA BAKING-POWDERS.—Many baking-powers are adulterated with carbonate of ammonia, a cheap chemical substance. Many bakers are in the habit of using ammonia in some form as a "raising" ingredient, in cakes and other pastries. There are two facts in this connection which ought to be generally known, the first of which is that ammonia is not entirely driven off by heat. There are many experiments, the details of which we will give in future articles, which show that a considerable percentage of ammonia, when used in the form of a carbonate, is retained in the bread and cakes raised with this material, even twenty-four hours after being taken from the oven. Second, it should be known that ammonia is a poisonous substance. When taken into the stomach for any considerable time, it greatly impairs its action, by neutralizing the gastric juice. When absorbed, it injures the red blood corpuscles, thus affecting the nutritive processes of the entire body.

RIDER HAGGARD AND VEGETARIANISM.—According to the *Philadelphia Times*, Rider Haggard, the famous author, has recently become a vegetarian. He has found, by careful experiment, that he can work longer and to better effect on a diet from which beef, mutton, and other articles of flesh food are excluded, than when freely indulging in the use of flesh meat. He also says that he finds as the result of careful observation, that his imagination is more active when living upon a vegetarian diet. In this respect, Mr. Haggard's experience coincides with that of others who have made similar experiments. Sir Isaac Newton, when pursuing the most abstruse mathematical studies for the purpose of demonstrating the law of gravitation, confined himself to a diet of bread and water, that he might thus secure the highest degree of intellectual activity and clearness. Only the purest food is capable of conversion into the purest blood, and only the purest blood can support the highest and best kind of mental activity. We think it safe to predict that the philosophers of the next century will follow the example of Pythagoras, and other philosophers of ancient Greece, who abstained from flesh food as religiously as the Jew does from the use of swine's flesh.



# DOMESTIC MEDICINE



**A SIMPLE REMEDY.**—A child of three months old was suffering from umbilical hernia, or protrusion from the navel. The truss which had been provided produced so much irritation that it was obliged to be removed. The doctor improvised a remedy which worked admirably, by taking one fourth of an ordinary skein of soft white yarn, and tying a knot in the middle, and then tying the yarn about the body, placing the knot in such a position as to rest upon the protrusion. After wearing this simple appliance for two or three months, the child was entirely cured.

**ITCHING WITHOUT ERUPTION.**—One of the most obstinate forms of pruritis is that which is not accompanied by eruption of any sort. Elderly people are particularly subject to this form of the disease. The following remedies are recommended by an eminent French professor, as being very valuable in such cases: After washing the entire body, at night, just before retiring, with a quart of warm water containing two drams of a solution of carbolic acid and half a pint of vinegar, then dust over the entire body with powder consisting of five drams of salicylite of bismuth and three ounces of starch, or three drams of salicylic acid and three ounces of starch.

**A NEW REMEDY FOR RHEUMATISM.**—Probably there is no one disease for which so many different remedies have been suggested. The latest remedy advised, and which is said to be in popular demand, consists in exposing the patient to the stings of bees. The insects are applied in the neighborhood of the affected part, and the stings are repeated until a cure results. A French physician recently made a report to the Academy of Medicine at Paris, of one hundred cases of acute and chronic rheumatism treated by this method, and, as he claimed, with success. According to the report, it requires, however, an average of nearly three hundred and fifty stings for each patient, to affect a cure. Probably the majority of persons would prefer the disease to the remedy.

**A REMEDY FOR ERYSIPELAS.**—Dr. Wolfer, an assistant of Prof. Bilioth, of Vienna, cures erysipelas by surrounding it with strips of sticking-plaster. He finds that the disease rarely, if ever, extends beyond the limits of the sticking-plaster. This may be called the mechanical method of treating erysipelas. We have succeeded in many cases of the sort, by surrounding or covering the affected part with collodium.

**DRAIN SORE THROAT.**—This is a name applied by Dr. J. C. Cameron, to a form of disease which has been observed by sanitarians and physicians, to have resulted a number of times from poisoning of the house atmosphere by sewer gas. The principal symptoms of "drain sore throat" are an irritation similar to the rash of scarlet fever, a high temperature from enlargement and ulceration of the tonsils, and in some instances suppuration of the tonsils, an appearance similar to that of diphtheria. The term "drain sore throat," is a good one, and the causation of sore throat by sewer gas affords an explanation of the frequent occurrence of outbreaks of this disease, in which whole families are stricken down at once.

**A NEW REMEDY FOR SEA-SICKNESS.**—Any one who has suffered from a severe attack of sea-sickness, will be grateful for any means which offers relief. The following remedy, suggested by a Russian physician, is guaranteed to be an effective means of curing the worst cases of sea-sickness, and of avoiding it when the symptoms first begin to make their appearance. The remedy consists of making long and deep inspirations. About twenty breaths should be taken each minute, and as deep as possible. After thirty or forty inspirations have been taken, the symptoms will be found to abate, and in a few minutes will disappear altogether. If the symptoms reappear, the deep breathing should be at once resorted to. If the testimony of the dozen or more persons who have tried the remedy can be believed, speedy relief can be obtained.



**A PILLOW-CURE FOR COUGHS.**—A lady who was a great sufferer from chronic lung trouble, which produced an almost incessant cough, by which she was broken of her rest, reported that she was cured of her cough by sleeping on a pillow made from pine shavings. The lady claimed to have recommended the same cure to several others who were troubled in the same way, with the result of relieving the cough, as well as the various bronchial affections, promptly. Persons troubled with chronic cough, especially one unusually troublesome at night, may find this simple remedy an effective means of relief.

**A NEW REMEDY FOR SHINGLES.**—This malady, known to physicians as herpes zoster, is often very unyielding to ordinary measures of treatment, lasting sometimes several weeks, and accompanied by most excruciating neuralgic pains. A French physician has recently called attention to the fact that the irritation and pain may be greatly relieved by an application of an alcoholic solution of resorcin, thymol, menthol, or tannin; two parts of resorcin, two of tannin, three of menthol, one of thymol, should be employed to one hundred parts of alcohol. Cloths wet in either one of the solutions named, and applied over the seat of the disease, being covered with oiled silk or muslin, or rubber cloth, is said to give very prompt relief, which becomes permanent if the applications are renewed every few hours.

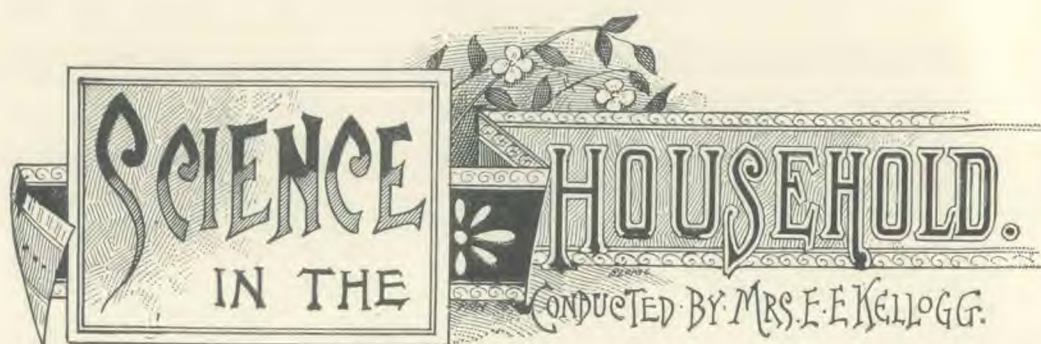
**A MEDICAL USE FOR THE UMBRELLA.**—The inhalation of steam or moist air is one of the most important means for the treatment of croup, diphtheria, and other diseases of the air-passages. Young children, from irritability or timidity, frequently resist all attempts to induce them to breathe through tubes, or even to hold the head near the mouth of an open tube attached to a tea-kettle, or some other steam-generating apparatus. A Scotch medical journal suggests, as a means of accomplishing the desired end, an arrangement which is convenient and effective. It consists in adjusting over the bed an open umbrella, which may either be attached to the head of the bed, or suspended from the ceiling. Over this is thrown a large sheet, which falls about the patient like the walls of a tent. Into the inclosed space is introduced a tube connected with a steam-generating apparatus, and thus an atmosphere completely charged with moisture is readily created. The child inhales the moist atmosphere without struggling, and even without knowing that any unusual application is being made. This remedy is very valuable in cases of dry croup, and in severe cases of diphtheria.

**A NEW MEANS OF EXPELLING FOREIGN BODIES WHICH HAVE BEEN SWALLOWED.**—Prof. Bilroth, of Vienna, a great Austrian surgeon, employs at his clinic the following simple means of expelling foreign bodies which have passed into the stomach. The patient is simply made to eat a large quantity of potatoes. These have a tendency to produce a gaseous distension of the bowels, and fill the intestines with a pulpy mass, which entangles and sweeps away the foreign body, whatever it may be.

