

# GOOD HEALTH



• MENS • SANA •

MARCH, 1900.



Professor Atwater's Experiments.  
Fashions in Hygiene.  
The Invalid at Home — Illustrated.  
Red Betty — a Story.  
How to Defy the Law of Heredity.  
The Mantle — a Poem.  
The Effect of Thought on the Body.  
Autointoxication, or Self-Poisoning.  
Physical Strength Formers.  
Bedroom Hygiene.  
Art in Cookery.  
Charles Lamb on Roast Pig.  
Self-Redemption from the Cocaine Habit.  
Exercise and Health.  
The Well-Dressed Woman.  
The March of the Plague.  
Another Pioneer Reformer Gone.  
Tuberculosis in Young Children.  
The Toughest Animal.

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VOL. XXXV.

EDITED BY  
J. H. KELLOGG, MD.

NO. 3.

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MRS. S. M. I. HENRY.

# GOOD HEALTH

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VOL. XXXV.

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No. 3.

## PROFESSOR ATWATER'S EXPERIMENTS.<sup>1</sup>

BY J. H. KELLOGG, M. D.

IT is interesting to note how general and unanimous has been the protest against the statements published by Professor Atwater, recommending alcohol as a food. Professor Atwater claims to have proved that alcohol is oxidized in the body, and that on this account it must be regarded as a food. This bald statement was at first received with respectful silence, as the details of the experiments made by the professor had not yet appeared. Science bases its conclusions upon actual facts, and as the facts had not yet been presented, scientific men could do naught else but wait until the facts and details of the experiments were published, so that the conclusions drawn from them might be critically reviewed, and their correctness verified or disputed.

Bulletin No. 69, of the United States Department of Agriculture, contains an official account of the experiments which Professor Atwater claims to be proof of the nutritive value of alcohol. Since the publication of this Bulletin, which appeared under date of Nov. 6, 1899, various men of recognized scientific standing have carefully reviewed his findings, and we feel sure that our readers will be interested in the following statements from men whose right to speak upon this subject can not be questioned.

The first is from Professor Seneca Eg-

bert, of the Medico-Chirurgical College of Philadelphia, and Professor Frank Woodbury, of the Philadelphia Polyclinic and College for Graduates :—

“Professor Atwater's own figures, as set forth in Bulletin No. 69, of the United States Department of Agriculture, do not support his claim. He states that ‘whether the body [of the man experimented on] was at rest or at work, it held its own just as well when alcohol formed a part of the diet as it did with a diet without alcohol.’ His tables, on the other hand, show at once that, when alcohol is substituted in part for carbonaceous foods, there is an increased loss of body-nitrogen. We can not therefore understand or accept his statement that alcohol protected the material of the body just as effectively as the corresponding amounts of sugar, starch, and fat.”

Winfield S. Hall, Ph. D., M. D., Professor of Physiology, Northwestern University Medical School, Chicago, says :—

“The third conclusion, that ‘the alcohol protected the material of the body from consumption just as much as the corresponding amounts of sugar, starch, and fat, is far from being a justifiable conclusion from data given in Bulletin 69. The experiments there given, in which alcohol was used, show an actual loss of nitrogen, showing a consumption of body-proteid during the period. Pro-

<sup>1</sup>From the *Medical Temperance Bulletin*.

fessor Atwater can draw but one tenable conclusion from Bulletin 69; namely, alcohol is oxidized in the system, but is not food."

In full accord with these statements is this from C. A. Hertzner, M. D., Professor of Pathological Chemistry, University and Bellevue Hospital Medical School, New York:—

"One fails to find any support for the view that alcohol, like corresponding amounts of sugar, starch, and fat, protects the body against proteid waste, in Dr. Atwater's own figures. Thus in experiment 7, where 417 grams of proteid were given in four days, there was a loss of nitrogen equivalent to 48.2 grams of proteid. In the other alcohol experiment (No. 10), there is a similar though somewhat smaller loss of nitrogen. One is therefore compelled to admit that these experimental data do not support this third conclusion of Dr. Atwater.

"Indeed, if persons on a diet adapted to keep them in nitrogenous equilibrium regularly showed such losses of nitrogen while using alcohol as are shown in Dr. Atwater's tables, we should have very satisfactory evidence that the alcohol was acting as a poison to the cells of the body; that is, as a protoplasmic poison.

"The two Atwater experiments with alcohol (in Bulletin No. 69) were carried on for so short a period that they throw no light whatever on the food value of alcohol when used continuously. Even if these experiments demonstrated that alcohol can replace a portion of ordinary non-nitrogenous food during four days in a healthy man, this fact would afford no scientific basis for the view that such a replacement can be indefinitely carried on without detriment to the organism. It is difficult to believe that an investigator occupying an important government position should be so unintelligent as to give utterance to views favorable to the use of

alcoholic drinks on the strength of experiments of such limited scope as those published in Bulletin 69."

Professor Atwater has taken upon himself a heavy task,—to establish the food value of a substance which, for a generation at least, has been recognized by all scientific authorities as a poison. Alcohol is named as a poison in all the leading medical dictionaries (Quain, Gould, Dunglison, etc.). In the classical works on toxicology and medical jurisprudence, alcohol has never been recognized as a food, and has never been called a food except by those who have desired to bolster up its habitual use.

Dr. Adolf Fick, Professor of Physiology in the University of Würzburg, a man of world-wide fame as an experimental physiologist, and who has made a special study of the subject of foods, after defining poisons, remarks:—

"That alcohol is such a substance can not be doubted. . . . Very appropriately has the English language named the disturbance caused by alcoholic beverages *intoxication*, which by derivation means 'poisoning.'"

Professor Koppe, M. D., an eminent German authority, referring to the pretended food value of alcohol, in an address before the International Medical Congress in Moscow in 1897, remarked:—

"The opinion that ethyl alcohol is a useful source of heat energy in the human organism in consequence of its combustibility, is not scientifically justified.

"The consideration alone that a substance is oxidized in the body in no wise justifies its use as an energy-furnishing food. Morphine, as is well known, burns in our bodies into oxydimorphine. Happily, however, it has not occurred to anyone to proclaim morphine for this reason a proper source of energy (a food) for the human organism, as is unfortunately done in the case of ethyl alcohol."

Dr. Bienfait, of Liege, Belgium, speaks very forcibly and radically upon this question as follows:—

“In order to be a food, it is not sufficient that a substance be decomposed or oxidized in the tissues. Under these conditions many harmful substances would be considered foods. Ether is decomposed in part; chloroform is partially destroyed. But do we consider these substances foods?—Certainly not. Other things than decomposition are necessary to nutrition. It is necessary that the decomposition be made in a way that will not injure the vitality of the cells. A part of the alcohol that is destroyed in the body undergoes this decomposition in a way that is injurious. Observe that whereas true foods, such as sugar and fat, are destroyed slowly, easily, without provoking too lively a combustion, alcohol is burnt too rapidly, provoking a veritable explosion. Suppose that a locomotive has to run a certain number of kilometers; in order to do this, it must be given fuel. This is the coal, which it burns slowly and methodically. If in the place of coal we throw naphtha on the fire, the combustion of this may furnish as much heat as the coal, but it is burnt instantaneously, in the form of an explosion. The heat thus produced is not utilized in the machine. What naphtha is for the locomotive, alcohol is to our bodies; it is an explosive, but not a food.”

The *Deutsche Medicinische Wochenschrift*, one of the most authoritative medical periodicals, published editorially the following statement in its issue of Dec. 8, 1898:—

“The views concerning the action of alcohol upon human metabolism have essentially changed within a short time. In the year 1888, at the Congress for Internal Medicine, Binz, as the first reporter on the subject of alcohol, said that in the whole question only one fact

remained without contradiction; namely, that alcohol by its oxidation spares albumin. But precisely this view is contradicted by more recent experiments. These experiments have shown that alcohol does not spare albumin. Therefore it is reasonable to bring together with this deviating conduct of alcohol, opposite to the effect of carbohydrates and fat, a poisonous action of the same upon the albumen of the cells.”

A large number of additional statements from eminent scientific men might be presented in contradiction of the hasty assertions of Professor Atwater, which, as shown by Drs. Woodbury, Hall, and others, are actually disproved by his own experiments. It is interesting to note that Professor Atwater's associate in the experiments referred to, Prof. H. W. Conn, at a very early date in the discussion, took care to place himself before the public in an attitude by no means supporting the position of Professor Atwater. This is clearly shown by the following paragraphs, for which he is responsible:—

“Alcohol is not used as a food. It is used always for its influence upon the nervous system, and one of the well-known results is, that, at least among the Americans, the use of alcohol in small amounts is almost sure to pass speedily into its use in larger quantities.”

“To state that alcohol in any quantity is safe is a woeful misinterpretation. No one can yet state at what point the secondary injurious effects begin, and no one can state what is a small and what is a large dose.”

“A physicist could experiment with gunpowder, and prove that it is easily oxidized and gives rise to a large amount of heat and energy. From this it might be argued that gunpowder is a most useful kind of fuel for cooking-stoves. Such a conclusion would be hardly less logical than the conclusions that have been drawn

from these experiments with alcohol, and which regard it as a useful food for the body. Gunpowder is a very unsafe fuel because of its secondary effects, and in the same way the food value of alcohol can not be determined by its power of being oxidized, but must include the consideration of its secondary effects as well."

We are indebted for the foregoing extracts to a summary of scientific facts and statements from various authorities, and published by various committees interested in the suppression of alcoholic intemperance, under the title of "An Appeal to Truth." New York, 3 and 5 West 18th Street.

## FASHIONS IN HYGIENE.

BY F. L. OSWALD, M. D.

### II.

IF it is true that faith-cure epidemics should be included among the disorders that can be more easily prevented than cured, the Relief Committee ought to publish a pamphlet-form history of Dr. Elisha Perkins's "Tractor" swindle.

The ingenious doctor was a New Englander, and like his countryman, Brigham Young, combined business talents with the gift of inspiration. In the rear of his consultation-room at Plainfield, Conn., he had a private laboratory with various electric and chemical contrivances, and one day "felt a premonition" that galvanism would be recognized as an important remedial agency. The study of its phenomena had become the hobby of the scientific world, and the doctor conceived the idea of utilizing the fad for commercial purposes. A short circular, with an assortment of long words, paved the way for the memorable invention, and one day newspapers and wall posters announced tidings of great joy to a suffering generation. "No more drugs; no lancets and sweat-boxes; diseases curable by nature's own remedy, potential galvanism. To introduce the discovery, sample packages, with full directions, will be mailed to any address, upon receipt of one shilling. Address or apply to," etc., etc.

The local sensation did not exceed the

limits of ordinary neighborhood gossip, but the Plainfield postmaster soon had to engage an assistant. The demand for Dr. Perkins's trial packages assumed the magnitude of an international boom, and the mail from England alone made the carrier's pony stagger. It takes transmarine distance to lend enchantment to the public's view of such fashions, and our cousins of Great Britain reveled in remedial galvanism as they afterward reveled in Beecher Stowe sentiments and Walt Whitman's poetry.

Blank verse could not have exceeded the blank astonishment of some rationalists who opened a sample package only to find two small bits of metal, supposed to generate a galvanic current potent enough to insure the victory of nature's remedial tendencies against all comers. The descriptive circular was at once vague and verbose. Judging from the verdict of unprejudiced experimenters, the "current" was too feeble to be appreciable to ordinary human nerves; but such trifles could not outweigh the fact that the invention had been indorsed in Europe. Dr. Perkins's "Metallic Tractors" became fashionable. They were advertised by druggists and notion-dealers, hardware stores and peddlers' supply concerns, and by a moderate estimate half a million

were sold the third year and nearly an even million the next. Instead of raising his price the shrewd Yankee lowered it to middlemen. He was a philanthropist of the live-and-let-live type, and increased both his bank account and his popularity.

The Plainfielders became proud of him. He had been offered liberal inducements to remove his laboratory to Hartford, but a committee of his neighbors overpersuaded him to stay.

But his Old-World admirers had, in the meantime, recovered from the effects of their intoxication. Medical men of common sense had, all along, suspected that the effects of the "tractors" must often be due to imagination, and experiments convinced them that they could not even be partly due to anything else. Dr. Richard Smith, a distinguished surgeon of Bristol, proved in a lucid treatise that the efficacy of the "Connecticut amulets" could not be demonstrated from their action upon the most sensitive animals, and that it had, with equal emphasis, been claimed as a specific for the cure of diseases requiring diametrically opposite modes of treatment.

Counter pamphlets became shrill enough to revive the interest of the general public, but were silenced by an ingeniously simple experiment of the Bristol surgeon's friend, Dr. James Haygarth, of Tunbridge Wells. With the assistance of a Bristol carver, he manufactured a lot of little wooden tablets, shaped and painted to resemble the metallic tractors, and by distributing them gratis to a large number of amateur galvanists, proved that their remedial potency was fully equal to that of the "Connecticut amulets." The practical joke was too good to be ignored, and from that time the sales of the tractors decreased at the rate of twenty per cent a year, till they could be found only in garrets and medical museums. The mere mention of Perkinism at last awakened a

chorus of catcalls, even in Connecticut, but the old doctor stuck to his post, solacing himself with the hope of a better hereafter and the interest of some \$350,000, invested in real estate securities,—

"Less evanescent than the baubles  
Of fame and popularity."

Like hope, the hankering for humbug springs eternal in the human breast, and European dupes, mourning the collapse of the American bubble, were soon after consoled by the rise of an Eastern equivalent.

A French merchant prince, Monsieur Hugemont, of Marseilles, had lost faith in drugs, and offered a considerable sum for the communication of any method warranted to cure a child of epileptic fits. His only son, a weakling of some eight or nine years, had been dosed with nostrums till the feeble flame of his remaining vitality seemed to flicker on the verge of extinction, and an instinct of self-preservation prompted the poor little skeleton to deprecate further medication. The sight of a pill-box was enough to throw him into convulsions, and his father stoutly declined to adopt the scheme of a drug monger who proposed to administer his treacle in a dish of sweetmeats.

But something had to be "prescribed;" the let-alone plan would never do for the son of a citizen with the income of a grand duke. Hugemont, Senior, had half a mind to take a trip to Graefenberg, Silesia, when a French army officer informed him that he might possibly seek help nearer by and fare better. Squire Priessnitz was a *spécialist*, but near the barracks of the French garrison at Port Calvi, Corsica, was the cabin of an old Zouave who could cure *all* diseases by means of magnetic manipulation and prayer. He had only rarely consented to leave his shanty, where he retailed tracts and tobacco to his former companions-in-arms, but his remedial maneuvers had

never been known to fail, and it might be worth while to offer him an extra compensation to visit Marseilles. Letters could be sent in care of a certain ordinance sergeant who had long managed the correspondence of the old *magnetiseur*, and who might be induced to arrange his embarkation. A communication with the offer of a liberal sum for traveling expenses was accordingly forwarded.

The sergeant's reply was a flat refusal. His friend, the Zouave Jacob, was getting very old, he wrote, but as his healing power still remained unimpaired, his life was worth that of any patient. He would always be ready to accommodate callers for a reasonable fee, and according to the statements of competent geographers the voyage from Marseilles to Port Calvi was not longer than the voyage from Port Calvi to Marseilles.

"Don't answer that insolent screeed," was the advice of the staff officer. "The fool doesn't deserve patronage, though I would bet my head that he could cure your son."

The Hugemonts started for Calvi the same week. Steamboats were scarce in the Mediterranean at that time, and the sailboat encountered rough weather, but the youngster survived the trip, and a month afterward returned cured. Either faith or the pure and fresh air of the salt-water excursion had braced his nerves and given him a new lease of life.

His healer had been persuaded to pocket one hundred francs (about \$19½), and refused to accept another cent. In the excess of his gratitude Hugemont, Senior, then published a monograph, tastefully bound, for free distribution, to acquaint the French public with the peculiar methods and still more peculiar theories of the Zouave Jacob. According to the hypothesis of that aged Oriental, all diseases of the human organism were due to diabolic possessions; and in order to ef-

fect a cure, the incubus must be "made to realize that he had found his master." That preliminary could be accomplished by tricks of magnetic manicure, tending to neutralize the spirito-electric power of the demons, which thereupon would vanish in obedience to the brief and stern command of the exorcist.