**SICK-ROOM DISINFECTION.**—An eminent German professor has been examining the air of sick-rooms, and finds that if the room is closed completely, so that there is no disturbance of the air, all the germs will settle on the floor, within an hour or two after the apartment has been shut up. Then the room is quietly entered, and the floor, walls, furniture, and all other articles, wiped with cloths dampened with a strong solution of corrosive sublimate. The room may be considered as thoroughly disinfected. This method will not, of course, secure the thorough disinfection of crevices in walls, or cracks in floors, and will be useful only in rooms in which no such hiding-places for germs exist.

**DIABETES.**—When this disease occurs in fleshy people, it is almost invariably due to an error in diet. In consequence of the excessive use of sugar, the liver cells have undergone such changes as to render them incapable of transforming the sugar brought to the portal vein from the digestive organs, into liver starch, and again transforming it in small quantities into sugar, which the organ doles out to the body as is required by the system. In consequence of these changes, the portal blood is allowed to pass directly into the circulation, and the sugar is eliminated by the kidneys. When this disease appears in lean persons, it indicates a more serious change, and a failure on the part of all the cells in the body which are employed in the consumption of sugar, so that it is a much more serious disease. The first form of the disease may be controlled by a regulation of the diet, carefully avoiding all sugar and starchy articles. But in the other form of the disease, diet has no influence, other than to lessen slightly the amount of sugar; the patient's condition is commonly not very much improved. Possibly the first form of the disease is a very common one, and its cause must be well understood; and as this disease is alone controlled by diet, and is rarely entirely cured, it is much better to prevent the disease altogether, by avoiding the excessive use of sugar, and all starchy articles of food.





### HELPS FOR THE INEXPERIENCED. — 3.

DIFFERENT effects upon foods are produced by the use of hard or soft water. Peas and beans boiled in hard water containing lime or gypsum, will not become tender, because these chemical substances harden vegetable caseine, of which element peas and beans are largely composed. For extracting the juices of meat and the soluble parts of other foods, soft water is best, as it more readily penetrates the tissues; but when it is desired to preserve the articles whole, hard water will be found better for the purpose.

Foods should be put to cook in cold or boiling water, in accordance with the object to be attained in their cooking. Foods from which it is desired to extract the nutrient properties, as for meat soups, broths, extracts, etc., should be put to cook in cold water. Foods to be kept intact as nearly as possible, as vegetables, grains, macaroni, etc., should in general be put to cook in boiling water, and as by long boiling, water loses much of its goodness, they should

always be put in when first the water begins to boil.

A general rule applicable to all vegetables, is to cook them in as small an amount of water as possible without burning. Much of the nutrient juices of vegetables are lost in the water in which they are cooked; and if the quantity used is considerable, the amount of nutriment thrown away when vegetables are drained, often equals that retained, in food value.

Fruits likewise should be cooked in a small quantity of water, and sugar should not be added during the cooking process. Sugar boiled with an acid will be converted into glucose in a very few minutes, two and one half pounds of which only equal one pound of sugar in sweetening properties.

The various grain preparations used as food, require different amounts of water, according to the kind of grain, the manner in which it has been milled, and the consistency desired when cooked; but boiling water should be used for the cooking.

### CO-OPERATIVE HOUSEKEEPING.

BY S. ISADORE MINER.

THAT the state of society, especially in regard to the relations of the household, is coming to be one of the live issues of the day, is evidenced by the problematic character popular authors are giving to their writings. Not only do the newspapers deal largely in social problems, but the best magazines are devoting considerable space to a series of papers on such topics,—papers to which the statesman does not deem it beneath him to contribute, so involved have the wheels within wheels of our domestic machinery become. From out all this introspection, as a remedy for not only the servant-girl question, but the question of enforced economy, has evolved the co-operation of industries, or, to particularize, co-operative house-keeping.

When first the project is launched upon the uninitiated mind, so overpowering is its very newness, that the whole thing strikes one as wild and impracticable. It is only when the system has been carefully studied that its advantages and feasibility become patent. Once open to conviction, and the day is won.

Co-operative housekeeping is, like the Republic, by the people, for the people, and of the people. It is a friend to rich and poor alike. It solves the household-servant problem from both stand-points by doing away with both mistress and maid, and that without inconveniencing the former or robbing the latter of employment. It does away with the incompetency of hired help, by affording training-schools for all kinds of work, and lightens expenses in the manifold



ways possible only to the purchaser on a large scale.

Briefly stated, the basis of co-operative housekeeping is as follows: A sufficient number of households are banded together to adopt the new system. A co-operative kitchen, laundry, and place of general work is secured, and a bureau of managers elected by the company, to attend their interests. At this point the householder is absolved from further obligation, except that all "wants" must be sent in sufficiently long beforehand to insure satisfactory results. The bureau employs and trains the necessary help, without any interference on the part of the householder, and the "help" are responsible to the bureau alone for conduct, and to the bureau alone can the householder make complaint.

From the kitchen is sent, per order, the well-cooked viands, to each family table, with an employee to serve them; if desired. The laundry is managed as is any city laundry, and from the bureau for general housework, may be obtained the regular services of a chambermaid, housemaid, etc. By this means, all supplies can be ordered by quantity, and secured at wholesale rates, and all other work be performed at cost. The labor, thus aggregated, may be done by a tithe of the workers employed under the separate household *regime*; one fire serves to cook and launder for all, and a kitchen with all its infinite accessories, is a delightful unnecessary in the home. This saving in house room and furnishings would be no insignificant sum, as no provision need be made for housing or boarding servants; for servants are no

more; they are employees, and as such, wait upon you at your home in the same capacity as does the clerk in his employer's store, with as little thought of servitude on their part, and no further obligation on yours.

Even outside the ranks of the rich or the comfortably well-to-do, would this system work its favorable changes. Less room being required, rents would be cheapened, and the lessened expense in fuel and provisions would allow of a more varied and nourishing *menu*, and that uniformly well cooked. A scanty and improper diet would no longer furnish a plea for the use of stimulants, and fewer diseases and doctor's bills would be incurred, there being even no call for germ-breeding cellars or garbage receptacles about the dwelling. Again, it would leave the housewife in a measure free to pursue some remunerative occupation, if necessary, — some employment more congenial, and which she may be more suited to follow, perhaps, than housekeeping.

No doubt it will add to the interest in the theory of co-operative housekeeping, to state that it has already been successfully operated. At one town in France, not far from Paris, it has been in existence twenty-nine years, with what success may be inferred from the fact that beginning with six hundred persons, it now numbers two thousand. And nearer home, in Chicago, a co-operative laundry gives perfect satisfaction, while any college or university town can furnish us examples of how well a co-operative boarding-club may serve the needs of students with limited means.

## CUSTARD DESSERTS WITH APPLE.

BAKED APPLE DESSERT.—Bake good, tart apples; when done, remove the pulp, and rub it through a sieve; sweeten and flavor with grated pine-apple or grated orange or lemon rind. Put in a glass dish, and cover with a simple boiled custard. Bits of jelly may be scattered over the top.

APPLE SNOW.—Bake or steam a half dozen tart apples, and rub the pulp through a sieve. Add sugar according to the acidity of the fruit. If the apples are not very tart, then the flavor may be improved by adding the juice of half a large lemon, and a little of the grated rind; or a tablespoonful of grated pine-apple may be used instead of the lemon rind. Beat the whites of two or three eggs to a very stiff froth, and add by degrees the prepared apples. Beat all together for an hour, or until it stands quite stiff when taken in a spoon. With the yolks of the eggs, make a

simple custard for the bottom of the dish, and pile the snow high in rough spoonfuls on the custard.

APPLE CHARLOTTE.—Take three cups of nicely stewed tart apples, which have been beaten smooth or rubbed through a colander, and sweetened to taste. If the sauce is thin and very juicy, place it upon the range, and simmer slowly till it is of the consistency of thick marmalade or jelly. Add to the apples four tablespoonfuls of grated fresh or canned pine-apple, for flavoring. Remove the hard crusts from slices of light whole-wheat bread, and spread them quite thickly with the prepared apple, and pack in layers in a pudding mold. Cover with a simple custard made of three tablespoonfuls of sugar, two eggs, and a quart of milk. Let stand a half hour, then bake. Do not press the bread, or beat it after the custard is turned on, as that will be likely to make the pudding heavy.



## QUESTION BOX.

[All questions must be accompanied by the full name and address of the writer, as it is often necessary to address by letter the person asking the question.]

**PEANUTS AS FOOD.**—J. B. A., Tex., asks whether peanuts have any special food value; if so, whether they are of the same class and value as beans.

*Ans.*—Peanuts have a high nutritive value, but are rather difficult of digestion. They are rendered less digestible by roasting, as the oil is freed by the heat, and partially decomposed. While it is probable life can be sustained, at least for a time, on peanuts, they are by no means equal to beans as a food for human beings.

AN Oregon subscriber writes as follows: "We are troubled, in this section, with radish seed among the wheat in such quantities that it is impossible to winnow it out, and in consequence, a great deal of our flour is very yellow. Please state whether this flour, thus adulterated, is injurious. Also, please state whether there is any truth in the belief that carrots eaten raw, prevent children from having worms, and keep them healthy."

*Ans.*—1. We have had no experience as regards the use of radish seeds as food, and hence can give no information on the subject. We should be glad to be informed if any bad results are observed from the use of the flour described by our correspondent.

2. No. Carrots are of small nutritive value, and form a very coarse diet, better suited to cattle than to human beings.

**BLACK HEADS.**—A subscriber wants to know a positive cure for "black heads" on the face. He writes that his back and chest are also covered, at intervals, with reddish pimples. Is troubled with constipation from his sedentary life, but uses neither liquor nor tobacco, and has regular habits. Is twenty-four years of age. Takes a good many Turkish baths, nutritive tonics (beef, iron, and wine), also has taken a good many bottles of Cuticura Resolvent. Would like instructions as to daily living.

*Ans.*—"Black heads," or comedons, are not usually due to bad diet, but to an unnatural state of the skin, in which the secretion of the sebaceous follicles of the skin is too solid in character, so that it is not readily discharged from the follicles. Rubbing the affected parts with some fine oil at night, and applying a shampoo in the morning, or bathing the parts with a strong alkaline lotion, are useful means of affording temporary relief. The affection is not always easily cured.

**HOW TO GAIN FLESH.**—I. K. B., Wash., wants a recipe for putting on plumpness. Feels better after eating a light meal than after a hearty one.

*Ans.*—Eat all the good, wholesome food you are able to digest. The diet should be chiefly of fruits, grains, and milk. The free use of milk and cream is especially to be recommended. Take a moderate amount of exercise in the open air, daily; sleep ten hours out of the twenty-four, and keep the mind free from worry. This prescription ought to add two or three pounds a week to your weight. If it does not, your case must be considered pretty much a hopeless one.

**IMPERFECT DEVELOPMENT.**—A Texas subscriber inquires what course of treatment, diet, or gymnastics we would recommend for a girl of seventeen, who, through lack of bodily exercise and too close application to study, is markedly deficient in physical development. Has been reared entirely alone; never manifested any desire for plays or amusements; intellect developed beyond years; parents tall, but child slim, delicate, and but five feet in height.

*Ans.*—The best thing which could be done for the young lady in question, would be to send her to a good sanitarium where she could be placed in a gymnasium, and under careful medical supervision. To send such a person to an ordinary gymnasium, or to prescribe vigorous out-of-door exercise, or gymnastics on general principles, would be to subject her to serious injury, as it is probable that the neglect of exercise has resulted in such serious physical defects, such as imperfect development of the ligaments which support the internal organs, etc., that the first attempt to obtain a better development, by engaging in any real muscular work, would result in serious injury, which months, or even years, of medical attention might be required to remove. Consequently, the cure must be undertaken with great discretion, and only after a thorough physical examination has been made, and the exact nature and extent of the existing defects recognized, so that precisely the proper remedies, carefully graduated to the patient's condition and strength, may be prescribed. We have met numerous cases of this sort, in which the neglect of these precautions have resulted in great mischief, so that the patient was made worse, rather than better, by the very exercise which if carefully regulated might have resulted in the greatest good.



## LITERARY NOTICES.

THE brother of President Harrison's private secretary, Mr. A. J. Halford, has written for the March number of the Philadelphia *Ladies' Home Journal*, an article on "Mrs. Harrison's Daily Life in the White House," prepared with the consent and assistance of Mrs. Harrison. A new portrait of the Lady of the White House, especially taken for this article, and a view of the up-stairs family rooms of the Executive Mansion, are among the illustrations which will accompany Mr. Halford's first magazine effort.

THE *Jenness-Miller Magazine* for February sustains the high reputation that it has already won, and contains in its table of contents, a list of subjects calculated to attract attention. The physical culture article by Miss Jenness, has many valuable suggestions, and the second chapter in the serial story, "The Philosopher of Driftwood," by Mrs. Jenness-Miller, is full of strong and absorbing interest. The magazine is finely illustrated, and for original and artistic models of dress has no rival among the fashion publications of the day. The Jenness-Miller Pub. Co., 363 Fifth Avenue, New York.

*Demorest's Magazine* for March contains 196 illustrations. Its opening article, "Sketches from the Riviera," the Mediterranean coast-district of Italy, has a view of Nice, besides much other scenery of that region. An interesting record of an experience in natural history, is "A Transformation in a Pickle-Jar," by E. M. Hardinge. "A Bound Book," with all its minute detail of description and illustration, is by Leila S. Frost. Florence Howe Hall gives some excellent advice in regard to the "Art of Letter-Writing." There is much of decorative instruction and design, artistic and household notes, etc. W. Jennings Demorest, New York City.

THE interesting fact is announced by Messrs. Charles Scribner's Sons, that they have acquired from Mr. Henry M. Stanley all the American rights for his personal narrative of the expedition for the relief of Emin Pasha. Prior to the appearance of the complete work, *Scribner's Magazine* will publish an article upon his last journey, by Mr. Stanley. It will be illustrated, and is certain to be as important a contribution as any that has ever appeared in an American magazine. Readers may have noticed that Mr. Herbert Ward, who was one of Stanley's officers, makes no mention of the expedition, in the article re-

counting his experiences upon the Congo, which appeared in *Scribner's* for February, the fact being that Mr. Stanley has reserved the sole right to describe this most remarkable of all his African undertakings.

THE March number of the *Chautauquan* presents the following varied and tempting array of subjects: "The Politics of Mediæval Italy," by Prof. Philip Van Ness Myers, A. M.; "The Archæological Club at Rome," by James A. Harrison, LL. D., Lit. D.; "Roman Morals," by Principal James Donaldson, LL. D.; "Life in Mediæval Italy," by the Rev. Alfred J. Church, M. A.; "Torquato Tasso," by Arlo Bates; "Traits of Human Nature," by the Rev. J. M. Buckley, LL. D.; "Moral Teachings of Science," by Arabella B. Buckley; "English Politics and Society," by J. Ranken Towse; "Robert Browning as a Poet," by John Vance Cheney; "Lotteries in the United States," by Edward N. Vallandigham; "Trusts, and How to Deal with Them," by George Gunton; "Pan-American Congress, by the Hon. W. P. Frye; "The Woman Question in Germany," by Frau J. Kettler; "Excursion Life in Florida," by Hezekiah Butterworth; Common Sense as to Christian Science," by H. M. Dexter, D. D. Meadville, Pa.

MARION HARLAND, the friend and helper of women everywhere, has taken up the work of restoring the ruined monument marking the burial-place of Mary, the Mother of Washington. One hundred years ago, this venerable woman was interred in private grounds near Fredericksburg, Virginia. In 1833, the cornerstone of an imposing memorial was laid by President Andrew Jackson. A patriotic citizen of New York assumed the pious task, single-handed, but meeting with financial disaster, was compelled to abandon it. Marion Harland says truly—in her appeal to the mothers and daughters of America to erect a fitting monument to her who gave our country a father—that "the sun shines upon no sadder ruin in the length and breadth of our land, than this unfinished structure." The publishers of the *Home-Maker*, of which Marion Harland is the editor, offer, as their contribution to the good cause, seventy-five cents out of every annual subscription of two dollars to the magazine, sent in during the next six months. Every such subscription must be accompanied by the words, "*For Mary Washington Monument.*" The offer is generous, and should meet with an enthusiastic response. The Home-Maker Co., New York.



## PUBLISHERS' PAGE.

SEVERAL subscribers have asked us our opinion of the "Wilford Hall Wonderful Medical Secret." We are in possession of this wonderful secret, and will give our readers the full benefit of the same in an early number of GOOD HEALTH.

\* \*

THE Good Health Publishing Company expect to bring out soon a new work on hygiene, which will be issued simultaneously in the English, German, French, Spanish, and Holland languages, there being an active demand for health literature in countries in which these several languages are spoken.

\* \*

W. H. WAKEHAM, of Iowa, has been appointed Field Secretary for the American Health and Temperance Association. Mr. Wakeham has been engaged in the ministry for a number of years, and is now spending a few months at the Sanitarium, fitting himself for this special line of work. His qualifications peculiarly fit him for the new field of work which he is about to enter, and his friends feel safe in predicting for him a most successful career.

\* \*

WANTED.—A large number of canvassers are wanted to engage in the introduction of our health publications, everywhere. A school for the special training of canvassers will be organized about March 1, at Battle Creek, Mich. A large number have already signified their intention of attending this school, and it is believed that it will be a very interesting and profitable vocation for all who are interested in the circulation of health literature. All who are interested in this matter should at once address the GOOD HEALTH PUBLISHING CO., Battle Creek, Mich.