A pilgrimage to Calvi set in, and the flatteries of his female admirers so turned the head of the old tobacco peddler that he finally consented to revisit the Continent. Edmond About describes him as a "bottle-nosed old sot;" but he had become fashionable, and the concourse of health-seekers recalled the times of Count Cagliostro, with his mystic pentagons and elixirs of perpetual youth.

A "delirium of success," however, could not account for some of his pranks; his absurd adventures stimulated the banter of the Paris wits, and people then began to wonder what could ever have induced aristocrats to patronize a baboon of that sort.

A somewhat less successful, but unspeakably respectable, faith-healer about that time attracted the attention of true believers to eastern Austria, where Prince Bishop Leopold Alexander von Hohenlohe Waldenburg Schillingsfürst, known to literature as Prince Hohenlohe, traveled from town to town, curing the sick by silent prayer. He would inquire into the symptoms of the affliction, then retire to solicit the intercession of his transfigured friends and return with the announcement that the celestial specialists were at work, and that results might be expected within, say, forty-eight hours.

The old gentleman had the courage of his convictions. It was not a cheap popularity he sought to obtain; for he more than once reminded applicants that he had no time to attend to ailments that might be relieved by a ten-cent prescription at the next drug-store. His assistants

in spirit-land could be interested only in disorders that had defied ordinary remedies. In other words, he preferred to make a specialty of medical miracles. Nevertheless his arrival in any Hungarian border town crowded the stagecoach yard with sight-seers; and wealthy invalids traveled hundreds of miles to solicit an interview with Prince Hohenlohe. Rank was not always a passport to such audiences. He once told a Bavarian countess that she was not sick at all, and when she burst out crying, threw her into a worse passion by offering to refund her traveling expenses.

Our professional quacks avoid such breaks with the aid of the printing-press and double-baited circulars parading the testimonials of "trustworthy and intelligent correspondents;" but the best medical almanac tricks of that sort were eclipsed by the posters of Dr. Schwab, the inventor and manufacturer of the mixture known to fame as "Revalenta Arabica." That miraculous preparation came in the form of a grayish powder resembling a farinaceous substance with an admixture of pulverized spices. In this age of canned delicacies it would probably have been shipped as a ready-made soup; but forty years ago labor-saving arrangements were less universally appreciated, and the doctor's customers did not object to the trouble of cooking the contents of his fourteen-ounce packages. The resulting paste could be stirred up with a modicum of butter, and served like oatmeal gruel. It was warranted to

cure dyspepsia, dropsy, consumption, gout, heart disease, rheumatism, etc., and nearly every week the manufacturer printed posters publicly thanking Mrs. So-and-so for calling his attention to another ailment that could be relieved by the use of the marvelous mixture.

"As to the ingredients of this invaluable preparation," he said in his monthly bulletins, "I am as much in the dark as the millions whom its use has restored to the enjoyment of perfect health. My source of supply is the Port of Er Nassid on the west coast of Arabia, and our local factory attends only to the work of pulverizing and mixing some forty different substances that arrive in sealed sacks from the land of the Prophet."

For nearly five years the Revalenta secret defied analysis, but Dr. Schwab failed to live up to the golden rule of the Connecticut nostrum monger. With all his lavish expenditure of printer's ink, he was at heart a miser, and a quarrel with one of his underpaid accomplices led to the discovery of the fact that the panacea from the spicy shores of Arabia the Blest was manufactured in Hesse-Darmstadt, and consisted mainly of vetch flour, the sifted meal of the *vicia sativa*, a sort of wild pea that grows in weed patches on the hillsides of southern Germany.

The gorgeous labels, with hieroglyphics and glimpses of tropical scenery, were printed regardless of expense, but as vetch flour could be put up at forty cents a bushel, the net profits of the enterprise probably exceeded a thousand per cent.

(To be concluded.)

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"A LOVING word may set some door ajar  
Where seemed no door; and that may enter in  
Which lay at the heart of that same loving word."

## THE INVALID AT HOME.

BY ANNA CLIFF WHITE.



**N**URSING is a natural instinct, which falls to the lot of some men and nearly all women. Many are entirely helpless in a sick-room, completely lost

as to what to say or how to act. Others are as perfectly at home, know exactly where to begin, what to do, and how to do it.

To be a good nurse one must have some natural ability or talent for this work; and yet to every woman, whether by nature a nurse or not, there comes the necessity for some knowledge of this art. A woman who can not do wisely, quietly, and well her part in the presence of sickness, has lost, or has never acquired, an essential part of her womanly education.

To become a proficient nurse does not require long hours of study and longer weeks and months of laborious training in an institution, although the experience and theoretical knowledge there to be obtained are necessary for one who expects to make this her life work. But for those who have, as a member of their household, a patient, suffering "shut-in," there are a few rules which, if faithfully carried out, will add greatly to the comfort of the invalid and the usefulness of the home nurse.

In selecting a sick-room, choose one that is large, airy, and sunny. Place the bed so that the room can be thoroughly ventilated without having a draught blowing on the patient. Do not overerowd the room with furniture. Have a large easy chair, in case the sick one wishes to sit up, and a small hassock upon which she can rest her feet. Place a small light table beside the bed, conveniently within reach, where the invalid can place her book, papers, fancy work, or anything she wishes.

Provide flowers for the sick-chamber, but not too many, and if possible, always keep a vase of cut blossoms upon the table, mantel-piece, or dresser, to cheer the heart and keep sunny the temper of your charge.

Let the pictures upon the wall harmo-



nize with the prevailing idea of cheerfulness in the room. Let your list include sunny landscapes, laughing children, sweet-faced Madonnas, and the stately Graces. Do not have bric-à-brac adorning every

corner and overloading the mantel, tables, and book shelf. It is anything but restful to the eyes of your patient, besides being a menace to her health because of

quiet, but not with that irritating noiselessness which keeps the patient's sense of hearing on a constant strain. Her voice should be low and sweet, yet firm in its tone, and in mercy as she expects mercy let her avoid the stage whisper which drives the sufferer almost distracted by half concealing, yet half revealing, all that the nurse knows of her charge's condition.

This minister of comfort will do well to cultivate "handiness," so that she can move deftly around the room without clumsily knocking over this thing and dropping that. She should be systematic in such matters as the patient's

the opportunity it offers for the collection of dust.

Conceal everything in the shape of a medicine bottle or vial, and never under any circumstances allow soiled towels, bedding, or clothing to lie around. A pretty art muslin or silkline draped bamboo screen is indispensable in a sick-room, and is both useful and ornamental.

The nurse should be firm, kind, patient, cheerful in the face of all difficulties, tactful, and above all, authoritative, yet without seeming to be so. She must not be glum; neither should she be a chatterbox. Her dress must always be clean and dainty in every particular, with a corresponding nicety in all her speech and actions. She must be quick in her movements, yet not nervously in haste;

meals, treatments, rest hours, daily recreations, etc. She should strive to keep the room neat in all small details, for even patients who are naturally careless and slovenly in their habits, are often, when ill, very sensitive to disorder, and are

easily annoyed by a cobweb dangling from the ceiling, or a burnt match and a bit of paper lying under the dresser.



Any nurse, to be successful in her work, must be sympathetic and loving. The sick are peculiarly sensitive to certain subtle influences surrounding them, and can easily discern the loving sympathy which prompts the attendant to excuse all irritability and fretfulness, to soothe unreasonable fears, to smooth away with a firm and gentle touch the nervous wrinkles in the forehead, to be quick, light, and cheery in her conversation because her patient has the blues, or to be quiet, calm, self-possessed, and reassuring because the invalid is foolishly nervous. The patient's whims, if harmless, should be gratified; if otherwise, they should be pleasantly disposed of, and the attention and thought directed in another channel.

Never bring alarming or exciting news

into a sick-chamber. Let the topics of the day be quietly and cheerfully discussed,

Remember, your invalid eats with her eyes as well as with her mouth. Have the daintiest of china, the brightest of silver, and the whitest of napery for her tray, even if it means some self-denial for the family.

Arrange the tray in the most convenient and artistic manner possible.

I know of one family where the only daughter, in arranging the tray for her invalid mother, made as regular a study in the harmony and blending of colors as if she were painting a landscape. The spoonful of rich quivering red jelly was placed daintily in the center of a small cut-glass plate, and presented a fine contrast to the golden brown of a delicate custard in its pretty dish of Japanese ware. A diamond-shaped piece of toast, nicely browned and smoking hot, rested on a small doily on a pretty fancy plate. A tiny saucedish of rice, snowy in its whiteness, was



and the latest books be read, if the invalid is able to bear it; but allow no irritating gossip or depressing speeches to disturb the peaceful atmosphere of her room.

If possible, always inspect the invalid's tray before it is taken into the room.

encircled by a delicate wreath of green leaves, either parsley, celery, or carrot ferns. If an egg was desired, it was nicely poached, the water entirely drained off, the ragged edges cut off, and then it was placed in the center of a prettily cut piece of toast, with a dainty bunch of



violets, a delicate spray of hyacinth, or a sweet-smelling sprig of heliotrope on the edge of the dish beside it. The thin glass finger bowl was made attractive by a slice of lemon and a leaf of sweet-scented geranium. The tray never came to the bed during the year and a half of the mother's illness without some floral offering, however small, to add to its general attractiveness, and the mother has confessed that more than once when she thought she was not at all hungry, the sight of that nicely arranged tray, the daintily prepared food, and the bright smile and loving words of her daughter aroused her to a consciousness of a wonderfully keen appetite.

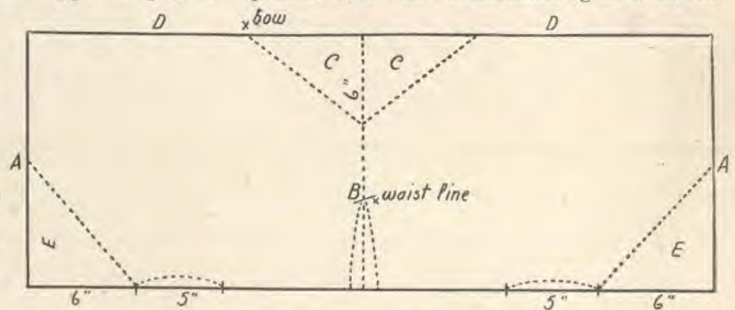
Be certain that everything needed is on the tray, so that the food will not be getting cold while a hasty search is made for the missing article. Do not keep your patient waiting for her tray until her appetite is gone, and she is too tired and cross to eat. Do not ask her what she wants to eat, unless she wishes some particular dish; let every meal be a pleasant surprise. It is a good thing to have a small notebook handy, and whenever you hear of some appetizing dish which you think your patient would relish, jot down the recipe, and in this way you will be able to provide variety in her menu.

A useful and inexpensive convenience for your invalid is a pretty dressing-sacque. It is one of the many dainty accessories to her wardrobe which will be much used and appreciated.

The sacque used for this illustration is made of blue and white material, twenty-seven inches wide and two yards long. Line the piece of cloth just as it comes from the shop with some soft white flannel.

Fold it end to end (A, A), and slash the center line (B) about six inches for the neck opening. Turn back the corners (C, C), which are faced with white silk over the flannel, and tack down, thus forming the neck, and (D, D) the front edges of the sacque. Now slash the other end of the center line (B) as far as the waist line, blind stitching the edges so as to form a neat finish. Face the corners (E, E) with white silk for about nine inches; then fold back the side lines (A, A) even with the bottom line. Begin about six inches from the corner, and sew across the bottom for about five inches. Turn back the white silk corners, and fasten with small blue ribbon bows. Thus you have a bias corner (E) for the sleeve, or rather hand. Sew a large bow and streamers where the neck fastens in front, and your sacque is finished.

A pair of crocheted or knitted bedroom slippers, a pair of pretty bed socks, a stamped leather cover for magazines, a dainty silk bag for light fancy work, or a gayly colored silk photo holder, are all easily made, and prove very acceptable to the patient sufferer who never complains, but who sometimes grows decid-



edly weary of the monotony of her four-walled prison, comfortable and pretty though it may be.

With loving care in all these little details, let us cherish these afflicted ones in our family, and by our sympathy and cheerfulness, by our loving words and kindly deeds, by our thoughtfulness in the thou-

sand little details that go to make life happier for them, smooth the rough places and comfort the sad hearts which are often

their lot. And some day, when they are taken from our loving care, we shall have no cause for regret.



## RED BETTY. OR THE SLAUGHTER OF THE DUMB INNOCENTS.

BY MRS. L. D. AVERY-STUTTLE.

### CHAPTER I.

(Copyright, 1899.)

I THINK you would better bring home a little veal steak for dinner; I believe it would taste good to me," I called after my husband one morning as he started down the street.

I had not been feeling at all well, and my failing appetite suggested that it required a little pampering, and that it would be a good plan if I departed, for once, from the strict path of vegetarianism which I had of late marked out for myself, and indulged in an old-fashioned meat dinner.

I anticipated a great treat, for the veal my husband brought from the shambles was white and tender. But somehow when I came to test the results of my culinary skill at the dinner table, I was disappointed.

Everything I had ever read on the sub-

ject seemed to rush into my mind. My memory was unusually active. I began to wonder if the steak was not acting upon me, as did the fruit of the forbidden tree upon our ancestors,—at least, it seemed that my eyes were being opened, for as I crushed the savory morsels between my teeth, the harrowing thought came to me: This very muscle which I am this moment masticating, was but yesterday a part of a living, breathing creature; it has gone through the terrors of death; it has quivered and throbbed with the horror of an overmastering agony such as I have never known; it has struggled—it has gasped—*it has died!*

Of course such thoughts as these were not very conducive to my peace of mind. But I could not banish them, harrowing though they were. An army of bloody

specters rose before me. I could not swallow the morsel already between my teeth. The idea was revolting. I arose from the table, flung myself upon the bed, and falling asleep, dreamed.

In my dream I seemed to be in a large inclosure crowded with cattle. I was about to beat a hasty retreat to save myself from the many sharp horns which presented themselves like a confused array of white bayonets, when I heard, methought, a low moan of agony, which sounded so intensely human in its utter hopelessness that it at once arrested my attention, and forgetful of the danger to which I was exposed, I turned to see whence it came. There upon her side, at my very feet, was a fine appearing, bright-red cow which had fallen in the crowd, and was being trampled upon by her companions. She turned upon me a look of such concentrated misery as I had never seen. Her soft eyes were large and luminous, and there was in them such an expression of mute appeal that involuntarily I sought to find some way of helping her.

At once I seemed to be endowed with supernatural power, and putting my hand upon her panting side, I easily lifted her to her feet, and led her to a place of safety, away from the surging crowd. The whole affair seemed so strange that I was scarcely surprised when the animal thanked me for my kindness in a low, sad voice:—

"I thank you, lady, for the interest you have taken in me, a poor brute. You have certainly made my last moments on earth much more peaceful than they must otherwise have been. I have always been accounted a superior, well-bred animal, and I shudder at the thought of being trampled upon by the common herd, though the end is soon enough anyway; I trust it may be quick and painless."

By this time I had become very much interested in my strange acquaintance, and the mild astonishment which I had at first experienced, was merging into an ungovernable curiosity to hear something of the history of this most interesting creature, and I exclaimed:—

"Tell me, I pray you, what is your name? and why are you here?" and I seated myself beside her upon the soft green grass of the quiet nook whither I had led her. She gazed into my face with an expression of intelligence and gratitude, and at once began:—

"You are very kind to me, lady, and at your request I shall be glad to tell you of my past life and my present wretchedness," and I saw a shudder pass over her.