\* \*

THE business of the Sanitarium Food Company has been increasing so rapidly within the last year or so, that they have recently had to make very extensive enlargements of their facilities for the preparation of the very excellent foods which are manufactured by them. These foods have come to be so generally used by those in health, as well as by invalids, that it is unnecessary to speak in commendation of them; but those who would like to know more of their merits, can obtain full information by addressing the Sanitarium Food Company, Battle Creek, Mich.

\* \*

By the request of Prof. King, Principal of the Preparatory Department of Olivet College, the Editor of GOOD HEALTH recently visited that literary center, for the purpose of giving an address before the students, on the subject of "Physical Culture," for the benefit of the new gymnasium lately added to the excellent facilities of that institution. The lecture was illustrated by stereopticon views, and was attentively listened to by a large and very intelligent audience. There is a growing interest in hygienic and sanitary subjects almost everywhere, and a qualified lecturer cannot fail to secure a good audience in any intelligent community. Young men and women are wanted to fit themselves for this work, as the calls for missionary effort of this sort are so numerous that the few individuals now prepared for this line of work, are quite unable to meet the growing demand for popular instruction on health subjects.

\* \*

DR. AND MRS. KELLOGG are preparing a new series of tracts on social purity topics, which will be ready within two or three weeks from the present time. The tracts will consist of eight

pages each, and the series will include tracts especially designed for young men, young women, and for mothers. These tracts may be widely circulated, with profit to those for whom they are especially intended, and will doubtless be largely used in connection with mothers' meetings and social purity efforts everywhere. Both Dr. and Mrs. Kellogg have had a large experience in this line of work, and are eminently qualified for the preparation of literature of this class. Dr. Kellogg has doubtless written more upon this subject than any other American writer, and his works on the subject have been more widely circulated than have those of any other author in this or other countries, the subscription circulation of a single volume having already amounted to nearly 150,000 copies.

\* \*

MISS EVORA BUCKNAM has been holding a series of cooking-schools at Bay City, Mich., during the last few weeks, and has met with excellent success. She is teaching Mrs. Kellogg's system of scientific cookery. At the time of her last report, she was conducting two classes which, together, numbered 153 pupils. There is a growing interest in scientific cookery, and no doubt schools of cookery might be organized in almost every large town and city in the United States, by persons competent to give instruction in this improved system. The cooking-school at the Sanitarium, under Mrs. Kellogg's direction, is now in session, and pupils may be received at any time. Between forty and fifty are in regular attendance at the school, and the interest is excellent. The large class is divided into sections, each of which has its regular hour for practice in the experimental kitchen, and thus practical as well as theoretical instruction is given. Persons interested in this matter should address, for further information, Sanitarium Cooking-School, Battle Creek, Mich.

\* \*

WILLIAM ARNOLD, of this city, whose extensive travels in various parts of the world have secured for him, among his friends, the title of the "Great American Traveler," has recently been canvassing this city for subscriptions to GOOD HEALTH, with the result that nearly seventy-five subscriptions were obtained in less than three days. Mr. Arnold was at the same time engaged in other matters, and only went out to canvass for GOOD HEALTH an hour or two at a time, when he was otherwise disengaged. Similar activity on the part of other friends of the journal, would secure for it a vast increase of circulation, within a short time. Probably there is no journal for which subscriptions can be taken more easily than for GOOD HEALTH, as each number contains a large amount of most valuable and interesting information, much of which cannot fail to interest those who are already quite conversant with hygienic subjects. At this season of the year, there ought to be at least five hundred canvassers in the field for this journal. We have reason for believing that a few weeks hence there will be at least a fifth of that number actually engaged in securing subscriptions for the magazine, and we should be glad to see twice that number thus employed. Every number of the journal is a missionary wherever it goes, calling attention to the health principles which it advocates, and which have been made a blessing to thousands, through its medium. How many of our old friends and patrons will volunteer to send us seventy-five or one hundred names for GOOD HEALTH for 1890?



# GOOD HEALTH

## SCIENTIFIC SUPPLEMENT.

---

FOR years the managers of GOOD HEALTH have contemplated the addition of certain features to the journal, which are evidently needed, but which the limited space has not heretofore permitted. The subject of practical hygiene has grown immensely since this journal was started, twenty-five years ago, and the almost daily discoveries and new developments in this line of knowledge, render it extremely difficult to present within the limits of a thirty-two page magazine anything more than a meager representation of the progress being made in this direction. There are also some subjects of a more strictly medical character, especially in the department of nursing, a consideration of which would scarcely seem to be appropriate in a journal devoted to hygiene, and intended for family reading, and yet are most worthy of attention. There are also many scientific questions which might not interest every reader, but which are of such practical importance, nevertheless, that they should be widely discussed. It is now proposed to publish in connection with GOOD HEALTH, a supplement to be known as "THE GOOD HEALTH SCIENTIFIC SUPPLEMENT," which will possess the following features:—

### *Home Training in Nursing.*

A department devoted to nursing, in which will be given a regular course of instruction in the science of nursing, by various competent writers. All branches of nursing will be considered—general nursing, obstetrical nursing, surgical nursing, etc. The subjects treated under these various heads will include descriptions of, and careful instructions in, the giving of the various baths, applications of electricity, massage, Swedish movements, gymnastics, and all kinds of hygienic treatment. Dietaries for the sick, with recipes and careful directions for preparing food for the sick, will also receive attention. Under the head of obstetrical nursing will be given the most minute and careful directions for antiseptic midwifery, which has marvelously lessened the sufferings and dangers incident to confinement. There is no department of medicine, in fact, in which the employment of antiseptic measures have produced more beneficent results, and it is of the utmost importance that the public should be enlightened respecting the advantages to be derived from this recent application of antiseptic methods. Under the head of surgical nursing will be given careful directions for the treatment of all sorts of wounds and injuries, the application of bandages, and the application of dressings of various kinds. This subject, as well as others, will be so thoroughly illustrated that it may be easily comprehended.

### *Popular Medicine.*

A department devoted to the description of diseases, with their rational treatment. The purpose of this department will be to present a sufficiently clear outline of the nature of disease and its rational treatment to render the reader intelligent upon the subject to such extent as to be able to discriminate between an honorable and scientific practitioner of medicine and the charlatan. Quackery thrives upon ignorance, and the only protection against the horde of quacks that swarm the country, will be found in the education of the public in medical subjects to such



a degree as will give them proper ideas as to what may be expected of scientific medicine. Upon this subject the people are in error in two opposite directions: First, the patient sometimes expects from the physician what cannot be accomplished, and spends time and money in fruitless efforts to accomplish the impossible; and second, on the other hand, thousands of sufferers are languishing upon beds of pain and anguish, to whom scientific medicine, by the aid of its most recent advances, offers speedy and complete relief. It will be the business of this department to aid in clearing away the rubbish of superstition and the mists of ignorance, the existence of which are everywhere productive of a vast amount of needless suffering and preventable death.

## Original Scientific Researches.

A department will be devoted to original research, in which will be reported and recorded the results of special scientific inquiries in various departments in hygiene. This department will contain frequent contributions from the Sanitarium Laboratory, in which physiological and sanitary investigations are constantly being made. This Laboratory has already been in operation for several months, and a large amount of interesting material has been accumulated.

## The Good Health Detective Bureau.

A special department will be devoted to sanitary investigations and analyses, for the benefit of subscribers. Each subscriber to GOOD HEALTH and SUPPLEMENT, will have the privilege of sending to the Laboratory for analysis, one specimen of any of the following classes of articles likely to contain injurious substances, as the result of adulteration, or otherwise: Water, milk, foods or drinks of any description, wall-paper, colored clothing, colored papers, patent medicines and nostrums of all descriptions, and any article intended for common use or for medical purposes, suspected of being injurious to health or of being fraudulent in character.

---

The SUPPLEMENT will consist of eight pages, in somewhat finer type than those of GOOD HEALTH; and it is believed that each number will be worth to the subscriber more than the price of the entire journal for a year. The SUPPLEMENT will be furnished to the subscribers of GOOD HEALTH for twenty-five cents a year, which barely pays the publishers the actual cost of paper and printing, leaving nothing for the labor of preparation, which the Editor of the journal will undertake in the interest of hygienic and sanitary progress.

The first number of the SUPPLEMENT will appear about April 1. A sample copy will be sent free to any one desiring it on receipt of one cent to cover postage and expense of mailing.

*The first number of*

## The Supplement will Appear about April 1st.

*A Sample Copy will be sent free to any one desiring it, on receipt of one cent to cover postage and expense of mailing.*

Address, GOOD HEALTH PUBLISHING CO.,  
BATTLE CREEK, MICH.



# ADVERTISEMENTS.

## GOOD HEALTH, WITH OTHER Popular Journals.

The publishers of GOOD HEALTH have been able to make such arrangements with the publishers of the best periodicals, that they can supply many of them with this journal at the price of one, and thus make a great saving to the subscriber. Those who wish to subscribe for one or two good journals besides GOOD HEALTH, will find this a very advantageous offer.

The price of GOOD HEALTH for 1890 is \$1.25. The following list comprises some of the principal journals which we are able to furnish, thus:—

NAME OF JOURNAL.	Price of Journal Alone.	Price with GOOD HEALTH.	NAME OF JOURNAL.	Price of Journal Alone.	Price with GOOD HEALTH.
<b>A</b> merican Inventor.....	\$ 1 00	\$ 2 00	Independent.....	\$3 00	\$3 75
"    Agriculturist.....	1 50	2 25	Inter Ocean.....	1 00	2 00
"    Architect and Building News.....	6 00	6 35	"    (daily and Sunday).....	10 00	10 25
"    Teacher.....	1 00	1 00	"    (daily, except Sunday).....	8 00	8 45
"    Journal of Education.....	1 50	1 15	"    (semi-weekly).....	2 00	2 95
"    Poultry Journal.....	1 00	1 85	Journal of Education.....	2 50	3 25
"    Bee Journal.....	3 00	2 15	"    American Folk-Lore.....	3 00	3 65
"    Journal of Philology.....	3 00	4 25	Laws of Life.....	1 00	2 00
"    Traveler.....	1 00	1 00	Lippincott's Monthly Magazine.....	3 00	3 35
"    Rural Home.....	1 00	1 00	Littell's Living Age.....	8 00	8 25
"    Poultry Yard.....	1 50	2 25	L'Art.....	12 00	10 85
Advance, The.....	2 50	3 25	Mother's Magazine (new sub's only).....	1 50	2 25
Magazine of American History.....	5 00	5 25	Macmillan's Magazine.....	3 00	3 75
"    Art.....	3 50	4 05	Musical Herald.....	1 00	2 05
Arthur's Home Magazine.....	2 00	2 50	Nature.....	6 00	6 40
Art Amateur.....	4 00	4 50	North American Review.....	5 00	5 25
Art Age.....	2 50	3 25	National Magazine.....	1 00	1 75
Atlantic Monthly.....	4 00	4 45	New York Medical Journal.....	5 00	6 25
Andover Review.....	4 00	4 45	New York Herald.....	1 00	2 05
Arkansas Traveler.....	2 00	2 75	Our Little Ones and the Nursery.....	1 50	2 45
Boston Traveler.....	2 00	2 75	Our Little Men and Women.....	1 00	2 05
Ballou's Magazine.....	1 50	2 25	Orchard and Garden.....	50	1 60
Babyhood.....	1 50	2 25	Poultry World.....	1 25	2 00
Boston Globe.....	1 00	2 00	Popular Science News.....	1 00	2 00
Boston Weekly Advertiser.....	1 00	1 75	"    Gardening (new sub's only).....	1 00	1 90
Babyland.....	50	1 65	"    Science Monthly.....	5 00	5 25
Beekeeper's Magazine.....	50	1 65	Practitioner, The.....	3 50	4 15
Brain.....	3 50	4 15	Pansy, The.....	1 00	2 05
Book Buyer.....	1 00	2 05	Paper Trade Journal.....	4 00	4 25
Cassell's Family Magazine.....	1 50	2 45	Peterson's Magazine.....	2 00	2 70
Country Gentleman.....	2 50	3 00	Quiver.....	1 50	2 45
Cosmopolitan (new sub's only).....	2 00	2 00	Rural New Yorker.....	2 00	2 75
Cottage Hearth.....	1 00	1 75	Scribner's Magazine.....	3 00	3 65
Christian at Work (new sub's only).....	3 00	3 25	Sanitary Engineer.....	4 00	5 25
Century.....	4 00	4 75	Speculative Philosophy (Journal).....	3 00	3 50
Chicago Weekly Times.....	1 00	2 00	Scientific American.....	3 00	3 75
Chautauqua Young Folk's Journal.....	1 00	2 05	"    Supplement.....	5 00	5 25
Chautauquan.....	2 00	3 05	St. Nicholas.....	3 00	3 75
Chicago Weekly Herald.....	1 00	2 00	Toledo Blade.....	1 00	2 10
Demorest's Magazine.....	2 00	2 75	"    The Daily Tribune (Chicago).....	6 00	6 65
Domestic Monthly.....	1 50	2 25	Vick's Floral Guide.....	1 25	2 05
English Illustrated Magazine.....	1 75	2 60	"    Seedman.....	1 25	2 05
Field and Farm.....	2 00	2 75	Wide Awake.....	2 40	3 25
Farm and Home.....	50	1 65	"    Work.....	2 50	3 25
Farm and Fireside.....	50	1 60	Weekly Enquirer.....	1 15	2 15
Farm Journal.....	25	1 40	World Weekly, The.....	1 00	2 05
Good Housekeeping.....	2 50	3 13	"    Daily, The.....	6 00	6 50
Golden Argosy.....	4 00	4 75	Woman's World.....	3 50	4 05
Globe, The (Boston).....	1 00	1 95	Youth's Companion (new sub's only).....	1 75	2 50
Golden Days.....	3 00	3 50	Young Woman's Magazine.....	1 00	1 85
Household.....	1 10	2 00			
Housekeeper.....	1 00	1 85			
Harper's Magazine.....	4 00	4 25			
"    Weekly.....	4 00	4 45			
"    Bazaar.....	4 00	4 45			
"    Young People.....	2 00	2 75			
Household Magazine.....	1 00	2 00			
Hawkeye, Weekly.....	1 00	2 00			

We can furnish any other periodicals with GOOD HEALTH at about the same rates as above. When the clubbing journal furnishes a premium, we will supply the same at publisher's rates.

### GOOD HEALTH PUBLISHING COMPANY,

BATTLE CREEK, MICH.





# SHARP & SMITH,

MANUFACTURERS AND IMPORTERS OF

## Surgical Instruments.

*Apparatus  
For Weak Ankles,  
Bow Legs, Knock Knees,  
Spinal Curvature,  
Wry Neck.*



*Elastic Stockings  
For Enlarged Veins  
and Weak Joints,  
Batteries, Inhalers,  
Etc.*

*Invalid Chairs, Invalid Cushions, Ear Trumpets, Conversation Tubes,  
Ice Bags, Ice Caps, Hot Water Bags, Syringes of all kinds.*

*Artificial Limbs. Artificial Eyes.*

*Abdominal Supporters.*

*Send for Directions for  
Measurement.*

**73 Randolph St., CHICAGO.**

### TEN LECTURES ON NASAL CATARRH

*Its Nature, Causes, Prevention, and Cure.*

This admirable little treatise is written so plainly and simply that a child can understand it, yet contains all that is latest and freshest in the medical world in relation to this dread disease—the very cream of scientific investigation. Emphatically a book for the people.

**Agents will find this an Easy Book to Sell;**

*In fact, it will sell itself.*

**Contains 120 pages, 11 Cuts, and 7 Colored Plates.  
Stiff Covers, 75 cents.**

**GOOD HEALTH PUBLISHING COMPANY, Battle Creek, Mich.**

### AGENTS WANTED.

Active, energetic agents are wanted everywhere to represent **BABYHOOD**, the Magazine for Mothers. One lady, in a western city, has sent in over two hundred subscriptions. Every mother of a child under five years, needs **BABYHOOD**, and will subscribe if its merits are properly placed before her. Good pay. Write now for free sample and terms.

**BABYHOOD PUB. CO., 5 Beekman St., N. Y. City.**

### USES OF WATER IN HEALTH AND DISEASE.

Careful explanations and instructions given respecting the uses of water. Muslin, 176 pp., 60 cts. In paper cover, 136 pp., 25 cts. Address,

**GOOD HEALTH PUBLISHING CO.,  
BATTLE CREEK, MICH.**

### THE AMERICAN SENTINEL.

AN EIGHT-PAGE WEEKLY JOURNAL

DEVOTED TO

The defense of American Institutions, the preservation of the United States Constitution as it is, so far as regards religion or religious tests, and the maintenance of human rights, both civil and religious.

It will ever be uncompromisingly opposed to anything tending toward a union of Church and State, either in name or in fact.

**Single Copy, per year, post-paid - \$1.00.**

In clubs of ten or more copies, per year, each - 75c.

To foreign countries; single subscriptions, post-paid, - 5s.

Sample copy free. Address,

**AMERICAN SENTINEL,**

No 43 Bond St., New York City.

### HAVE YOUR BAGGAGE CHECKED.

**Midland Railway of England.**

The picturesque route from Liverpool to London. Drawing-room saloons by day trains without extra charge. Fast express trains. Through tickets to London, Paris, or any part of Europe. Baggage checked through from residence or hotel in New York to hotel, residence or railway station in London. Time tables, maps, and all information at the Company's office, 261 Broadway, corner of Warren St., New York. M. H. HURLEY, Agent.