"I have always been called 'Red Betty' from the time the little children who lived at the old farm where I was born, found me, a tiny bunch of soft, velvety red, by my mother's side in the back pasture one bright morning in early spring. I could hear the children running with glad shouts, almost tumbling over one another in their eagerness to impart the news to their mother. 'O mother! old Black Betty has the dearest little baby—she is just as red as blood. Let us call her Red Betty.'

"Very fond indeed was my poor mother of me; she even disliked to have the dear little children come too near me, for fear they would take me away from her. I could always understand my mother's speech, though the children could not, and the next day after they had found me, she saw men coming, and although I was very young, I noticed that my dear mother appeared frightened.

"'Keep close to my side, my baby,' she whispered, 'for I fear the men may take you away from me to the cruel slaughtering pen, which is not very far away, and sell your tender flesh in the shambles.'

"I was too young to understand what fear was," continued Red Betty, "but I kept close to my mother, and the men soon went away. Then I asked her why she was afraid; and she told me that only the year before, they had taken my little brother from her side, and she had seen them lead him away to the dreadful bloody house, which she assured me she had passed by one day, and the sight was terrible. In fact she declared that she was sure she had recognized certain parts of my poor brother, festering in the hot sun."

"O how dreadful!" I exclaimed, shuddering as I thought of the tender morsel I had so recently feasted upon.

"Yes, it was terrible, and I learned to dread the approach of any human being, until one day my mother heard the children say:—

"'Father will not sell our dear little Red Betty to the naughty butcher, because she is a little heifer, and will give us nice milk some day.' Mother could scarcely wait until we were alone to tell me the glad news. After that we were very happy for what seemed to me a long time, though I suppose it was but a few days. Then the master put me into an adjoining meadow with some others of my size. There was a high fence between my mother and me, but still she would come and lie as close as she could get, and I would put my little soft red nose through the rails, and she would caress me and talk to me for hours.

"I asked her one day if human beings ate each other as they do the poor animals. She said that she had heard that in some countries they had been known to, but that she supposed they did not do that in this country, because they could get the flesh of other animals to eat.

"My mother told me that there is a country over on the other side of the world where our race is held in great reverence, and it is considered a terrible

crime to cause our death; not only that, but that all forms of life are considered sacred by the people. But these races are called 'heathen' on this side of the world. O my kind lady! it may seem very dreadful to you to hear a poor brute like me talk so of your people, but truly, I have wished many and many a time that it had been my lot to live among the dear heathen on the other side of the world.

"I was so much interested about these heathen," continued Red Betty, "that I used to beg my mother to talk to me about them, and to tell me all she knew. I thought about this strange, far-away country by day, and at night I dreamed that I was there; and O, what a delightful sense of freedom and security I felt. Then I would wake with a start, and call to my mother, for I would often be trembling with fear. Mother would soothe me as well as she could by putting her face close to the fence, and would tell me that I need not be afraid, for she thought my life would be spared for many a year. But the story she had told me of my little brother would not leave my mind, and I became very timid indeed.

"One day in midsummer, when the boys came to feed us milk from a large pail, I noticed that there was a rope in the hands of one of them. This so frightened me that I ran away, and would not allow them to come near me; for I much preferred to go without my milk, hungry and thirsty as I was, than to run any risk of being caught and taken to the dreadful slaughterhouse, where I imagined, after all, they were going to take me. O how frightened I was! I ran and ran! This made one of the boys very angry,—the one with the rope in his hand,—and he began to chase me. Then I remembered my mother, and called to her loudly. She came running up to the fence as fast as she could, in a dreadful fright. When I ran to her, and stopped

for a moment in the corner of the rail fence, the boy caught me, and put the awful rope tight around my neck, and then in his anger he began beating me and kicking my tender nose with his hard boot. I cried and moaned, but he did not heed me, for he was angry because I ran from him. At last, when he saw that my nose and mouth were bleeding, he stopped kicking me, and tried to drag me over to the place where he had left the pail. O how the hard rope choked and hurt me! I did not know what he wanted, and was so frightened that I hung back, until my mother called to me to go with the boy, for if I did not, the rope would choke me to death. This boy's name was Tom, and I think I never saw so cruel a lad. I cast one quick glance back at my dear mother, for I feared I should never see her again. I almost forgot my own misery when I saw how she suffered from fright. I am sure there were tears in her soft eyes, but the rope was around my neck, and I was dragged away. It was the first time I had ever been treated in this cruel way, and I began to fear, from the savage manner in which Tom pulled me along, that he had brought the pail of milk merely as a bait, so that he could catch me more easily, for he knew I was very shy.

"As soon as we came up to the place where the other boy, whose name was Frank, was, I found I had not been mistaken, for Tom at once called to him:—

"'Well, I have caught the stupid creature at last, but she gave me a long chase; here, you ugly brute, drink this milk; you will need it before you get to your journey's end, I can tell you.' I did not know what he meant, but I soon learned. With that, the cruel boy kicked my panting sides till I trembled with terror and pain.

"Frank was much more humane and kind than his brother Tom, and he remonstrated with him for his cruelty.

"'Look here,' he said, 'you only frighten the poor thing; your heavy boot has already cut its nose until it bleeds.'

"Just then two little girls came running from the house, and I could see they had been crying, for their eyes were red. They climbed over the fence, and coming up to me, put their little arms around my neck, and one of them sobbed out:—

"'O you dear little Red Betty! papa is going to sell you, after all, and now we can not see you any more. You are going 'way, 'way off. Why, Tom, what ails the poor little thing? her nose is quite bloody.' Then one of them took a soft wisp of grass and wiped the blood away. Tom was glad enough of this, for he did not want his father to know of his cruelty. 'Come, drink, little Betty,' coaxed the children.

"But I was too frightened and nervous to drink, though the gentle little girls held the pail close to my mouth. I thought of my poor mother, and of the dreadful slaughter pen she had told me about, and in my terror I uttered a loud cry. My mother answered me from across the field, and I called to her as well as I could, that they were going to take me away, and that I should never see her again.

"As the boys led me along, I saw her running wildly all around the field, trying to find some place where she could push the rails down with her horns, and follow me. But the farmer had built his fence strong and high, and she could not escape."

"Did you ever see her again?" methought I interrupted, wondering I had never thought before how strong is the love of the lower animals for their offspring, and why people do not stop to consider how cruel it is wantonly to disregard their feelings.

"O yes," continued Red Betty, "I saw my poor mother again just once—only once more; but I will tell you about that, kind lady, if you will hear me patiently to the end of my story."

## HOW TO DEFY THE LAW OF HEREDITY.

BY DAVID PAULSON, M. D.

**T**HOUSANDS are continually resorting to the courts to secure what they consider their just and legitimate inheritance, and frequently, after a long and bitter struggle, they fail to obtain it.

There is another kind of inheritance to which it is not so difficult to secure a clear title, and strangely enough, no one seems to be anxious to take it away from the true heirs, and that is the legacy of a well-marked tendency to such diseases as epilepsy, consumption, Bright's disease, neurasthenia, and other maladies in the same category.

Nature gives this inheritance in installments, and the heir secures the first payment when he places an application for the same by a violation of some law of nature. Dr. G. M. Hammond, the noted New York nerve specialist, has observed as a result of an extensive experience with hundreds of epileptics, that there had existed invariably, except when it was due to some injury to the head, indications of the same from earliest childhood in the way of spasms during teething, or convulsions on such slight provocations as an attack of mild fever. Their nervous systems were "loaded with epilepsy" from birth, and all that was necessary later in life, in order to pull the trigger so that they would go off into a true fit, was merely, in some in-

stances, a family reunion where "mother's cooking" was demonstrated at its best,—or, from a hygienic standpoint, at its worst,—and the following night the unfortunate mortal would have his first epileptic attack. Next time it required less irritation to provoke a seizure, and very soon they came so readily that he could not tell what brought them on. Who can tell what might have been the brilliant future in store for such a man if he had cultivated health instead of Thanksgiving or Christmas dinners?

Here is the poor, hollow-chested, thin-faced clerk. He has the misfortune, according to Dr. Holmes, of being an omnibus in which all his consumptive ancestors are riding. What can he do? Why just shake off their ghosts, and as the plants can grow upward in spite of the law of gravitation, so let him defy the laws of heredity by so thoroughly obeying the laws of health that no one shall have further occasion to say of him, "His fathers ate sour grapes, and his teeth are set on edge."

It is safe to say that if humanity labored one half as hard to rise above the consequences of a miserable and bankrupt physical inheritance as they do to secure their financial legacies, they would not only be equally successful, but in many cases far more so.

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## THE PEACE OF PITY.

O BROTHER man, fold to thy heart thy brother,  
Where pity dwells, the joy of peace is there;  
To worship rightly is to love each other,  
Each smile a hymn, each kindly deed a prayer.

Follow with reverent steps the great example  
Of those whose holy work was doing good;  
So shall the wide earth seem a human temple,  
Each loving life a psalm of gratitude.

Then shall all shackles fall; the stormy clangor  
Of wild war-music o'er the earth shall cease;  
Love shall tread out the baleful fire of anger,  
And in its ashes plant the tree of peace.

—Whittier.

## THE MANTLE.

"Charity covereth a multitude of sins."

BY MRS. S. M. I. HENRY.

ALL day long at the loom of love,  
A beautiful angel sat and wove,  
The woof was of silver threads of light,  
The warp was of gossamer dainty white,  
Beaded with dew from the tender skies,  
That lay in the depths of the angel's eyes.

Back and forth the shuttle flew,  
Weaving a web of texture new.  
Nothing like it in heaven was known,  
From the veil that hung before the throne  
To the mist-like robes, so strangely fair,  
That the star-eyed infant angels wear.

Nothing like it in earth was seen,  
From the summer morning's golden sheen  
To the drapery draped of a winter night,  
O'er the window-pane of crystal white ;  
Naught in earth or heaven so fair,  
That with this web it could compare.

As the pattern grew, a sweet surprise  
Came, more and more, in the angel's eyes,  
And the Rose of Sharon upon her cheek  
Blushed faintly, and, as if to speak,

Her lips were open, as one by one  
The threads flashed through, till the work  
was done.

Alone, in silence, the angel wrought  
The secret of her holy thought ;  
Something was needed down there below,  
In the sin-cursed world of death and woe,  
To hide from the sight of earth and heaven  
The stains of sin by Christ forgiven,—

Something to hide the faults of men  
From the vulture's eyes, whose greedy ken  
Hunted them out, by night and day,  
That human souls might be its prey.  
To meet this want, the angel wove  
That wonderful web in the loom of love.

And she fashioned a mantle, with sweeping  
train,  
That nothing of earth could ever stain ;  
A mantle for Christian hands to take  
And backward bear, for Christ's dear sake,  
And cast, wherever a soul doth lie  
In shame, a spot for the passer-by.

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## THE EFFECT OF THOUGHT ON THE BODY.

TRINE, the noted American author, comments thus on the physiological and ethical effects of thought on the body :—

"Every thought that tends to reproduce itself, and ghostly mental pictures of disease, sensuality, and vice of all sorts, produce scrofula and leprosy in the soul, which reproduces them in the body. Anger changes the chemical properties of the saliva to a poison dangerous to life. It is well known that sudden and violent emotions have not only weakened the heart in a few hours, but have caused death and insanity. It has been discovered by scientists that there is a chemical difference between that sudden cold exudation of a

person under a deep sense of guilt and the ordinary perspiration ; and the state of the mind can sometimes be determined by a chemical analysis of the perspiration of a criminal, which, when brought into contact with selenic acid, produces a distinct pink color. It is well known that fear has killed thousands of victims ; while, on the other hand, *courage is a great invigorator*. . . .

"Full, rich, and abounding health is the normal and the natural condition of life. Anything else is an abnormal condition, and abnormal conditions as a rule come through perversions. God never created sickness, suffering, and disease ; they are man's own creation. They come through

his violating the law under which he lives. So used are we to seeing them that we come gradually, if not to think of them as natural, then to look upon them as a matter of course.

"The time will come when the work of the physician will not be to treat and attempt to heal the body, but to heal the mind, which in turn will heal the body. In other words, the true physician will be a *teacher*; his work will be to keep people well, instead of attempting to make them well after disease comes on; and still beyond this there will come a time when each will be his own physician. In the degree that we live in harmony with the higher laws of our being, and so, in the degree that we become better acquainted with the power of the mind and spirit, will we give less attention to the body,—no less *care*, but less *attention*.

"The bodies of thousands to-day would be much better cared for if their owners gave them less thought and attention. As a rule, those who think least of their bodies enjoy the best health. Many are kept in continual ill health by the abnormal thought and attention they give them.

"Give the body the nourishment, the exercise, the fresh air, the sunlight, it requires, keep it clean, and then think of it as little as possible. In your thoughts and in your conversation never dwell upon the negative side. Don't talk of sickness and disease. By talking of these you do yourself harm, and you do harm to those who listen to you. Talk of those things that will make people the better for listening to you. Thus you will infect them with health and strength, and not with weakness and disease.

"To dwell upon the negative side is always destructive. This is true of the body the same as it is true of all other things. The following from one whose training as a physician has been supplemented by extensive study and observation

along the lines of the powers of the interior forces, is of special significance and value in this connection: 'We can never gain health by contemplating disease, any more than we can reach perfection by dwelling upon imperfection, or harmony through discord. We should keep a high ideal of health and harmony constantly before the mind.' . . .

"Never affirm or repeat about your health what you do not wish to be true. Do not dwell upon your ailments, nor study your symptoms. Never allow yourself to be convinced that you are not complete master of yourself. Stoutly affirm your superiority over bodily ills, and do not acknowledge yourself the slave of any inferior power. . . .

"I would teach children early to build a strong barrier between themselves and disease, by healthy habits of thought, high thinking, and purity of life. I would teach them to expel all thoughts of death, all images of disease, all discordant emotions, like hatred, malice, revenge, envy, and sensuality, as they would banish a temptation to do evil. I would teach them that bad food, bad drink, or bad air makes bad blood; that bad blood makes bad tissue, and bad flesh bad morals. I would teach them that healthy thoughts are as essential to healthy bodies as pure thoughts to a clean life. I would teach them to cultivate a strong will power, and to brace themselves against life's enemies in every possible way. I would teach the sick to have hope, confidence, cheer. Our thoughts and imaginations are the only real limits to our possibilities. No man's success or health will ever reach beyond his own confidence; as a rule, we erect our own barriers.

"Like produces like, the universe through. Hatred, envy, malice, jealousy, and revenge all have children. Every bad thought breeds others, and each of these goes on and on, ever pro-

ducing itself, until our world is peopled with their offspring. The true physician and parent of the future will not medicate the body with drugs so much as the mind with principles. The coming mother will teach her child to assuage the fever of anger, hatred, malice, with the great

panacea of the world—love. The coming physician will teach the people to cultivate cheerfulness, good will, and noble deeds for a health tonic as well as a heart tonic; and that ‘a merry heart doeth good like a medicine.’”

## AUTOINTOXICATION, OR SELF-POISONING.

BY ALFRED B. OLSEN, M. S., M. D.

THERE are two vital processes constantly going on in the human body, the cessation of either one of which would produce instant death. They are called “anabolism” and “katabolism.” The first is synthetic, integrative, constructive—a building-up process, by which the food that is eaten is converted into living tissues. The second process is just the reverse of the first. It is analytic, disintegrative, destructive—a breaking-down process.

The composition of living tissues is continually changing. After the nutritive elements have been converted into protoplasm or living substance, and have served the organism a certain time, they are further converted into waste substances, which are not only useless to the body, but actually poisonous.

In a child the constructive processes slightly exceed the destructive, and growth results. After maturity is reached, the two processes are about equally balanced until on-coming age reverses the process, and senile decay begins.

The body has been well likened to a channel through which matter is continually flowing. Vitalized by the touch of life for a brief moment, it passes back again to an inert state.

“Nutrition is life,” says Bouchard, an eminent French physiologist. The food eaten sustains life and conserves the human machine; but it must be digested

and assimilated to be serviceable. Putting food into the stomach does not put it into the blood.

The Bible tells us that the blood is the life, and so it is, for it contains the nutritive elements which nourish every organ, every tissue, and every cell of the body. Wholesome food, properly eaten, digested, and assimilated, finally enters the blood, and through the blood vessels which are found everywhere, is distributed throughout the body.

But the blood has another very important function to perform. It not only carries food material to the living cells, but also receives their waste substances. For the most part these latter are highly poisonous organic compounds, which must be gotten rid of as soon as possible. Taken into the blood, they are carried to the eliminative organs to be discharged from the body. The liver, kidneys, lungs, bowels, and skin are the eliminative organs, and upon the activity of these the health directly depends. The closing of any one of these “back doors” will cause death in a short time. Stop respiration, and death intervenes in less than ten minutes. This fatal result is due not so much to the want of oxygen as to the retention of the tissue poisons normally discharged through the lungs.

Stop the activity of the kidneys, and in a few hours death results, again due to the heaping up of virulent poisons in the

body. This condition is called uremic poisoning.

All the tissue wastes of the body are poisonous, and their presence is a constant menace to life. Man stands on the brink of an awful precipice, as Bouchard says, and only an active elimination prevents him from falling into the abyss of death.

Let us study for a moment the excretion of the kidneys. Bouchard has demonstrated that the average healthy man who lives in the city, and weighs, say one hundred and forty or one hundred and fifty pounds, excretes through the kidneys in two days and six hours enough poison to kill himself. The same investigator has shown that the kidneys eliminate at least seven different poisons. One is a narcotic, another a diuretic; two are convulsive substances, etc.; all are toxic. It is interesting to note that the kidney excretion formed during the activities of the day is more toxic than that formed during sleep. While the body is at rest, there is less metabolism, and hence less poison formed; at least, this is one of the reasons for the difference.

Moreover, in the case of persons who engage freely in physical labor in the open air the kidney secretion is less toxic than in those who follow a sedentary life, because the former make a better use of their food; in other words, it is more completely oxidized, and does not clog the blood and tissues. The vigorous exercise stimulates respiration, and brings an abundance of oxygen to the blood, so that a healthy active metabolism results. This explains why the sturdy rail splitter, who swings the ax from morning till night while the mercury courts the zero point, can eat breakfast bacon and still have fair health. His active life out of doors largely compensates for his dietetic sins.

If the townsman were to go into the country and exercise in the fresh air,

engaging in vigorous outdoor labor, the toxicity of the excretion would be diminished by one third. This is explained by the more complete and perfect oxidation of the food substances, giving rise to less poisonous end-products. An abundance of pure, fresh air is necessary to maintain the healthy action of the various organs of the body. Proper breathing is essential to a complete oxidation of the food substances taken into the system.

But on the other hand, the sedentary life of the metropolitan leads to a state of physical inactivity which is decidedly productive of disease. Too often he rises from a breakfast table heavily laden with the toxic remains of some unfortunate quadruped, washed down with copious draughts of black coffee, and enters a crowded street-car, where he sits doubled up in a corner breathing the poisoned air, and straining his eyes to get the latest news. From the car he hurries into a close, musty office, blackened with the smoke and dust of the city, drops into a comfortable office chair, where he does business until noon. Passing over the five-minute lunch of hot buttered biscuit, pie, and coffee, which is bolted rather than eaten, late in the afternoon our modern urban boards an electric, and, landing at his door, is soon lolling in a rocker, waiting for the evening feast.

With such a life of gormandizing and inactivity, is it any wonder that so many people suffer from indigestion, biliousness, and headache, not to speak of gout and rheumatism? The sadly abused stomach is overworked; the liver is jaded and worn out, and of necessity has gone on a strike. The entire system is clogged with poisonous organic wastes, which are constantly forming more rapidly than they are eliminated. On account of the disturbance of the organs of digestion, their work is done imperfectly, crude and toxic substances are assimilated, and a general

autointoxication, or self-poisoning, results. This condition, if not of itself fatal, lowers the vitality of the body, and exposes it to the ravages of disease. Malnutrition always invites disease, for it weakens the resistive forces of the body.

If a man wishes to digest and assimilate the food he eats, if he expects it to build bone and muscle and nerve, he must exercise. If he wishes to have a clear, active brain, he must perform physical labor. Mental activity goes hand in hand with physical activity, other things being equal.

According to Bouchard, the sources of intestinal toxins are three: (1) Those derived from the impure or poisonous foods eaten; (2) those produced through a perversion of the digestive functions, whereby various fermentative and putrefactive processes result; and (3) those produced through the excretion of bile into the intestinal tract.

The selection of our food is a most important matter. It was never intended by the Creator that animals should devour each other, or worse still, that man should devour the helpless animals. The natural food for man is derived from the vegetable kingdom, and consists of fruits, grains, and nuts. Plants produce foods which are capable of sustaining animal life, while the tissue wastes of animals are taken up by plants and again transformed into food material. All food primarily comes from the plant kingdom. The only question is whether to take it direct in the form of wholesome and nutritious fruits and grains, or second-hand in the form of the putrefying carcass of some unfortunate fellow creature. It is needless to say that all animal foods are reeking with the very worst kind of filth, *i. e.*, organic tissue wastes, many of which are identical with the poisons normally excreted by the kidneys. Animal foods are emphatically stimulating. They ir-

ritate the digestive organs, lead to various putrefactive processes, clog and overwork the liver, and fill the blood with toxic extractives. They are distinctly impure foods, and are not seldom a direct source of infection.

The second source of intoxication is largely controlled by the first. But even good foods are liable to undergo fermentation if improperly prepared, poorly combined, or taken in excess.

Normal digestion presupposes the selection and preparation of such food as can be easily digested and assimilated. But such an ideal condition is comparatively rare, for most people consult a perverted taste rather than the real needs of the body.

Since microbes are almost omnipresent, they are usually taken in varying quantities with the food. But nature has provided for this contingency, and on entering the stomach, the food meets with a fluid which contains a free mineral acid, muriatic or hydrochloric acid, which is a powerful disinfectant. Laboratory experiments show that 1.1 grams of this acid to one quart of water makes a solution sufficiently strong to stop the growth of germs. The stomach juice, however, contains more than twice as much, or from 2.5 to 5 grams to each quart, an amount sufficient to prevent the growth and deleterious action of all germs under normal conditions.

If the acid of the gastric juice is partly or wholly wanting, germ growth becomes proportionately active, and many harmful substances are produced, which irritate the digestive organs and poison the system.

In the intestines putrefactive processes are the rule rather than the exception, and often give rise to serious and even fatal consequences. No acid is provided for intestinal antiseptics. Nature intended the stomach juice to serve this purpose.

Indeed, intestinal putrefaction is so common that, until quite recently, it was believed by leading physiologists that a certain amount and kind of bacterial activity was necessary to normal digestion. But this fallacy has been exploded, and it is now generally admitted that microbic activity is not essential to good digestion.

One of the harmful effects of perverted digestion is its paralyzing influence on the bowels, inhibiting their activity, and leading to constipation. This greatly aggravates the evil, for it must be remembered that most of the food absorbed is taken up by the small blood vessels of the intestinal wall, and carried to the liver. The poisonous products enter the blood along with the food elements. It is one of the duties of the liver to take up these harmful substances, and thus protect the system. But after a time the liver itself is overburdened and clogged, and breaks down under the excessive strain, and soon the entire body suffers from an autointoxication. This is manifested by an interference with the cir-

culatation, so that the person is less able to withstand cold and exposure, by general debility and an uncomfortable feeling of malaise, severe headaches, low spirits, and often a bad temper. The mind is sluggish and confused. This general disturbance of the nutritive processes is often accompanied or closely followed by nervous disorders, such as neurasthenia, migraine, and nervous prostration. The mind is weakened, the will power diminished, and the low spirits and "blues" may develop into melancholia or some other form of insanity.

From this brief discussion of autointoxication, it is readily seen that the best cure is prevention, and a prevention that lies within the reach of all. In a few words, self-poisoning can be prevented by giving proper attention to diet, exercise, and sleep. Pure air, pure water, and pure food are essential. A temperate life, avoiding excesses of all kinds, moderate exercise in the form of manual labor in the fresh air, and an abundance of refreshing sleep,—these bring health and happiness.

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## PHYSICAL STRENGTH FORMERS.

BY KATE LINDSAY, M. D.

THE great cry of the world is for more strength. Men and women all around us are making a failure of life because they lack physical, mental, and moral strength.

So far as physical strength is concerned, it would seem at first glance that no one need be at a loss for remedies; the world is full of remedies of all kinds. Nerve tonics, heart tonics, lung tonics, stomach tonics, in endless quantity and great variety, are advertised on every fence post, and can be bought in every drug-store. In defiance of all these

vaunted remedies for weakness, many thousands of invalids have so little strength that they are unable to sit up, and hopelessly drag out their weary days in forced inaction.

All physical strength is the result of energy evolved from food properly digested, normally assimilated, and ready to undergo the changes of proper oxidation under the stimulation of the nervous system, and to manifest energy in the form of work. Nearly all the tonics and bottled strength formers are not capable of assimilation and tissue formation, nor

do they increase the ability of the tissues to evolve force, many of them seriously interfering with normal tissue changes.

The most noticeable of these so-called strength givers are alcoholic drinks. At one time I had to deal with a very notable example of the faith that people put in these broken reeds. A lady came to one of our sanitariums so weak physically that she had to be carried on a stretcher. A friend came with her with a basket of bottled medicines, which she thought were necessary, and must be given the patient to keep up her strength. There were two pint bottles full of old Scotch whisky, one quart bottle nearly full of brandy, a bottle of hypophosphites, and several other tonics. Besides this, the lady was drinking a bottle of stout daily, and took port wine and several cups of

either tea, coffee, or cocoa with each meal. Yet she was so weak that she could not have the history of her case taken. Notwithstanding this she hugged her strengtheners tightly, and had her friend hide them under her pillow before she left, for fear we would take them away from her.

She was taken to the bathroom, and while there, all the bottles disappeared. In two days after separating the patient and the strength formers, she was strong enough to be examined. In two weeks she was walking up and down stairs, had gained several pounds of flesh, and was feeling well and happy again.

This case is but one of the many illustrations of mankind's mistaking evil for good, and choosing destruction instead of salvation.

## A BIT OF PHILOSOPHY.

WHAT 's the use o' lyin', cryin', sighin' ?  
 What 's the use o' fussin', mussin', cussin' ?  
 Does the savages' complainin'  
 Stop the rattle o' the rainin' ?  
 Does the tormentin' and teasin'  
 Make the winter quit a freezin' ?  
     Quit a blowin' ?  
     Quit a snowin' ?  
 Does the grumblin' and the groanin'  
 Do a bit toward atonin'  
 For the miserable moanin'  
     Through the trees ?  
 Does the scowlin' and the growlin'  
 Stop the prowlin' and the howlin'  
     O' the breeze ?  
 Won't the sunlight be the brighter  
 If we keep our faces lighter ?  
 Don't the dreary days seem longer,  
 And the wailin' wind seem stronger,  
     If one frets ?  
 Make the best of all the weather,  
 Sing an' smile an' hope together,  
     Won't you ? Let 's !

—*Medical Times.*

## BEDROOM HYGIENE.

BY MRS. E. E. KELLOGG.

**I**N no other one room of our dwellings do we spend so much consecutive time each twenty-four hours as in our sleeping-rooms. During the day the various activities of life keep us moving about, out of doors and indoors, from one room to another. Thus we are frequently experiencing change of atmosphere and conditions. But during the period for sleep one must accept his surroundings as they are; hence the need that these environments be the very best possible.

A sleeping-room should be large and well ventilated. Fifteen feet square is not too large a space to afford an adequate supply of air to maintain a healthy atmosphere during the hours of sleep if, as is customary, two persons occupy the room. Seldom, however, are such commodious quarters set apart for sleeping-rooms. The parlors and other day living-rooms are chosen with a care for comfort and health, but the smallest and most inconvenient rooms on the shady side of the house are considered quite "good enough to sleep in," apparently assuming that because during the time spent in sleep one is oblivious to the things around him, therefore it matters little what these surroundings be. Few people but would object to spending one third of their lives amid unwholesome surroundings during the daytime, and why should any be willing to spend thus the same proportion of time while asleep?

It is during the hours of sleep and rest in bed that the processes of growth and repair are most actively carried on. The more favorable the conditions, the more perfectly will nature be able to do this work.

It may seem that because the sleeping-room is occupied at a time when the sun is absent, much window space is

unnecessary; but light, and particularly strong sunlight, exerts a purifying influence upon the air of a room, as may be experienced by any one upon going into an apartment from which the light has been excluded for some days. Even though unoccupied so that the contained air is unpolluted by the products of respiration, there will be present a close, musty odor, which will disappear after a good sun bath. Darkness and dirt may be considered almost synonymous in the household realm. Dark rooms are proverbial for mustiness. Dark corners into which the light fails to penetrate, dark spaces under beds and other furniture, very quickly become a harbor of dust and germs. If there are windows that admit more light than is desired, it may be adjusted by means of shades and screens, but there is no remedy for the poorly lighted apartment.

The ideal sleeping-room should have windows upon two sides, one facing the east, that the morning sun with its disinfecting rays may freely enter to dry and purify the bedding as it is spread open for its daily airing, and to search out and disinfect any nook or corner where dust and germs may have found lodgment.

Whatever other luxury there may be lacking in the sleeping-room, it should not lack the luxury of fresh air. The re-breathing of air already contaminated by waste products from the lungs is undoubtedly the cause of many of the increasing ills to which flesh is heir, much oftener than it is so recognized. The modern well-built house provides for a plentiful supply of fresh air indoors, through some efficient system of ventilation, but the ordinary village home, the farm house, the cottage, is dependent upon window ventilation. One window, if raised a little from the

bottom and lowered slightly from the top, is better than no ventilation; but two windows, preferably on opposite sides of the room, the one opened at the top as a fresh-air inlet, the other raised from the bottom as an outlet for foul air, will serve the purpose much more satisfactorily. The size of the openings must be dependent somewhat upon the condition of the weather and the number of occupants in the room. Under ordinary circumstances, lowering the window one inch for each occupant has been found sufficient for the requisite supply of fresh air in cold weather. When a strong wind is blowing or during very cold weather, a smaller opening will suffice.

There are several simple and ingenious devices within the reach of all, which may be attached to the sash to regulate the supply of air and prevent drafts.

Besides provision for an abundance of sunlight and fresh air, the sanitary sleeping-room should be supplied with some means of heating in cold weather; for while a cool atmosphere is the most conducive to good sleep, and much heat is undesirable at night, a room unprovided with some means for frequent warming in wet or cold weather is likely to collect so much dampness as to become a serious menace to health.

For this purpose an open fireplace is superior, as it not only affords an excellent means of heating, but when a fire is lighted, it becomes a simple and most efficient means by which the room may be ventilated. The best position for the fireplace is on the side opposite where the bed must stand. Both steam and hot-water heating have much to recommend them. The heat from fuel burned in stoves is regulated with so much difficulty as to make stove heating an undesirable way of warming bedrooms. Gas for either heating or lighting is objectionable in a bedroom, since its burning consumes

much oxygen, thus deteriorating the air of the room. Furnace heat is good when the air heated is drawn directly from out of doors, but nothing should induce one to make use of such an unsanitary method as a register through which the heated air of a lower room is admitted to warm a bedroom.

At all seasons the bed should be comfortably warm and thoroughly dry. A cold, damp bed is a deadly contrivance, by which many have lost their health and even their lives. If there are no arrangements for heating the bedroom, the bedding should be taken to some other room, and warmed each time before being slept in during cold and inclement weather.

The walls of the room are best hard finished, and tinted some color which will be restful to the eye. Floors of hard wood, polished so that the dust can be readily seen and wiped up, with as many or as few rugs of a size to be easily taken out of doors and shaken as may suit the taste and purse of the occupant, are the most hygienic arrangement.