### SCHOOL CHARTS.

A SERIES OF TEN CHROMO-LITHOGRAPHIC PLATES,

Each 34 x 48 inches, illustrating anatomy, physiology, and hygiene in a manner never before approached for completeness. Mounted on plain rollers, and in single case, on spring rollers. For circulars, address,

**GOOD HEALTH PUBLISHING CO.,  
BATTLE CREEK, MICH.**



## ADVERTISEMENTS.

### The Home Hand-Book

—OF—

Domestic Hygiene and Rational Medicine.

**AGENTS  
WANTED**

*To sell a new and revised  
edition of this fast-selling  
work.*

An Encyclopedia of Reliable Medical Information for the Family.  
1624 pages, over 500 cuts, 26 colored plates, besides  
a paper manikin. For Agent's Outfit, address,

GOOD HEALTH PUBLISHING CO.,  
Battle Creek, Michigan.

**HEALTH  
TEMPERANCE  
TRACTS.**

A series of 25 four-page  
tracts, covering nearly the  
whole ground of the subjects  
of Health and Temperance,  
at marvelously low rates.

ADDRESS,

GOOD HEALTH PUB. CO., Battle Creek, Mich.

### THE EUREKA HAND LOOM.



A Card of  
Instruction  
for Weaving Far-  
cy Carpets, Rug  
and Silk Cur-  
tains, will be  
sent Free of  
Cost to any one  
sending us the  
name and ad-  
dress of five or  
more Weavers.

*Is Especially Adapted to Weaving Rag Carpets, Silk Cur-  
tains, Rugs, Mats, etc.*

It can be folded up in a few moments (with or without the carpet in it,  
and without taking it apart) small enough to pass through a common door.  
The warp is put on the beam directly from the spools, better than  
it is possible to do it the old way, thus doing away with the old cum-  
bersome warping-bars, spool-rack, and raddle. It requires but a moment  
to let off the warp and up the carpet, and is done without leaving the seat,  
so easily that a child can do it. The way of making a lease is far more  
simple, quick and easy, than the old way. The Loom with all its attach-  
ments can be operated in a room 6x8 feet. The Quill-wheel that belongs  
with the outfit with this loom has an attachment for reeling warp, and can  
be used for twisting rags. Steel Reeds, Wire Harness, Quill-wheels,  
Spinning-wheels, Shuttles, Spools, and other Weaver's Supplies,  
all of the best and most improved make, can be furnished by the whole-  
sale and retail at lowest prices. Send for descriptive circular, price list  
and terms.

EUREKA HAND LOOM CO., Battle Creek, Mich.

**EUREKA**

INCUBATORS  
& BROODERS.

Send five one-cent stamps for 108-page catalogue. Tells how to make  
the best brooder in use.

J. L. CAMPBELL,  
West Elizabeth, Pa.

### Typewriter Headquarters

Unprejudiced authority on Writing Machines;  
Wholesale and Retail Dealers, and largest  
handlers of all makes, at lowest prices, in  
the world. Two entire floors devoted  
to selling, renting and exchanging

#### TYPEWRITERS

of all descriptions. Instruments  
shipped with privilege of ex-  
amination. Exchanging  
a specialty. Three large  
illustrated catalogues  
free. Typewriter  
Supplies, Attach-  
ments and Nov-  
elties for all  
machines.  
Do not  
fail to  
write  
us

70 BROADWAY,  
N. Y. CITY.

144 LA SALLE ST.,  
CHICAGO.



Address: The American Writing  
Machine Co., Hartford, Conn.;  
New York Office, 237 Broadway.

**DIXON'S "CARBURET  
OF IRON."  
STOVE POLISH  
IS THE BEST.**

**Prof. Loissette's  
MEMORY**

#### DISCOVERY AND TRAINING METHOD

In spite of adulterated imitations which miss the  
theory, and practical results of the Original, in spite of  
the grossest misrepresentations by envious would-be  
competitors, and in spite of "base attempts to rob" him  
of the fruit of his labors, (all of which demonstrate the  
undoubted superiority and popularity of his teaching),  
Prof. Loissette's Art of Never Forgetting is recognized  
to-day in both Hemispheres as marking an Epoch in  
Memory Culture. His Prospectus (sent post free) gives  
opinions of people in all parts of the globe who have ac-  
tually studied his System by correspondence, showing  
that his System is used only while being studied, not  
afterwards; that any book can be learned in a single  
reading, mind-wandering cured, &c. For Prospectus,  
Terms and Testimonials address  
Prof. A. LOISETTE, 237 Fifth Avenue, N. Y.



# ADVERTISEMENTS.

## LADIES' Skirt · Suspender.



The accompanying cut represents the most improved form of Skirt Suspender for ladies and misses. This Suspender is so convenient, so comfortable, so simple, so light, and yet so durable, that every lady who appreciates the increased comfort and health to be obtained by the use of such an article becomes a purchaser at sight.

The Suspender is made of beautiful silk stripe web, and is adjustable for either ladies or misses. Sent by mail, postage paid, on receipt of 50 cents, or three for \$1.00.

SEND FOR CIRCULARS OF HEALTHFUL CLOTHING OF EVERY DESCRIPTION.

Address,

**Sanitary Supply Co.,**

Battle Creek, Mich.

**FINEST LINE  
EVER PRESENTED  
COLUMBIA  
BICYCLES  
TRICYCLES  
TANDEMS  
SAFETIES**

**POPE MFG. CO.**  
BOSTON NEW YORK CHICAGO

### D. L. DOWD'S HEALTH EXERCISER.



14th Street, New York.

FOR BRAIN-WORKERS AND SEDENTARY PEOPLE: Gentlemen, Ladies, Youths; the Athlete or Invalid. A complete gymnasium. Takes up but 6 in. square floor-room; new, scientific, durable, comprehensive, cheap. Indorsed by 20,000 physicians, lawyers, clergymen, editors, and others now using it. Send for ill'd circular, 40 engravings; no charge. Prof. D. L. Dowd, Scientific Physical and Vocal Culture, 9 East

### Digestion and Dyspepsia.

A thoroughly rational, practical, and popular treatise on this prevalent malady. Illuminated frontispiece. Muslin, 176 pages, 75 cents. Address, **GOOD HEALTH PUB. CO., Battle Creek, Mich.**

## PLAIN FACTS

FOR OLD AND YOUNG,

BY J. H. KELLOGG, M. D.

Member of the American Public Health Association, The American Society of Microscopists, The State Medical Association, The Association for the Advancement of Science, etc., etc.

### NEW EDITION, REVISED AND ENLARGED.

This work has passed rapidly through several large editions, aggregating over 10,000 COPIES, all of which have been sold within the last five years. The book is commended by leading journalists, clergymen, physicians, and all who examine it thoroughly. The new edition contains many new and interesting chapters, making a handsome octavo volume of 644 pages, handsomely bound in the following styles:—

**Cloth, Embossed in Gold and Jet. Leather (Library Style). Half Morocco, Gilt Edges.**

This work is sold exclusively by subscription, and is one of the best selling books published.

### RELIABLE AND ENERGETIC AGENTS WANTED

In Canada, and in every township in the United States, to whom liberal compensation will be paid. For Agent's Outfit, and full information, address,

**I. F. SEGNER & CO., PUBLISHERS**  
BURLINGTON, IOWA.

Or, **PACIFIC PRESS, Oakland, Cal.,** Agents for Pacific Coast, Australia and New Zealand.

## SCIENTIFIC AMERICAN

ESTABLISHED 1845.

Is the oldest and most popular scientific and mechanical paper published and has the largest circulation of any paper of its class in the world. Fully illustrated. Best class of Wood Engravings. Published weekly. Send for specimen copy. Price \$3 a year. Four months' trial, \$1. **MUNN & CO., PUBLISHERS, 361 Broadway, N.Y.**

## ARCHITECTS & BUILDERS

A great success. Each issue contains colored lithographic plates of country and city residences or public buildings. Numerous engravings and full plans and specifications for the use of such as contemplate building. Price \$2.50 a year, 25 cts. a copy. **MUNN & CO., PUBLISHERS.**

**PATENTS** may be secured by applying to **MUNN & CO.,** who have had over 40 years' experience and have made over 100,000 applications for American and Foreign patents. Send for Handbook. Correspondence strictly confidential.

### TRADE MARKS.

In case your mark is not registered in the Patent Office, apply to **MUNN & CO.,** and procure immediate protection. Send for Handbook.

**COPYRIGHTS** for books, charts, maps, etc., quickly procured. Address

**MUNN & CO., Patent Solicitors.**  
GENERAL OFFICE: 361 BROADWAY, N. Y.

## Temperance Charts.

A Series of Ten Chromo-Lithographic Plates

Illustrating the effects of alcohol and tobacco upon the body. Size, 24 x 37 inches. On plain rollers, price, \$10.00. Address,

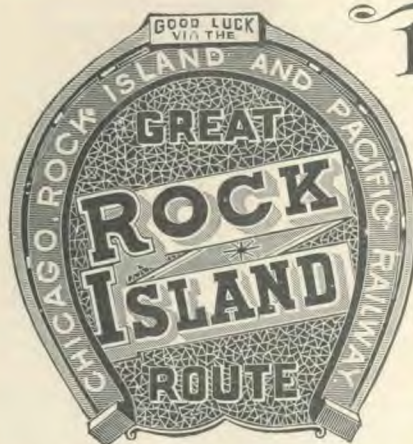
**GOOD HEALTH PUBLISHING CO.,**  
BATTLE CREEK, MICH.