If the floor is to be covered, matting or fiber carpeting is preferable to wool carpeting, from a sanitary standpoint, as it does not catch and retain so much dust. It is cold for unslippered feet, but this objection may be done away with by using small warm rugs near the bed and dresser. If wool carpets are used in bedrooms, they should be so laid that they can be easily and frequently taken up and cleaned. Indeed, the same should be said of carpets in any room. An excellent plan is to fasten small, strong hooks in the lower edge of the baseboards and along the edge of the carpet put small brass rings just the size to slip over the hooks. A carpet properly fitted to the floor and thus arranged may be taken up and relaid with very little trouble.

Nothing that can not be easily dusted and cleaned should be allowed in a bed-

room. Furniture and woodwork should present plain surfaces without much carving or ornamentation to catch and hold dust. Stuffed furnishings, heavy hangings, and draperies of wool or other dust-retaining fabrics should also be excluded. Let curtains and canopies be of thin, washable material, silk, muslin, or linen, that can be easily and frequently cleaned.

A wardrobe, while a most convenient article of furniture, is hardly a desirable one for the sleeping-room. If built in the room, it is likely to contain dark corners, difficult to air and clean. If movable, its top presents a broad surface upon which the dust collects for weeks and even months, undisturbed by the housemaid's dust cloth, to be wafted down into the room with every passing breeze, while the space underneath is another dust repository. A receptacle, as it generally is, for night as well as day clothing as soon as removed, for shoes and rubbers, some of them perhaps old and moldy, linens waiting to be sent to the laundry, and various other odds and ends of wearing apparel, the inside of the ordinary wardrobe, or clothes press, is as unsanitary as it is convenient. Clothing that has been worn should be thoroughly aired outside the sleeping-room, and soiled garments, especially underclothing saturated with perspiration, should not be allowed to remain in the room to taint the air that is to be breathed by the inmates. Rows of hooks upon the wall, or a curtained corner, as substitutes for a wardrobe, are open to the same objections, at the same time adding to the stuffiness of the room.

A dressing-room adjoining or near the sleeping-room is a great desideratum. If

this is out of the question, let at least the clothing worn during the day be aired at night in some other room. This is especially important as regards such outside garments as skirts, dresses, coats, etc., which can not be laundered. The hose and shoes which are generally left in a heap on the floor should be aired at night. Turn the stockings and hang them over a chair; this will divest them of the perspiration that makes the hose so clammy after being worn a short time. If the hose or underclothing be of wool, care must be taken that it is not hung so near a window in damp or foggy weather as to absorb moisture from the atmosphere.

For the keeping of wearing apparel let there be a large closet, lighted and ventilated by a window or at least a transom opening into the hall or some other room besides the bedroom. There may or may not be a door opening into the bedroom, but we feel sure that if there is no communicating door between the sleeping-room and the closet, but both open into the hall conveniently near for ready access, there will be a time of rejoicing if ever contagious disease enters the home, that the wearing apparel thus secure in a separate place need not all be subjected to disinfection or be destroyed.

Never should a stationary washbasin connected with waste-pipes through which foul gases may arise to poison the air, be permitted in the sleeping-room. If there is not a separate dressing-room, a portable basin and pitcher will serve the purpose safely. No slops of any kind should be permitted to remain uncovered in the bedroom during either the day or the night, to pollute its atmosphere.

(To be concluded.)

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IN bed we laugh, in bed we cry;  
And born in bed, in bed we die;  
The near approach a bed may show  
Of human bliss to human woe.

—*Isaac De Benserade.*

## ART IN COOKERY.

BY EVORA BUCKNUM.

(Concluded.)

FROM repeated experiments the writer is satisfied that the flavor of the different legumes is richer when they are put to cooking in boiling water, and it makes very little difference in the time it takes to cook them tender, that being affected more by the altitude, the kind of water, and the age of the seed. In the mountains of Colorado, soft water to cook them in is a necessity, and even with that the cooking takes much longer than it does nearer the sea level.

For bean soup, use the same kind of beans as for baking. After washing, put them into boiling water, and cook rapidly until the skins begin to break, then simmer till tender and well dried out. The longer and more slowly they are cooked, the richer the soup will be. Rub through a colander the same as lentils, keeping them where they will remain hot during the process. Return to the fire, add boiling water and salt. Simmer for an hour, if possible. Stir well, and serve.

There are three things essential to the perfection of bean soup: (1) Cook the beans without soaking or parboiling; (2) dry out well after they become tender; (3) do not let the beans or soup get cold at any time before serving. Warmed-over bean soup is very good, but there is a certain meaty flavor lost by cooling and reheating it. By observing each of these points, one can have a soup that the uninitiated will be ready to assert has had a little piece of meat cooked in it.

If you happen to have enough Swiss lentil soup left over for the second day, your cook can remind you of the days when you used to eat mock turtle soup, by adding a little lemon juice to it, after reheating.

Speaking of flavorings, I am reminded of a gentleman who was what is termed a "high liver," but who always objected to mustard in his salads, on the ground that it reminded him too forcibly of a mustard plaster.

While, in deference to our stomachs, which, when disregarded, make our lives, yes, and the lives of our friends, so miserable, we keep the burning things—pepper, mustard, ginger, horse-radish, cinnamon, cloves—as far away from them as possible, we have in the sweet herbs—mint, thyme, marjoram, tarragon, basil, bay leaf, sage, and savory, with parsley, celery, and others—sufficient variety for the most fastidious. These, of course, must not be thrown together indiscriminately. The strong flavors—mint, sage, thyme, bay leaf—should be used more sparingly than the delicate ones of marjoram, tarragon, and basil. Mint, particularly, must be used with great care. A very little of it, with other flavorings, as tomato and browned flour, for instance, adds to the meaty flavor; but when so much is used that the mint can be tasted, that effect is destroyed. A delicate flavor of sage is agreeable to almost every one, but too large a quantity is bitter and exceedingly unpleasant.

A lady once told me that onion in anything was very disagreeable to her family, but that they were fond of celery. Yet when I prepared a nut salad in two ways, one with celery, and the other with just a suspicion of onion flavor, to see which would be better to serve at a luncheon, they all pronounced decidedly in favor of the latter, not recognizing the onion flavor.

A faint flavor of anise in stewed bananas and some other sweets is very

agreeable; and ground coriander can be substituted for cinnamon in nut mince pies and Indian puddings.

The sweet herbs may be used dry, but are much better fresh from the garden. I am looking forward to the summer with the hope that I can have a little corner somewhere for a garden of herbs. Then when fall comes, I can have a window garden, in the kitchen if necessary. There is no foliage in house plants any prettier than the bright green of parsley, and a few roots of it, in deep and not too rich earth, will supply a small family with garnishing and flavoring.

If, however, one is dependent upon the market gardener for herbs, it is best to buy the winter's supply early in the season, when they are plentiful and the leaves are large and fresh. Wash them by rinsing well in plenty of cold water. Dry thoroughly, away from the dust and flies, and after tying them up well in paper sacks, hang them away in a dry place. Powder only a small quantity at a time, and keep in small, closely covered jars or cans.

Herbs prepared thus carefully have an altogether different flavor from those that hang in the markets and provide a resting-place for flies and dust. I have had some decidedly unpleasant experiences with the gritty products of the markets. Those found in the groceries, already powdered, put up in cans or bottles, are quite apt to be adulterated, and the packages of dried leaves are tasteless. *Peppermint* is sometimes sold for "mint," both fresh and dried. So be sure that you are getting *spearmint*, unless you are in need of some of the old-fashioned remedy for the results of overeating.

There is one flavor that I would not advise any one ever to use, and that is the flavor of burnt foods. If you should be so unfortunate as to scorch something, set the kettle quickly into a pan of cold

water, then, after a moment, turn its contents (that which does not stick to the kettle) into another dish, and you will often find that what seemed hopelessly burned will have no scorched taste whatever. But if it does, do not try to make any use of it; you can not cover up that flavor, and it will spoil the whole meal. If you have plenty of double boilers and copper saucepans, the danger from burning will be greatly obviated. A more general knowledge of their value in this respect, as well as in durability, would greatly increase the demand for copper cooking utensils. Though their first cost is rather high, they would soon pay for themselves, in some places, by the quantity of food that would go on to the table, instead of into the garbage can. It is well known, by those accustomed to their use, that there are firms which make a business of retinning them, when the coating or lining wears off. Of course, they are not to be used for cooking delicately flavored acid fruits, any more than an iron kettle or a tin pan.

If you use eggs, put one fourth of a cup of boiling water into an oiled saucepan, with a little salt. Drop into it four eggs. Break the yolks, then stir carefully wherever the white begins to set. Keep the dish over a moderate fire, and stir the eggs as little as possible until evenly cooked, but not hard. Serve at once, and notice the delicacy of flavor. I have served eggs scrambled in water and also in cream, at the same time, to large classes, when nearly all would prefer those scrambled in water. At one lesson on desserts, after the dishes were all prepared and the class were tasting, one of the young ladies looked up from a dish of farina banana cream, which she was sampling, and said, "Do you know, Miss Bucknum, I thought I was not going to enjoy these things at all." I replied, "Yes, and while we were pre-

paring them you thought they were so simple they would be flat and tasteless, didn't you?" "Yes, I did," she replied. But her enjoyment of this particular dish was so evident that I will tell you how to make it:—

Into the inner cup of a double boiler put one quart of rich milk, one fourth cream if it is city milk, and three rounded tablespoonfuls of granulated sugar. When hot, remove from the outer boiler, and set over the fire for a moment, until it boils. Then stir in three just slightly rounded tablespoonfuls of wheat farina, *no more*. Let it boil up, then set in the outer boiler, and cook for from three fourths of an hour to an hour. Stir often during the first ten minutes, after which stirring will not be necessary. When done, stir well. Put a thin layer of it in the bottom of a pudding dish, and over it slice a layer of very ripe, mellow bananas. (Bananas whose skins are a bright yellow are not ripe, and often cause great distress in the stomach, besides lacking the fine flavor of well-ripened ones.) Continue the layers of farina cream and bananas until you have used three good-sized bananas, and be sure the top is well covered with the last of the cream. Serve cold in dainty cups or glasses. The cream should be made the day it is to be used, so if you are in a hurry to cool it, you may need to set the dish in a pan of cracked ice.

The success of this cream depends upon its being *creamy*. You will be tempted to add a little more farina, but if you do, you will have a common, tasteless porridge with bananas, nothing more.

Do not think I have forgotten to mention salt. I do not use it with this dish, because its absence enhances the creamy effect. People are very careful not to get salt into ice cream, and some say of this and the cream of rice pudding, that they are better than ice cream.

For cream of rice pudding, take to each two quarts of rich milk, one-half cup of well-washed rice and from three fourths to one cup of sugar,—that is all; no salt, no flavoring. Remember, this is art. Put into the inner cup of a double boiler, and cook, stirring often, until the kernels of rice are so softened and broken that you would not know that it was rice.

Turn into a shallow pudding dish, and set in a moderate oven. Let it cook up well all through, and brown delicately over the top, then stir it thoroughly. Repeat three or four times, after which brown over without stirring, and remove from the oven.

If it becomes too thick while baking, add hot water to make up for that which has evaporated. It should be soft and creamy when taken from the oven, for it thickens in cooling. It may be served warm, but is much more delightful cold, and is better to be made the day before it is to be used. In serving, be sure to dip from the top to the bottom for each plate, so that every serving will have some of both the top and the bottom, as they are quite different.

I was very much impressed by hearing a physician say, some years ago, that in flavorings and condiments we have comparatively little variety; that, at most, there are not more than a dozen or two different flavors in common use, and that by adding these to our foods, we cover up thousands of fine flavors which the Creator put into them.

I then feared that my taste was so hopelessly depraved that I should never be able to detect those delicate flavors; but to my surprise, it was only a few months after discarding the most objectionable condiments that I began to discover flavors I had never dreamed of, and to-day I enjoy my food as never before.

Think of the variety of flavors in apples alone. It is said there are over

two thousand different varieties, and no two of them taste alike. There is the spy, the spitzenburgh, and the Wagner, the greening, bellflower, and gillflower, the snow apple and the seek-no-further, each with its characteristic flavor.

Sometimes when I am making a meal of Brazil nuts and two or three kinds of apples, I am led to exclaim, "This *is* a good dinner, isn't it?" because of the rich sweetness of the nuts and the different

delightful flavors of the crisp and juicy apples.

From my own experience, I can assure you that one is well repaid for a little, or even a great deal of, self-denial, in the matter of appetite, by the much greater enjoyment that comes to him. I have learned in this, as in other things, that the fleeting pleasure derived from the bad is not to be compared with the supreme enjoyment of the good.

### CHARLES LAMB ON ROAST PIG.

THE following "Dissertation upon Roast Pig," by Charles Lamb, while altogether a eulogy of a very objectionable and loathsome thing, must have the effect to set any intelligent person to thinking seriously of the unadvisability of making a graveyard of his stomach, even though the corpse may have a crisp and toothsome flavor:—

"Mankind, says a Chinese manuscript, which my friend M. was obliging enough to read and explain to me, for the first seventy thousand ages ate their meat raw, clawing or biting it from the living animal just as they do in Abyssinia to this day. This period is not obscurely hinted at by their great Confucius in the second chapter of his 'Mundane Mutations,' where he designates a kind of golden age by the term Chofang,—literally, the Cooks' holiday.

"The manuscript goes on to say that the art of roasting, or rather broiling (which I take to be the elder brother), was accidentally discovered in the manner following: The swineherd, Ho-ti, having gone out into the woods one morning, as his manner was, to collect mast for his hogs, left his cottage in the care of his eldest son, Bo-bo, a great lubberly boy, who, being fond of playing with fire, as youngers of his age commonly are, let some sparks

escape into a bundle of straw, which, kindling quickly, spread the conflagration over every part of their poor mansion, till it was reduced to ashes. Together with the cottage (a sorry antediluvian makeshift of a building you may think it), what was of much more importance, a fine litter of new-farrowed pigs, no less than nine in number, perished. China pigs have been esteemed a luxury all over the East, from the remotest periods that we read of. Bo-bo was in the utmost consternation, as you may think, not so much for the sake of the tenement, which his father and he could easily build up again with a few dry branches and the labor of an hour or two, at any time, as for the loss of the pigs.

"While he was thinking what he should say to his father, and wringing his hands over the smoking remnants of one of those untimely sufferers, an odor assailed his nostrils unlike any scent which he had before experienced. What could it proceed from? Not from the burnt cottage, he had smelt that smell before; indeed, this was by no means the first accident of the kind which had occurred through the negligence of this unlucky young fire-brand. Much less did it resemble that of any known herb, weed, or flower. A premonitory moistening at the same time

overflowed his nether lip. He knew not what to think. He next stooped down to feel the pig, if there were any signs of life in it. He burnt his fingers, and to cool them he applied them in his booby fashion to his mouth. Some of the crumbs of the scorched skin had come away with his fingers, and for the first time in his life (in the world's life, indeed, for before him no man had known it) he tasted—*crackling!* Again he felt and fumbled at the pig. It did not burn him so much now, still he licked his fingers from a sort of habit. The truth at length broke into his slow understanding, that it was the pig that smelt so, and the pig that tasted so delicious; and surrendering himself up to the newborn pleasure, he fell to tearing up whole handfuls of the scorched skin with the flesh next it, and was cramming it down his throat in his beastly fashion, when his sire entered amid the smoking rafters, armed with retributory cudgel, and finding how affairs stood, began to rain blows upon the young rogue's shoulders, as thick as hailstones, which Bo-bo heeded not any more than if they had been flies. The tickling pleasure which he experienced in his lower regions had rendered him quite callous to any inconveniences he might feel in those remote quarters. His father might lay on, but he could not beat him from his pig, till he had fairly made an end of it, when, becoming a little more sensible of his situation, something like the following dialogue ensued:—

“‘You graceless whelp, what have you got there, devouring? Is it not enough that you have burnt me down three houses with your dog's tricks, and be hanged to you! but you must be eating fire, and I know not what—what have you got there, I say?’”

“‘O father, the pig, the pig! do come and taste how nice the burnt pig eats.’”

“The ears of Ho-ti tingled with hor-

ror. He cursed his son, and he cursed himself that ever he should beget a son that should eat burnt pig.

“Bo-bo, whose scent was wonderfully sharpened since morning, soon raked out another pig, and fairly rending it asunder, thrust the lesser half by main force into the fists of Ho-ti, still shouting out, ‘Eat, eat, eat the burnt pig, father, only taste—O Lord,’—with such like barbarous ejaculations, cramming all the while as if he would choke.

“Ho-ti trembled in every joint while he grasped the abominable thing, wavering whether he should not put his son to death for an unnatural young monster, when the crackling scorching his fingers, as it had done his son's, and applying the same remedy to them, he in his turn tasted some of its flavor, which, make what sour mouths he would for a pretense, proved not altogether displeasing to him. In conclusion (for the manuscript here is a little tedious), both father and son fairly sat down to the mess, and never left off till they had dispatched all that remained of the litter.

“Bo-bo was strictly enjoined not to let the secret escape, for the neighbors would certainly have stoned them for a couple of abominable wretches, who could think of improving upon the good meat which God had sent them. Nevertheless, strange stories got about. It was observed that Ho-ti's cottage was burned down now more frequently than ever. Nothing but fires from this time forward. Some would break out in broad day, others in the night time. As often as the sow farrowed, so sure was the house of Ho-ti to be in a blaze, and Ho-ti himself, which was the more remarkable, instead of chastising his son, seemed to grow more indulgent to him than ever.

“At length they were watched, the terrible mystery discovered, and father and son summoned to take their trial at Pekin, then

an inconsiderable assize town. Evidence was given, the obnoxious food itself produced in court, and verdict about to be pronounced, when the foreman of the jury begged that some of the burnt pig, of which the culprits stood accused, might be handed into the box. He handled it, and they all handled it, and burning their fingers, as Bo-bo and his father had done before them, and nature prompting to each of them the same remedy, against the face of all the facts and the clearest charge which judge had ever given,—to the surprise of the whole court, townsmen, strangers, reporters, and all present,—without leaving the box, or any manner of consultation whatever, they brought in a simultaneous verdict of Not Guilty.

“The judge, who was a shrewd fellow, winked at the manifest iniquity of the decision, and when the court was dismissed, went privily and bought up all the pigs that could be had for love or money. In a few days his lordship’s town house was observed to be on fire. The thing took wing, and now there was nothing to be seen but fires in every direction. Fuel and pigs grew enormously dear all over the district. The insurance offices one and all shut up shop. People built slighter and slighter every day, until it was feared that the very science of architecture would in no long time be lost to the world. Thus this custom of firing houses continued, till in process of time, says my manuscript, a sage arose, like our Locke, who made a discovery that the flesh of swine, or indeed of any other animal, might be cooked (*burnt*, as they called it) without the necessity of consuming a whole house to dress it. Then first began the rude form of a gridiron. Roasting by the string or spit came in a century or two later, I forget in whose dynasty. By such slow degrees, concludes the manu-

script, do the most useful, and seemingly the most obvious, arts make their way among mankind.

“Without placing too implicit faith in the account above given, it must be agreed that if a worthy pretext for so dangerous an experiment as setting houses on fire (especially in these days) could be assigned in favor of any culinary object, that pretext and excuse might be found in roast pig.

“Of all the delicacies in the whole *mundus edibilis*, I will maintain it to be the most delicate—*princeps obsoniorum*.

“I speak not of your grown porkers,—things between pig and pork—those hobbledehoys; but a young and tender suckling, under a moon old, guiltless as yet of the sty, with no original stock of the *amor immunditiæ*, the hereditary failing of the first parent, yet manifest, his voice as yet not broken, but something between a childish treble and a grumble,—the mild forerunner or *præludium* of a grunt.

“*He must be roasted.* I am not ignorant that our ancestors ate them seethed, or boiled; but what a sacrifice of the exterior tegument.

“There is no flavor comparable, I will contend, to that of the crisp, tawny, well-watched, not overroasted *crackling*, as it is well called; the very teeth are invited to their share of the pleasure at this banquet in overcoming the coy, brittle resistance, with the adhesive oleaginous—O call it not fat! but an indefinable sweetness growing up to it, the tender blossoming of fat—fat cropped in the bud, taken in the shoot, in the first innocence, the cream and quintessence of the child pig’s yet pure food, the lean, no lean, but a kind of animal manna, or, rather fat and lean (if it must be so) so blended and running into each other that both together make but one ambrosian result or common substance.

“Behold him while he is ‘doing’—it seemeth rather a refreshing warmth than a scorching heat, that he is so passive to. How equally he twirleth round the string! Now he is just done. To see the extreme sensibility of that tender age! he hath wept out his pretty eyes—radiant jellies—shooting stars.

“See him in the dish, his second cradle, how meek he lieth! Wouldst thou have had this innocent grow up to the grossness and indocility which too often accompany maturer swinehood? Ten to one he would have proved a glutton, a

sloven, an obstinate, disagreeable animal, wallowing in all manner of filthy conversation; from these sins he is happily snatched away—

Ere sin could blight or sorrow fade,  
Death came with timely care.

His memory is odoriferous; no clown curseth, while his stomach half rejecteth, the rank bacon; no coal heaver bolteth him in reeking sausages; he hath a *fair sepulcher in the grateful stomach of the judicious epicure, and for such a tomb might be content to die.*”

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### THE GOLDEN AGE.

NOR think in nature's state they blindly trod;  
The state of nature was the reign of God:  
Self-love and social at her birth began,  
Union the bond of all things, and of Man.  
Pride then was not; nor arts, that pride to aid;  
Man walked with beast, joint tenant of the shade;  
The same his table, and the same his bed;  
No murder clothed him, and no murder fed.  
In the same temple, the resounding wood,  
All vocal beings hymned their equal God:  
The shrine with gore unstained, with gold undrest,  
Unbribed, unbloody, stood the blameless priest;  
Heaven's attribute was universal care,  
And man's prerogative to rule, but spare.  
Ah! how unlike the man of times to come!  
Of half that live the butcher and the tomb;  
Who, foe to nature, hears the general groan,  
Murders their species, and betrays his own.  
But just disease to luxury succeeds  
And every death its own avenger breeds;  
The fury-passions from that blood began,  
And turned on man a fiercer savage, man.

—Pope's *Essay on Man*.

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### SELF-REDEMPTION FROM THE COCAINE HABIT.

THE following graphic account sent to the *New York Medical Journal*, by a prominent New York physician, was written by a West Indian apothecary, and gives his own experience in contracting and overcoming the cocaine habit. It will be

of interest, and especially so since the report, by Dr. T. D. Crothers, that from six to ten per cent of all physicians in this country are victims of the opium, cocaine, and allied drug habits:—

“As a sufferer from severe toothaches

and with a dread of extraction,—painless dentistry being in the place I lived in known only by report,—a dentist friend suggested my inserting cotton impregnated with cocaine solution in the tooth. I followed his advice, and was relieved for the moment. The pain returning, I continued the cocaine application, and thus insensibly got so accustomed to the drug that I could not do without it, pain or no pain; the tooth was filled after some time, but the habit remained.

“The way I used cocaine was by slightly moistening a piece of cotton with water, and then pressing it on or pouring over it the crystals or powder of cocaine hydrochloride. A quantity of the drug would adhere to the cotton, and after doubling it up, I would insert it between cheek and tooth; gradually the saliva dissolved the alkaloid, and by my swallowing it, passed slowly but surely into the system. In this way I used to take a gram (fifteen grains) and very often as much as two grams (thirty grains) in twelve hours. I never began using it before noon, and was generally through at midnight.

“I will now state the symptoms which accompanied the taking or using of the poison: After the first quantities, say between five and ten grains, were swallowed, I felt elated, full of life and vigor, cheerful, seeing everything in the rosiest of lights; my mind would clear up, and things incomprehensible to me at other times would become plain and evident. I would be willing to, and actually did, undergo heavy physical and mental work which under normal conditions I could not possibly have accomplished. It is the most agreeable of sensations, because one feels perfectly and serenely happy.

“As the dose increased, the symptoms would change gradually, till the full amount being absorbed, the toxic symptoms appeared. I felt haunted, restless, morose, quarrelsome; had hallucinations

of being persecuted, and of impending evil; my heart would be pounding at a fearful rate, so that I could actually hear it throbbing; the eyes got glassy, with a fixed, staring look; the tongue was heavy, and unable to move at will; a terrible and incessant hacking cough shook my frame; my mind was obfuscated; there was inability to eat, with no feeling of hunger; and there were insomnia and an insatiable craving for alcoholic stimulants. These were the most terrible of the many symptoms. Under ordinary circumstances I can stand no strong drinks, and yet, under the cocaine influence I drank daily a bottle of brandy during those hours; and when no other drinks were on hand, I often actually drank pure alcohol, such was my craving for it; and probably it was due to the cocaine that I never got so intoxicated as the amount of liquor taken would justify one in believing.

“I was a slave to this habit for over five years, and during that time many doctors saw me and examined me while presenting most of the symptoms mentioned, and yet not one knew or recognized the symptoms of cocaine poisoning, attributing my ailments to innumerable other causes. This is probably due to the fact that the effects of the drug on the human system have not been thoroughly studied, and therefore are not well known.

“Being a druggist, I had the drug always within reach, and used it all the time without being ever suspected as a cocaine fiend by anybody, including the medical men called in by my family to attend me; but one day I awoke to the consciousness that I was doing wrong, and that my life was endangered. A pamphlet on morphinism, which fell into my hands by chance, opened my eyes to the danger I was incurring, and I determined to shake off the lethargy which was overpowering me, and to be a man, and act like one. It was a hard task which I

imposed on myself; days, weeks, and months of misery and inward struggle followed. My whole system was in arms, opposing my energy and will, and the struggle was the severer because I was fighting by myself alone, unknown to anybody; and yet I am proud to say I triumphed; and when I now look back to that time of untold misery, suffering, and shame, I rejoice to be able to look in the

eyes of my fellow creatures without shame or fear, a self-saved man.

"It is six months since I last used cocaine. I can have it when I want it, but although I dispense it innumerable times, I have personally no use for it. Let this be a warning to dentists and doctors never to put into the hands of patients drugs of a nature to tend to destroy the highest attributes of mankind."

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## EXERCISE AND HEALTH.

MAX J. EXNER, in a recent article published in the *Troy Daily Times*, calls attention to some of the causes of the evident race deterioration, and points out the importance of exercise as one of the remedies essential to combat this deteriorating tendency. We quote a few paragraphs from this interesting article, with the earnest hope that physical directors and others who occupy similar positions in all parts of the United States will follow the good example of Mr. Exner in using the public prints as a means of educating the people and antagonizing the downward tendency of the race.

"The unnatural conditions to which the youth of our land are subjected in modern public-school life is certainly not conducive to vital endurance. During the years when the young, growing body needs its blood and energies for the unfolding and developing of its physical capacity, these forces are turned into the channels of intense and prolonged brain activity, while at the same time little or nothing is being done to develop and train muscle and nerve and to properly direct the growing body. Any one who has examined any considerable number of schoolboys can not but deplore a system which secures the education of youth at the expense of that physical stamina upon which the enjoyment and successful appli-

cation of that education depends. The physical effects of this system are even more marked in the girls. As Professor Tyler, of Amherst, says: 'You can not kill our boys. They won't let you. But do have pity upon our girls! They are more submissive.'

"We say, 'These tendencies are alarming!' Yes, if allowed to continue to have free course. If we do not come to a more general recognition of existing conditions and tendencies, and intelligently and persistently arise to stem the tide of deteriorating forces, they certainly are alarming, for they gnaw at the pillars of the happiness, the achievements, the glory, the very existence, of the civilized race.

"We have by no means yet reached the limit of intensity of life. There is every evidence that the future will make increasingly greater demands upon our vital forces. That it is, however, possible to successfully overcome all the unfavorable tendencies mentioned, and to meet the present and future physical demands, we can not doubt. Since an all-wise Creator has so constituted us that the physical functions are the basis of the mental, moral, and spiritual activities of man, it can not be that our social, industrial, and intellectual progress is designed to be at the expense of physical health

and constitutional vigor. But, as those who have most carefully studied the subject say, the tide will never be turned by any application of public hygiene. The ravages of alcohol and tobacco alone are doing manifold more than enough to counteract all the good that can be done in this way. It can only be turned by a conscientious, intelligent, and rigorous application of private hygiene, in a living up to the decalogue of health, in fuller recognition that the body is the temple of God.

"It is possible, in spite of the increasing demands made upon our energies, to live in better health, with more vigor, and with better formed and more perfect bodies, than in any previous age. Physical training is fast becoming an established science. With our present thorough knowledge of the human body and the laws of health, and with the facilities for directing its growth and securing its most desirable development, we can do more to secure and maintain physical perfection than we ever could before. It is possible to maintain the equilibrium of our vital forces. It is possible to secure the constitution necessary to meet the demands of the times, and such as shall bequeath to posterity its rightful heritage. But this will not be secured by letting the body take care of itself. We, as a race, need artificial exercise, besides the observance of other hygienic laws. We need physical education. We need physical training. It is generally admitted that—

‘Health is the vital principle of bliss.  
And exercise of health.’

"We acknowledge the gymnasium to be ‘a good thing;’ we admire the well-

formed and well-developed body; we applaud the athlete, and covet physical health and beauty. But there exists a most deplorable want of conviction in these matters for ourselves, regarding our individual needs and possibilities and duties with reference to physical exercise and training.

"Men seem to take it for granted that physical training is for the few elect who have been blessed with natural physical gifts, and who can compete among themselves before crowds of admiring spectators. Physical training finds its most beneficent application, not in the naturally physically strong, but in those who are less favored by nature, in the physically weak and deformed. The health and vigor of the athletes whom men applaud will not avail to cure their dyspepsia and headaches, nor give to them health and strength when these prematurely fail. Men can not fulfill their duties toward themselves and their posterity in these matters by proxy. It is true that all men can not avail themselves of the facilities of the gymnasium. But the need is not so much for these facilities as for deep conviction and intelligent interest regarding our physical well-being and that of our posterity. We need to recognize, with Phillips Brooks, that ‘the duty of physical health and the duty of spiritual purity and loftiness are not two duties; they are two parts of one duty, which is the living of the completest life which it is possible for man to live.’ To be sure, it takes time properly to care for our bodies, but we believe with Gladstone that ‘all time and money spent in training the body pays a larger interest than any other investment.’"

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BETTER to hunt in fields for health unbought,  
Than fee the doctor for a nauseous draught.  
The wise for cure on exercise depend;  
God never made his work for man to mend.

—Dryden.

## THE WELL=DRESSED WOMAN.

SUCH is the title of a paper printed in the *Cosmopolitan* for February, and to which that magazine awarded a prize of one hundred and fifty dollars. The article is written for those who can spend two or three hundred dollars a year on dress, and it also recommends corsets, which GOOD HEALTH never could do; but many of the thoughts presented are so good and so fully in accord with the most enlightened knowledge on the subject, and withal so practical for even women of very moderate means, that we quote a few paragraphs:—

“Since tastes and opinions vary in a definition of the well-dressed woman, it is well to state at the outset just what is meant in the present instance, and what laws seem to me to underlie my conception of the subject which stands as a title to this paper. Moreover, it must be borne in mind that since the effort of these essays is to be toward a distinctly practical end, we must consider that this one is written for the woman in average life, whose income makes her attempt to be well dressed a problem to her.

“To me, then, a well-dressed woman is one who pleases the eye of the beholder, and who, in modern society, manages to do this without extravagance or oddity in her choice of the color, material, or design of her costume. She is sometimes defined as one who dresses so like her kind that no one remarks her clothes. This definition, however, does not, to my mind, cover the ground, since a beautiful robe may by its artistic form or beauty of material force attention.

“But let us take up the elements of dressing well, one by one, and from them try to get a definition which shall be satisfactory.

“No one considers a woman well dressed who is so merely on the surface.