## Proper Diet for Man.

A scientific discussion of the question of Vegetable versus Animal Food. Ultra notions avoided. Paper covers, 15 cts.

**GOOD HEALTH PUBLISHING CO.,**  
BATTLE CREEK, MICH.





## Deservedly the Favorite

BECAUSE it Furnishes the Best Accommodations for Invalids, Tourists, Pleasure Seekers, Sportsmen, and all classes of travelers going to or returning from Manitou, the Garden of the Gods, Pike's Peak, Cascade, Green Mountain Falls, Glenwood Springs, Monument Park, Palmer Lake, Idaho Springs, Twin Lakes, Green Lake, the Hunting and Fishing Grounds, Mountain Parks, Sanitary and Fashionable Resorts and Scenic Grandeurs of Colorado

**THE DIRECT ROUTE** to all important cities, towns and sections, West, Northwest or Southwest from Chicago, making terminal connections in Union Depots with lines diverging to any locality between the Lakes and the Pacific Coast to which the traveler is destined.

## Magnificent Solid Vestibule Express Trains,

Cool in summer, warmed by steam from the locomotive in winter—the coaches forming continuous and connecting parlors under one roof—daily each way between Chicago and Des Moines, Council Bluffs and Omaha; between Chicago and St. Joseph, Atchison and Kansas City, and between Chicago and Denver, Colorado Springs and Pueblo. New and elegant Day Coaches, Pullman Palace Sleepers, FREE Reclining Chair Cars, and Dining Cars.

**Daily Fast Express Trains** to and from Watertown, Sioux Falls, Minneapolis and St. Paul (via ALBERT LEA ROUTE), and to and from all points in Southern Nebraska, Kansas, and Kingfisher, in the Indian Territory. Pullman Palace Sleepers to Wichita, FREE Reclining Chair Cars on all Express Trains.

For Tickets, Maps, Folders, copies of the **Western Trail** (issued monthly) or further information, apply to your nearest Coupon Ticket Agent or any representative of this road, or address

**E. ST. JOHN,**  
General Manager.

**JOHN SEBASTIAN,**  
General Ticket and Passenger Agent.



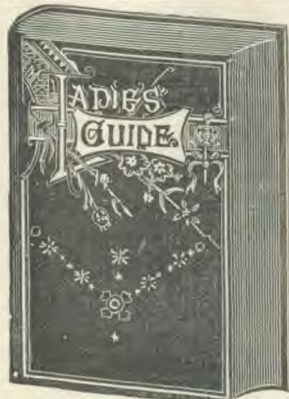
REVISED AND ENLARGED EDITION.

## LADIES' GUIDE IN HEALTH AND DISEASE.

BY J. H. KELLOGG, M. D.,

Member of the American Association for the Advancement of Science, American Public Health Association, American Society of Microscopists, Michigan State Medical Association, State Board of Health of Michigan, Editor of "Good Health," Author of "Home Hand-Book of Hygiene and Rational Medicine," "Man, the Masterpiece," and various other works.

A NEW BOOK.



672 OCTAVO PAGES.

123 ILLUSTRATIONS.

THIS new work fills a want long recognized in all parts of the land, and is admitted by physicians to be the most complete and practical work of its kind. An eminent lady physician pronounces it "the best book ever written in the interest of humanity." Another writes, "It is destined to work a great reformation in the rising generation, and to alleviate the ills of the present." The author in a very chaste and delicate manner graphically describes the great mysteries of life—the Anatomy and Physiology of Reproduction, and considers the several phases of woman's life under the respective headings, "The Little Girl," "The Young Lady," "The Wife," and "The Mother."—embracing all subjects of interest pertaining to the health or disease of the sex; as Education; Moral and Physical Culture; Clothing; Diet; Puberty; Mental Equality of Sexes; Personal Beauty; Marriage; Dignity of Wifehood; Prevention of Conception; Criminal Abortion; Change of Life; Heredity; Signs, Hygiene, and Disorders of Pregnancy; Complications of Labor; Symptoms and Treatment for Diseases of Women; and an Appendix giving Rational Home Treatment for Diseases of Childhood; Instruction for Baths, Swedish Movements, Postural Treatment, Electricity, Massage, many valuable Dietetic Recipes; Medicinal Recipes and Prescriptions.

ONE LADY SOLD 205 COPIES  
FIRST MONTH.

NO OTHER WORK COMBINES SO  
MUCH OF INTEREST AND VALUE  
TO DAUGHTERS, WIVES, AND  
MOTHERS.

"Know Thyself."

ACTIVE AGENTS WANTED.

GOOD HEALTH PUB. CO.,

BATTLE CREEK, MICH.,

Sole Agents for the Eastern States, Canada, and the  
British Possessions.

W. D. CONDIT & CO.,

DES MOINES, IOWA.



# ADVERTISEMENTS.

## MICHIGAN CENTRAL

"The Niagara Falls Route."

EAST.	† Mail.	† Day Express.	* N. Y. Express.	* Atlantic Express.	† Night Express.	† Kat. Accom'n.	† Local Pass'gr.
STATIONS.							
Chicago.....	am 7.05	am 10.35	pm 3.10	pm 10.10	pm 7.25	pm 4.50	
Michigan City	10.05	12.25	4.32	am 12.25	11.35	6.58	
Niles.....	11.35	pm 1.30	6.45	1.57	am 12.55	8.17	pm 3.45
Kalamazoo....	pm 12.55	2.45	6.58	3.75	2.27	pm 10.00	5.23
Battle Creek...	1.40	3.23	7.31	4.25	3.15	7.53	6.14
Jackson.....	3.30	4.47	8.32	6.15	4.45	9.35	7.55
Ann Arbor.....	4.32	5.45	9.41	7.20	5.40	10.42	
Detroit.....	6.25	7.50	10.45	9.20	7.30	11.50	
Buffalo.....	8.35	am 4.25	am 7.15	pm 5.55	9.05	pm 8.50	
Rochester.....		6.00	9.20	8.00		11.20	
Syracuse.....		8.10	11.35	10.20		am 1.30	
New York.....		pm 4.30	pm 8.50	am 7.20		9.42	
Boston.....		8.30	10.57	9.55		pm 2.50	
WEST.	† Mail.	† Day Express.	* Chicago Express.	* Pacific Express.	† Evening Express.	† Kat. Accom'n.	† Local Pass'gr.
STATIONS.							
Boston.....		am 8.30	pm 3.00	pm 7.00			
New York.....		11.50	6.00	10.00			
Syracuse.....		pm 8.30	am 2.10	am 8.40			
Rochester.....		10.40	4.20	10.45			
Buffalo.....		3.30	am 12.40	6.35	pm 1.20		
Detroit.....	am 9.10	8.0	pm 4.20	am 10.15	pm 4.00	pm 3.50	
Ann Arbor.....	10.25	8.59	2.10	11.35	9.15	6.17	
Jackson.....	pm 12.05	10.05	3.70	am 12.54	10.55	7.13	am 6.25
Battle Creek...	1.45	11.30	4.30	2.15	am 12.27	8.67	7.55
Kalamazoo....	2.00	pm 12.13	5.07	3.07	1.20	pm 9.45	8.40
Niles.....	4.20	1.30	6.12	4.32	3.06	7.37	10.15
Michigan City	5.42	2.7	7.20	5.43	4.32	9.00	
Chicago.....	7.55	4.35	9.00	7.45	7.00	11.20	

\* Daily, † Daily except Sunday, ‡ Daily except Saturday.

O. W. RUGGLES,  
General Pass. & Ticket Agent, Chicago.

Geo. J. SADLER,  
Ticket Agent, Battle Creek.

**Prof. Loissette's Memory System is Creating** greater interest than ever in all parts of the country, and persons wishing to improve their memory should send for his prospectus free as advertised in another column.

## THE HOME HAND-BOOK

OF DOMESTIC HYGIENE AND RATIONAL MEDICINE.

An encyclopedia of the subjects named in the title. More necessary than a dictionary or an almanac. Contains 1624 royal octavo pages, over 500 cuts, 26 colored plates, and a paper manikin. Muslin and library. SEND FOR CIRCULAR. Address, **GOOD HEALTH PUB. CO.,** Battle Creek, Mich.

## DIGESTION AND DYSPEPSIA.

A thoroughly rational, practical, and popular treatise on this prevalent malady. Illuminated frontispiece. Muslin, 176 pages, 75 cents. Address, **GOOD HEALTH PUBLISHING CO.,** Battle Creek, Mich.