A fine frock and a fashionable hat over untidy or coarse underclothing, be it ever so much betrimmed and beruffled, hardly fulfills the conditions.

“Gorgeous and expensive stuffs, either inside or out, are not necessary, but a certain fineness in quality, however plain in the making-up, distinguishes the wardrobe of a really well-dressed woman.

“Trimming on gowns is another test. It is a common fault to put on too much, or to use it with neither skill nor taste, for dressmakers and their customers have still to learn that a servile following of fashion is by no means good dressing.

“One who has found for herself a simple and becoming style, and faithfully follows it from year to year, with just the least concession to innovations, acquires a distinction and an elegance none other possesses.

“It is partly due to the repose gained by such a choice, by the absence of fussiness and care for the details of fashion, that a Quaker lady who enters a room of fashionably dressed women makes their finery and splendor seem cheap and worthless.

“All of us have in our circle some friend of mature age who does not alter her garments every six months,—scraping the sky with her hat feathers in the spring, only to sprout them forth over both ears in the autumn, or who, bunching up her neck ribbon at the back to-day, considers it almost a sin not to have the bow in front to-morrow. She goes on the even tenor of her way with a gown of quiet color, good quality, and graceful form, and never is quite in or quite out of fashion. We accept such a friend as pleasing to the eye, and without peculiarities.

“Another element of dressing well is in the fitness of the gown to occasion. A woman in a trim bicycle suit is better

dressed for the wheel than if she wore the most elegant Parisian creation; but reverse conditions, and bring her to a formal function in a bicycle skirt, and she most certainly is badly dressed.

"A nurse, professional or other, in cotton gown and white apron is better dressed for the sick-room than the visitor who arrives in laces and satin. A simple shirt-waist and clean crash skirt are more elegant for morning wear at seashore or mountain hotel than dainty gauze or organdie could be, however well made or beautiful in themselves.

"Perhaps more critics of woman's dress are agreed upon one certain point than upon any other. They declare, almost unanimously, that the cut of a dress, both as to line and fit, must be perfect.

"We have taken this dictum from the enlightenment which came from the introduction of the perfect tailor-made skirt and coat; yet many of us feel that the ready-made tailor suit still lacks the subtle something which we call style. To be perfect it must be cut for and fitted faultlessly to the figure which is to wear it, else it were better not to attempt it at all, since the handsomest material can not redeem bad workmanship.

"A further test of the dressmaker is in the colors she selects and puts together. There are definite rules underlying the work of a decorator who uses colors, and the most artistic dressmakers, consciously or unconsciously, apply these laws. They belong, however, to the philosophy of dress, and it can only be said here that artistic taste and artistic training are, in this matter, of the first importance. The woman who has nothing of either by gift or study can only take refuge in the quietest shades of color, rarely, if ever, mingling two in one costume, and still more seldom buying stuff of many colors or with patterns and spots of a color contrasting with that of the background.

"One more element, and I shall have finished. Not only must a gown or style of dressing be suitable to the occasion; it must suit the age and personal peculiarities of the woman who wears it. We smile broadly when we see a fat, waddling dowager dressed in the white muslin and pink ribbons of sweet sixteen. And none the less broadly when the grandmother puts on her white head the Gainsborough hat and feathers which her granddaughters might wear. But on the other hand, if we do not smile, it is for pity, when we see elderly women insisting upon the straight brushed-back hair, which so ages and hardens the face; on the gown deprived even of a graceful cut, to say nothing of an entire absence of ornamentation and desire to make the best of what youth has left.

"If from all the above I gather the essentials of dressing well into a few words, the list will read:—

"Thoroughness as to comfort and fineness; materials of sufficient weight and quality to be in the end economical; simplicity of design.

"Neatness.

"Perfection as to cut, fit, and finish.

"Fitness to occasion.

"Suitability as to age and figure. . . .

"But dress is something more than clothes. A general air of being well groomed is as much a part of it as the garments themselves. Hair which looks oily or dusty, or which scatters dandruff on the dark collar beneath, will deny the claims to elegance of any woman. A beautiful complexion is not within the reach of all, but a clear, clean skin is generally the reward of proper fasting and proper washing, and adds immensely to the well-groomed look. . . .

"For all alike there are many devices which save pennies and add to appearances. For instance, a black hat without color may be worn with any costume,

and therefore fewer hats are required for good dressing ; and not only do the black hats keep in style longer than all others, but it is a dictum of Frenchy taste that a woman is most elegant in a black hat.

“Standard colors, which may be matched from year to year, are a wise choice for a gown—grays, dark blues, and black afford this advantage better than most others, and by their universal use costumes may be combined or renovated more successfully.

“It can not be too strongly urged that the economy of care is the greatest that can be used. To know that gloves should be stripped or skinned from the hand, then turned right side out and pulled straight ; that the minutest rip in a finger seam should be at once repaired with special glove needle and glove thread ; to

know that black gloves may be restored to service for a few last wears by glycerine and lampblack ; that gray gloves of a certain shade show soil less than others ; that neckties, veils, and belts wear longer if carefully rolled on a wooden stick when not in use ; that white skirts, shirt-waists, and muslin dresses keep clean and crisp longer if always folded when taken off and never hung from a hook nor thrown over a chair,—all this knowledge of the care needed for clothes is part of the economical woman's stock in trade, as well as a variety of household recipes for the removal of stains from cloth and muslin.

“And when all is said and done, I return to my first definition,—that a well-dressed woman is she who, without extravagance or eccentricity, pleases and charms the eye.”

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## THE SPOILER.

(After the manner of Rudyard Kipling.)

A WOMAN there was, and she wrote for the press  
(As you or I might do) ;  
She told how to cut and fit a dress,  
And how to stew many a savory mess,  
But she never had done it herself, I guess  
(Which none of her readers knew).

Oh, the hour we spent, and the flour we spent,  
And the sugar we wasted like sand,  
At the hest of a woman who never had cooked  
(And now we know that she never could cook),  
And did not understand.

A woman there was, and she wrote right fair  
(As you or I might do),  
How out of a barrel to make a chair,  
To be covered with chintz and stuffed with hair,  
'T would adorn any parlor and give it an air !  
(And we thought the tale was true.)

Oh, the days we worked, and the ways we worked  
To hammer and saw and hack,  
In making a chair in which no one would sit,  
A chair in which no one could possibly sit,  
Without a crick in his back.

A woman there was, and she had her fun  
(Better than you and I),  
She wrote out receipts and she never tried one,  
She wrote about children—of course she had  
none,  
She told us to do what she never had done  
(And never intended to try).

And it is n't to toil and it is n't to spoil  
That brims the cup of disgrace ;  
It's to follow a woman who did n't know beans  
A woman who never had cooked any beans),  
But wrote and was paid to fill space.

—M. A. Frost and J. H. Caverno, in the *Congregationalist*.

## THE MARCH OF THE PLAGUE.

THE *Literary Digest* gives the following information about that terror of all countries to-day, the bubonic plague:—

“A silent enemy, worse than an invading army in its ravages, has gained a foothold in Europe, and hundreds of the best intellects are engaged in combating it. The bubonic plague has landed in Portugal, and is undoubtedly making headway. All attempts to stamp out the disease in India have so far been fruitless, although the British authorities are showing great zeal. . . .

“Clean, airy quarters and good food are in the case of the plague, as in all other epidemics, the best protection. In Hong-kong the authorities, though they have not been able to stamp out the disease, keep it within reasonable bounds. The Hong-kong *Mail* says:—

“‘A filth disease must be fought with the weapon of cleanliness, and although it is very much to be regretted that we in Hong-kong, with all our cleansing operations, do not succeed in killing or stamping out the disease, that furnishes no reason why we should relax in our efforts toward sweetness and light. Indeed, it is an argument in favor of a forward movement. The government has not gone far enough in its crusade against dirt and darkness. . . . A house owner is under obligation to humanity, to the community, and to the government, to provide light and air within reasonable proportions inside any tenement for which he charges rent. If any grasping landlord disobeys this law, then the government must make short work of him and his human or inhuman “pigsty” without any particular regard to compensation. . . . The necessity of going full speed ahead on this crusade now, and before the next plague season comes round, is only too apparent.’

“The British troops at Hong-kong are now prohibited from visiting certain unsavory quarters, much to the dissatisfaction of the saloon keepers. In Russia the disease seems to have been stamped out for the present; but its probabilities are suggestively illustrated by a report in the Russian *Government Gazette*, from which we take the following item:—

“‘The disease was discovered in the village of Kalobowka, District Zarew, Province Astrackhan. Of twenty-four patients, twenty-three died. The one survivor appears to be doing well. A military cordon isolated the village, medical aid was amply provided, and the whole province examined; but the village mentioned was found to be the only one infected.’

“The Madrid *Epoca* declares that in the Portuguese village of Silvarco de Toudella, fifty of the four hundred inhabitants are down with plague. In Oporto, the population is giving the authorities much trouble in the carrying out of sanitary precautions. Dr. Calmette, director of the Pasteur Institute at Lille, reports as follows:—

“‘The plague is more virulent in Oporto than in Bombay. Rats and mice pricked with a needle dipped in the blood of a plague patient die. So far only the poor have suffered, but now the servants of the wealthy are also beginning to catch the disease. A walk through the filthy quarters of the poor explains why they suffer most. They herd together with pigs, poultry, and rabbits; and rats abound. Rats and fleas are chiefly responsible for the spread of the disease. Two to four cases are reported daily, but the real number is much higher. Many die without having seen the physician. Inoculation is very successful in saving life. Of the patients who are not thus protected, thirty-three per cent die.’

"In England a possible visit of the dread specter is taken into consideration; but it is likely that the most highly civilized countries will be spared the worst ravages of the plague, as an organized service for isolating the patients is the best protection. 'In Germany we have the necessary organization,' says the *Berlin Tageblatt*, but whether this optimism is justified, in view of the ravages of the cholera some years ago in Hamburg, remains to be seen. America, with the exception of a few seaports, where dark and ill-smelling tenements abound, should be fairly safe, as the London, Ont., *Advertiser* points out. That paper says:—

"In Bombay, where the plague has carried off thousands of victims, only one or two genuine Europeans suffered, and that through carelessness or undue exposure. Numbers of those who died were registered as Europeans, but investigation has revealed the fact that they were Eurasians, who always call themselves Europeans. Let it be known, too, that, like cholera, dirt is always the breeding place of this pestilence, and without it the plague can not thrive. In the large cities of the East there is unfortunately a field for every dirty disease, such as is not to be found in any Western city, however ill kept.'"

### Where to Find the Elixir of Life.

The report from Paris that Professor Metchnikoff, of the Pasteur Institute, has discovered a remarkable lymph which will prolong human life for scores of years, is interesting only as a contribution to the light and effervescent news of the day.

No one with red blood in his veins will take the Professor seriously. There is no "Fountain of Eternal Youth." There is no elixir that will make man live forever. Human life can not be prolonged by any process of infusing blood; but if men and women would take proper care of themselves, in their eating, in their exercise, in their sleeping, they would certainly live longer than they do now.

The human system, the sublimest of God's creations, can not be altered by any Paris professor nor by any lymph that he can compound. Disease may be prevented by skilled physicians. Sickness may be made less wearing. But only God himself can make young men out of old bones.

Nature is always the same. When we begin to live, we begin to die. Bones, tissue, and blood will grow old. Teeth

will continue to decay. The sight will some day go out of the strongest eyes. The hair will fall out, and all the hair restorers that ever were patented will not add one hair to a bald man's pate. Nature knows her business, and knows it well. She does not need any assistance. She has gone on in her own way for thousands of years, filling cradles and filling graveyards under the same inexorable law of the Master of all.

But Professor Metchnikoff may do some good, if people will learn how to care for themselves. Thousands of men and women die before their time; they eat themselves into their graves; they drink too much; they smoke too much. And they die because nature refuses, prodigal as she is, to take on any *fin-de-siècle* improvements.

The rule of long life—the elixir of life—is very simple. The poorest man in the world, as well as the richest, can have it. It is to eat plain food, masticate it thoroughly; drink enough pure water to help make good blood and to cleanse the system; bathe often; take plenty of exercise; sleep in a well-ventilated room; and work as hard as you like.

The most important lesson the American people have to learn is not in statecraft, not in science, not in the 'ologies, but in the simple matter of the process of nutrition. When you have mastered that, you will know more about the elixir of life than any professor that ever lived.

Give nature a chance, and you may live to be one hundred years old. It is worth trying.—*Monthly New York World.*

### A Lesson in Beef.

A writer in a popular magazine gives the following experience of his own, with its lesson:—

"For years I have refused to accept as articles of food what hunters call 'wild game.' It always seemed to me a sin to take the life of innocent creatures. Man's lower nature needs training or cultivation from its cannibalism. My last lesson was taken during a trip to our nearest railroad freighting point. Caring little for a morning meal, it has usually been my custom, through the advice of so-called professionally advanced or educated minds, to take at most a small rare beefsteak. Quite early one morning my peacefully slumbering hours were broken in upon by the most agonizing, pitiful bellowing of cattle. Being at a railroad hotel, I comprehended immediately the cause,—cars freighted with poor, helpless, thirsty cattle, packed so densely that there was no turning around or change of position, save as they stood upright and scrambled over one another in a wild, affrighted manner. I was struck most forcibly with the lower life's great inconsistencies with higher growth.

"Stopping on my way to breakfast, I inquired of a man if the cattle bellowed because of thirst. His reply was, 'No; the law is now such that they are compelled to water twice a day; they used to go without water until they sometimes

died on the way. But they seem to feel or know that they are destined for the slaughter, and so plead to be free.' So it seemed to me. I felt sick in sympathy, a disgust with myself and all humanity, at such unmanly, cruel deeds. Going in to breakfast, my usual small demand was brought, as the waiter had soon learned that it was always the same; but when it came, and I looked upon a slice of beef lying in its red juice, which a short time before had been its life blood, a feeling of such utter disgust at self came over me that I said, 'Oh, take it away!' and since that morning I find that food which has quivered with the joy of life, and suffered with the conscious agonies of death, is not for me, and can not further aid my growth."

### Pure Water for Chicago.

The city of Chicago is rejoicing over the prospect of a pure water supply. The drainage canal, recently completed, connecting Lake Michigan with the Mississippi River, and utilizing Chicago River a part of the way, has already given an earnest of the improvement in a visible change from the muddy color of the river water to the blue of the lake water.

This will prove a great benefit to Chicago, but what about the cities along the route of this new canal? Already St. Louis is crying out against the introduction of so much sewage into the Mississippi. There may be hope yet, however, if the following from Edward Strassburger, in *Deutsche Rundschau*, Berlin, is true: "The Seine, which at Paris receives an enormous amount of refuse, is clear and pure at seventy kilometers (about forty miles) down stream. The bacteria have consumed the refuse. The Elbe, the receptacle of the refuse of so many cities, is drinkable at Hamburg, from the same cause."

### Slaughter in Eden.

At one of the sessions of the recent Women's Congress in London, one of their leading advocates gravely reminded her hearers that not only were we responsible for all the suffering which we had inflicted on the lower animals in the way of sacrificing them for food, garments, etc., but also for any suffering which they might inflict on one another, inasmuch as on man alone rests the responsibility for the introduction of strife into the animal world through his sin in the garden of Eden. Previously to that, all animals were vegetarians.

After giving the above statement, the New York *Medical Times* says, "And not a voice was raised in protest against this astonishing logic." But why is it so astonishing? Does the good editor believe that the garden of Eden was polluted with the blood of slaughtered animals, that the beautiful forests, fresh from the hand of the Creator, were made to ring with the cries of agony of torn beasts and birds? Surely the idea is too preposterous to receive a moment's credence. The bill of fare was made out for beasts at the same time that man's was given to him,—“To every beast of the earth, and to every fowl of the air, and to everything that creepeth upon the earth, wherein there is life, I have given every green herb for meat: and it was so.”

### God's Medicine.

“Mirth is God's medicine; everybody ought to bathe in it. Grim care, moroseness, anxiety—all the rust of life, ought to be scoured off by the oil of mirth.”