1832 ESTABLISHED 1832.

## DO YOU WANT

Any Book for yourselves? Any Book for your Children?  
Any Kindergarten Books or Materials? Any Piece of Music or Music Book?  
Any Sunday School Books? Any Book on any Catalogue you may have?  
Any Birthday Stationery? Any Wedding Stationery?  
Any Visiting Cards of Faultless Style? Any Seals, Crests, or Monograms?  
Any Magazine or other Periodical? Any School Book, American or Imported?  
Any Menus, Programmes, or Reports? Any Music or Magazines Bound?  
To buy books cheaply by buying them in groups of two or more?  
Write to us **FIRST** for OUR price or prices. Write clearly for what you want, and if it is attainable on any continent, we can get it for you and forward it to you promptly.

A. G. WHITTLESEY CO.,  
Booksellers, Publishers, Stationers & Importers.  
44 EAST 12TH STREET, N. Y.



## Chicago & Grand Trunk R.R.

Time Table, in Effect Jan 19, 1890.

GOING WEST.	STATIONS.	GOING EAST.
pm 3.00	..... Boston.....	am 8.30
pm 5.00	..... New York.....	am 11.10
pm 6.20	..... Buffalo.....	am 1.10
pm 7.45	..... Niagara Falls.....	am 3.17
pm 8.30	..... Boston.....	am 9.50
pm 8.30	..... Montreal.....	am 11.10
pm 8.30	..... Toronto.....	am 1.10
pm 8.30	..... Detroit.....	am 1.10
pm 8.30	..... Dep. Arr.	am 1.10
pm 8.30	..... Port Huron.....	am 1.10
pm 8.30	..... Lapeer.....	am 1.10
pm 8.30	..... Flint.....	am 1.10
pm 8.30	..... Durand.....	am 1.10
pm 8.30	..... Lansing.....	am 1.10
pm 8.30	..... Charlotte.....	am 1.10
pm 8.30	..... BATTLE CREEK.....	am 1.10
pm 8.30	..... Vicksburg.....	am 1.10
pm 8.30	..... Schoolcraft.....	am 1.10
pm 8.30	..... Cassopolis.....	am 1.10
pm 8.30	..... South Bend.....	am 1.10
pm 8.30	..... Hunkeler.....	am 1.10
pm 8.30	..... Valparaiso.....	am 1.10
pm 8.30	..... Chicago.....	am 1.10

Where no time is given, train does not stop.  
Trains run by Central Standard Time.  
Valparaiso Accommodation, Battle Creek Passenger, Port Huron Passenger, and Mail trains, daily except Sunday.  
Pacific, Limited, Day, and Atlantic Expresses, daily.  
Sunday Passenger, Sunday only.  
W. E. DAVIS,  
Gen. Pass. and Ticket Agt., Chicago.  
A. S. PARKER,  
Ticket Agt., Battle Creek.

## Gate City Stone Filter.

46 MURRAY ST.,

NEW YORK.



**CHEAPEST, most ORNAMENTAL, and BEST Filter** for Family and Office use on the market.

- Fine China and Gray Stone-ware jars to hold the water.
- A NATURAL STONE for a Filtering Medium.
- Fitted with separate Patent Ice Chambers, to cool the water.
- As easily cleaned as a Water Pitcher.
- No objectionable material used in the construction of this Filter.
- All water is filled with impurities during the rainy season.
- This Filter will ABSOLUTELY CLEANSE IT.

Open Cut shows Filter Disc used in our Filters, and Separate Patent Ice Chamber.

Address as above for Descriptive Price List.

## The Dick Seamless Foot Warm-

ers again. Warm, Soft, Strong, Noiseless, woven by hand, lined with wool. If your dealers have none (canvassers wanted) order of us. Ladies' sizes \$1.35, Gents' \$1.60. (All sizes made.) Sent postpaid to any address. Write plainly and give size of shoe worn. We advertise in the early winter only, but fill orders throughout the year. **W. H. DICK, Manfr., Dansville, N. Y.**





# HEALTH FOODS.

In the effort to meet the necessities of a large Sanitarium, with its great variety of patients, we have produced a number of food preparations adapted to different diseased conditions, the merits of which are such as to secure for them a very large and increasing sale, not only to persons belonging to the invalid class, but those who wish by "good living" to avoid disease. The following are the leading preparations:—

Cents per lb.	Cents per lb.	Cents per lb.
<i>Oatmeal Biscuit</i> .....12	<i>White Crackers</i> .....10	<i>Wheatena (Bulk 10)</i> .....12
<i>Medium Oatmeal Crackers</i> .....10	<i>Whole-Wheat Wafers</i> .....10	<i>Avenola (Bulk 10)</i> .....12
<i>Plain Oatmeal Crackers</i> .....10	<i>Gluten Wafers</i> .....30	<i>Granola (Bulk 10)</i> .....12
<i>No. 1 Graham Crackers</i> .....10	<i>Rye Wafers</i> .....12	<i>Gluten Food No. 1</i> .....50
<i>No. 2 Graham Crackers</i> .....10	<i>Fruit Crackers</i> .....20	<i>Gluten Food No. 2</i> .....20
<i>Plain Gr'm Crackers Dyspeptic</i> 10	<i>Carbon Crackers</i> .....15	<i>Infant's Food</i> .....40

Sample Packages containing Specimens of each of our Foods sent postpaid for 50 cents. Selected Samples, 25 cents.

All grain preparations can be supplied in large or small lots, as we keep a fresh supply constantly on hand of goods, which are largely made expressly for us, of a superior quality of grain. Address

**SANITARIUM FOOD COMPANY,**  
*Battle Creek, Mich.*

A New Book. Man, the Masterpiece, Know Thyself.  
or, Plain Truths Plainly Told about Boyhood, Youth and Manhood.  
BY J. H. KELLOGG, M. D.

620 Octavo Pages.

A Paper Manikin.

30 Full-Page Engravings.

17 Copies Sold in 4 hours.

9 in one day, and

71 in one week,

By ONE AGENT.

Is sure to become one of the most popular and rapidly selling subscription books, because of **INTRINSIC MERIT** and **PRACTICAL VALUE.**



THIS new work is designed to make man better, physically, mentally and morally, and may be very briefly described as follows, to-wit: A Brief Description of the Human Body and its Functions; The Mystery of a New Life; Boyhood to Manhood—*dangers which threaten the physical, mental and moral welfare*; Physical Culture; Ethics; Social Ethics; Getting a Wife—*if suggestions in this chapter were universally regarded, the divorce courts would close for want of business*; An Evil Heritage; How to Make Life a Success; Stomachs—*points out the methods by which the great army of dyspeptics are recruited*; Invaluable Prescriptions for Disorders of the Stomach; Billiousness—a sure cure. Hygiene of the Lungs—*principles and methods of successful ventilation*; Physical Effects of Alcohol; The Tobacco Habit; Germs—of disease—sources, dangers, and methods of destruction, etc.; What to Wear for Health; How to Bathe; Sexual Sins and their consequences; Diseases of the Sexual Organs—*description and treatment*; General Hints about Health—*care of Skin, Eyes, Ears, Rules for Dyspeptics*, etc.; Treatment and Prescriptions for Common Ailments, as Chronic Inflammation of the Throat, Nasal Catarrh, Hay Fever, Granular Sore Eyelids, Boils, Corns, Freckles, Dandruff, Tapeworms, Piles, Baldness, Sleeplessness, Heartburn, Acute Sore Throat, Erysipelas, Sunstroke, Ingrowing Toe Nails, Burns, Sprains, Nervous Headache, Sexual Nervous Debility, etc.

CLOTH, Embossed in Gold and Jet,	\$3.96
LEATHER, Library Style,	4.50
HALF MOROCCO, Gilt Edges,	5.00

If you wish a copy of this book, and an agent is not known to be in your vicinity, please send your order to the General Agents, and they will see that it is filled.

AGENTS WANTED IN ALL PARTS OF THE UNITED STATES AND CANADA.

Good Health Pub. Co., Battle Creek, Mich.





# Medical & Surgical SANITARIUM,

Battle Creek, Mich.

The Oldest and Most Extensive Sanitarium,  
Conducted on Rational and Scientific  
Principles, in the United  
States.

## SPECIAL ADVANTAGES.

An elevated and picturesque site. Remarkably salubrious surroundings. "Water of extraordinary purity."—*Prof. A. B. Prescott.*

Baths of every description.

Electricity in every form.

Massage and Swedish movements by trained manipulators.

Pneumatic and vacuum treatment.

All sorts of Mechanical Appliances.

A fine Gymnasium with a trained director.

Classified dietaries.

Unequaled ventilation, perfect sewerage.

Artificial climate 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 excellent place for chronic invalids who need special conditions and treatment not readily obtainable at home.

RATES REASONABLE.

For Circulars Address, . . . { **SANITARIUM,** { . . . BATTLE CREEK, MICH.