The San Francisco *Argonaut* is responsible for the statement that there is a woman in Milpites, a victim of severe crushing sorrows, who has a novel cure for despondency, indigestion, insomnia, and kindred ills, which is unpatented.

She determined one day to throw off the gloom which was making life a burden in and about her, and established a rule that she would laugh at least three times a day, whether occasion was presented or not. She trained herself to laugh heartily at the least provocation; and without one, would retire to her room and make merry by herself. She is now in excellent health and buoyant spirits, and her home has become a sunny and cheerful abode; husband and children have become greatly affected by her mirthfulness, and all of them are healthy and happy.

In giving the above, *Success* comments as follows: “Health is the condition of wisdom, and its sign is cheerfulness. Half the people we meet think they have something about them which will ultimately kill them, and live in chronic dread of death. What is even worse, they seem anxious that other people should share with them the ‘enjoyment of bad health,’ and are ready to tell them about it at the slightest provocation.

“There is inestimable blessing in a cheerful spirit. When the soul throws its windows wide open, letting in the sunshine, and presenting to all who see it the evidence of its gladness, it is not only happy, but it has an unspeakable power of doing good. To all the other beatitudes may be added, ‘Blessed are the joy-makers.’”

### Curing Irritability.

A writer in the *Woman's Tribune* gives some suggestions for curing irritability by hygiene. She says: “Are you irritable, nervous, sleepless? Do you feel often as if you must scream? Do you find yourself at times clutching your hands in an effort to keep from giving way to an attack of hysterics? Look out, you may be going the pace of high pressure which is so common with many American women.

“Now why do work, worry, and hurry

make us irritable? It is not physical labor alone, or professional men and women would be exempt; it is not mental, or farmers' wives would be exempt; the combination of physical and intellectual labor can not be the cause, else society women, who live almost entirely for pleasure, would be exempt. In all these classes, victims of nervous prostration and worse ills are found.

"It is lack of nerve force that causes physical and mental collapse. Nerve force nowadays is extravagantly used and insufficiently replenished. When you find yourself overwrought, your nerves tense and quivering, it is high time to stop and relax their self-control.

"Long, high tension causes a waste of nerve force. What are some of its signs? — Holding the arms close to the body when seated; locking the fingers tightly together; tapping the feet; jerking the head; grating the teeth; working the lips; contracting and elevating the eyebrows; holding every muscle in iron-like rigidity. This unnatural and wasteful tension is antagonistic to nature's attempts to replenish the nerve forces. It is most important that you should rid yourself of this menace to your health — now.

"What cure do I advise?—Relax. Relaxation is of more value than distraction, pleasure, or holidays. Relaxation means the freedom of organs and tissues from this hateful tension. How often do we hear a hurrying woman say: 'I haven't time to rest, I've so much to do.' Hurry and worry are physical sins. When you feel most hurried or worried, then is the time to relax.

"What is relaxation?—Simply doing nothing. Give up; let go; surrender the nerve forces. Here is the first step toward learning how to relax: With the arms hanging at the sides, forcibly agitate the hands until they feel heavy, like dead weights. Shake them forward and back-

ward, laterally and in circles, from and toward each other. Shake all the stiffness out of these direct agents of the mind, that by their restlessness and tension report mental strain. By continued practice of this simple exercise you will soon become able to withdraw nerve force from them at your will."

### A Duty to the Child in the Prevention of Nervousness.

A writer in a recent number of *Babyhood* says:—

"When a child is born into a nervous or neurasthenic family, and attends school under the charge of nervous teachers, it is hardly possible for it to escape with a sound nervous system. Nervous parents are constantly nagging at their little ones. It is 'don't do this' and 'don't do that,' all day long. One might as well bare the child's nerves, and prick them with needles. Children are always more annoying to nervous parents than they are to cool, placid parents. The irritation is mutual. How judicious it is to allow children as much freedom as possible. How much it helps to make broad men and broad women of them! Their spirits and characters expand and develop in an atmosphere of freedom in a way that is impossible when they are hemmed in all day 'by don'ts.'

"I have large sympathy for the poor, nagged child. I really suffer for the child that can never do anything promptly enough to satisfy the nervous haste of its parent. To me it seems dreadful that a child's nervous system should be subjected at home to the constantly repeated shock of 'don'ts,' followed by scoldings, threats, and often blows. When the school hours are a continuation of this nervous, irritating atmosphere, and this lasts years during the child's formative period of life, is it a wonder that Ameri-

cans are becoming a nation of neurasthenics?

"I believe that parents and teachers should consider it a moral duty, far higher than that of imparting knowledge, to create about their children an atmosphere of quiet, and peace, and, as far as possible, freedom, rather than one of irritation and strife."

### **"Speak Like You Do When You Laugh."**

"A baby of three years," says a recent writer, "once preached me a sermon, and I pass it on for the benefit of other downcast and despondent ones who need to learn to 'rejoice evermore.'"

"How is the baby?" I asked drearily, standing at the foot of the staircase leading up to a chamber where the little one lay ill. I was tired, unhopeful; my mood came out in my tone.

"Peak like you do when you laugh," called the weak little voice upstairs; and if ever I felt rebuked by an angel, that was the moment. It has come up to me a hundred times since; I hope I am the brighter and cheerier for it.

"Speak like you do when you laugh." That means sparkle and gladness and good will. Those fretful lines at the mouth corners don't come from laughing. The weary ones around the eyes have another origin. But the plainest outward sign of despondency is that in the tone. The sick feel it; that is why 'visitors are forbidden.' Little children are infallible weather prophets; they will not 'take to' you. And you and I—just common working men and women, neither sick nor young nor old, but busy and often tired, we love,—yes, that is the word,—we love the bright, loving, laughing, happy voice. 'Speak like you do when you laugh.'"

### **That Beautiful Skirt.**

Only a little dust, almost imperceptible dust, caught on the rug on the floor of the handsome hall.

It was a Turkish rug, lying on the perfectly waxed, hardwood floor, in a hall where neatness seemed to reign along with all the appointments of wealth.

But there was that almost imperceptible dust!

How did it come to be there? If you had ears that could hear its voices, it would tell you. It would say that it had clutched a fold on the beautiful lady's gown, and come in from the street.

It was a beautiful gown as well as a beautiful lady,—a tailor-made gown, and its fashionable bias flounce trailed stylishly on the ground.

Everything was stylish about the lady, from her fair face, with rather deep circles below the eyes, to her slender and handsome walking shoes. She walked trailing her gown properly, dust or no dust. Indeed, she ignored the dust of the street; but will the dust ignore her?

Let us listen, if she will not, for this almost imperceptible dust moves and acts with fearful power, and if we listen, possibly we may understand its language.

Soon after coming in on the beautiful lady's gown, other steps followed, and other gowns helped to move the dust along farther into the house; but it had a fancy for the beautiful lady. Her frailness attracted it, and it followed her to her bedchamber. Her feet had never trod the loathsome precincts from whence it came, but it came to her on her gown.

Soon there came to the chamber a little child, a sweet, rosy cherub. In its romping it stirred the dust about.

Then the dust began to be separated, being formed of many particles, and these talked among themselves. As they talked, they danced back and forth, waltzing, swirling, capering, with every

motion of the child and its mamma, the beautiful lady.

A scientist could have understood them if he had caught some of them under his microscope. He would have called them "germs." With what alarm he would have recognized the diphtheritic, and with what dismay would he have seen the tuberculous germ approaching the frail lady.

Back and forth, dancing, capering, waltzing, the germs kept time while baby in its mother's arms said, as thousands of other little ones were saying:—

"Now I lay me down to sleep,  
I pray the Lord my soul to keep;  
If I should die before I wake,  
I pray the Lord my soul to take."

This baby was saying it for the last time.

When night came again, thousands of little voices sent up again the baby prayers, but this one was gasping out its little life on mamma's bosom—destroyed by a germ.

A yellow card at the front door warned all comers against diphtheria.

The beautiful lady sought health vainly for a year or more, then found rest "beyond the sorrow and the parting."

"Broken hearted," it was said. "Found death in the dust of the street," said the microscope. A victim of the long skirt.  
—*Woman's Journal.*

### The Uses of Soda in Cookery.

To one who has the interests of the health of the public at heart, it is alarming to note how frequently in the cookery recipes given in domestic and rural papers, soda is recommended. We do not now refer to the use of soda in the making of breads and pastry, which indeed is so general, but rather to its recommendation and use to hasten the cooking of certain articles of food, and to neutralize

the acidity of certain others. For example, the experience of a magazine correspondent is commended, because in the first place she discovered one day, when her sugar was nearly out, that cranberries were made palatable with much less sugar than usual by the addition of a small quantity of soda.

As the result of this experience, she recommended the addition of soda in cooking gooseberries, prunelles, dried plums, cherries, etc., on the score of economy in the use of sugar, saying that the addition of about a half teaspoonful to a quart of fruit will lessen the required amount of sugar one third. She also recommends soda in cooking both fresh and dried beans as a saving of fuel, and for the same reason a pinch of soda is added in cooking tough meat or an old head of cabbage. But the crowning economy of this same writer is her success in using it on a spare rib which had been kept until tainted. The meat was cut up, washed in cold water, and then dropped into boiling soda water, and after ten minutes of dosing, was removed and cooked ordinarily, when no traces of taint were discovered.

When it is well understood that dyspepsia and its attendant ills are the offset for these so-called economies, the good sense of American housekeepers will doubtless assert itself, and the "pinch of soda" will be looked upon with just abhorrence rather than as a friendly aid to cookery. The saving of a few dimes can in nowise compensate for an incalculable injury to the digestive organs. Soda and its concomitants have no rightful place in hygienic cookery. A "pinch of soda" may be legitimately employed to soften hard water for washing dishes or to dress burns and insect bites, but, as you value good digestion and good health, let it be forever kept out of your stomachs.—  
*Helen L. Manning.*

### Microbe-Proof Houses.

The following description of a novel dwelling is given in the *Leeds Hospital Magazine*:—

“The oddest human domicile on the earth is that recently erected at Yokohama by an eminent German bacteriologist. It is a microbe-proof house built of glass blocks. There are no window sashes, and the doors, when closed, are air tight. The air supply is forced into the room through a pipe, and is filtered through cotton-wool to cleanse it of bacteria. To insure further sterilization, the air is driven against a glycerine-coated plate of glass, which captures all the microbes the wool spares. The few microbes brought into the house in the clothes of visitors soon die in the warm sunlight with which the house is flooded. The space between the glass blocks, of which the house is built, is filled with a solution of salts, which absorbs the heat of the sun so that the rooms are much cooler than those protected by the thickest shades. In the evening the interior is heated by the salts, radiating the heat they have absorbed during the day.”

Dr. F. Kuhn, according to a German medical journal, has had constructed an operating-room whose walls are of small cubes or diamonds of glass filled with air. They are fitted and mortared together like ordinary bricks. He found that no windows were required, as sufficient light penetrated through the walls, although it is absolutely impossible to see through them, either in or out, even with a light inside the room at night. A skylight supplies the direct light, which is reflected without glare. The temperature of the room, both in heat and cold, is also modified, and noises are deadened. The walls do not frost over in winter, they are clean, and can be kept aseptic inside, and are withal very ornamental.

### The Effects of Alcohol on the Second Generation.

The *Quarterly Journal of Inebriety* gives the following case illustrating the effects of the use of alcohol on the second generation:—

“A man ninety-one years of age, a farmer, living out of doors, and working moderately, is reported as an example of the harmlessness of the continuous use of pure whisky. He has drunk a pint of spirits daily for sixty years, and is apparently hale and hearty, never having had any illness. His example has been quoted freely in several of the liquor journals, and by the defenders of moderate drinking. A letter of inquiry to a physician living in the vicinity brought out the following facts: The man is of inferior intelligence, with a large physical frame, and inclined to follow very methodical habits of living. While the effects of his drinking are not prominent in his appearance, they are very evident in his children. Of three children by his first wife, two died in infancy; one became an epileptic, and died at fifteen. Of four children by his second wife, one is feeble-minded, the second choreic, the third is dissolute and drinks, the fourth is erratic, passionate, and a wanderer. All are decidedly inferior, both physically and mentally.”

### A Baby Athlete.

Chicago boasts a little wonder in the eight-and-one-half-months-old baby of Prof. A. A. Stagg, director of athletics at the University of Chicago. His physical training began when he was four weeks old. It being noticed that he was not equal to the average baby in physical development, his father concluded to try a little training, to see if it would not help him. The child has been able to stand erect almost from the first of the training, and now is so far master of his movements

that he securely balances himself on his father's hand held at arm's length. He swings from a trapeze bar by his hands, stands on his head, walks, and arches his back like an athlete. He can lie flat on his back, and put his big toe in his mouth, or rise to a sitting posture by simply using the abdominal muscles, which is beyond the power of most men.

Baby Stagg is probably the strongest child of his age in the world. He weighs twenty-one pounds. His first training was massage; now he can stand quite severe knocks, and with seeming enjoyment. His father has been very cautious about overtraining him. "It is not my intention to make a freak of the baby," said Professor Stagg, "or to see how much muscle he can develop. I want him to be as strong and healthy as he can be naturally with his physique."

### **Give the Baby a Chance.**

Give the baby a chance to exercise his developing functions by furnishing surroundings which will cultivate sight and hearing. Do not shut him up all the time in a crib in a dark room, or tie him into a high chair, but arrange a place for him where he can see bright colors, hear the music of the song birds, the crowing rooster, the cackling hen, the bleating lamb, and other sounds made by natural causes. Bright objects, like the sun, moon, and stars, and also artificial lights are all educators of the eye, as well as flowers, fruit, and green leaves and grass. Time should be taken and thought exercised to provide all these educators in the home, in the form of bright-colored objects, as colored balls, colored pictures, colored paper flowers, colored windmills, and other objects to attract the little one's attention. At first, these bright objects may be hung just out of the baby's reach, and he will be content

to stretch his little arms toward the bright objects. All this is education in a proper direction, stimulating the efforts of the infant to reach after things outside of himself, and to investigate the relation of cause and effect.

### **Unesthetic.**

Society is a voracious animal, and has deprived the world of much that can only be the outcome of quiet hours, of continuous thought, of interrupted labor.

Dinners are tortures, survivals of the Dark Ages for which there is no longer any excuse, and I believe that more people, and good people, too, have fallen victims to dinners, public or private, than have broken their necks in the hunting field.

I had hoped at one time that the esthetic phase through which English society was passing would put an end to, or would at least have modified, these social gobblings. Surely it is a most unbeautiful sight to see a number of people, young and old, with or without teeth, filling their mouths with mutton or beef, chewing, denticating, masticating, their morsels, and then washing them down with wine or water. No doubt it can be done inoffensively, or even daintily, but is it? Eastern ladies know how to throw small morsels of food into their open mouths with their fingers, and Eastern poets describe this performance with rapture. Chinese poets become eloquent even over chopsticks as handled by their fair ones. But for all that, the Hindus seem to me to show their good taste by retiring while they feed, and reappearing only after they have washed their hands and face. Why should we be so anxious to perform this no doubt necessary function before the eyes of our friends? How often have I seen a beautiful face distorted by the action of the jawbones, the temples forced out, and the cheeks distended by obstinate morsels. Could not at least the

grosser part of feeding be performed in private, and the social gathering begin at the dessert?—*Max Müller.*

### The Luncheon Habit.

“A New York paper has undertaken a crusade against the habit of eating luncheon. It declares that the business man who rushes out in the middle of the day and fills his stomach with roast beef, potatoes, and pie, is as deserving of his dyspeptic punishment as is the toper who ‘sees things.’ Its original plea was for a light luncheon, but extremists have taken up the subject, and are now denouncing the luncheon habit *in toto*. One correspondent declares that lunching, like drinking, is largely a matter of habit, and can be cured by a stern use of the will. He advises the ‘tapering-off’ method, but expresses an entire willingness to see the non-survival of the unfit-test, meaning the early death of those who lack the will power to reform.”

A Chicago paper takes up the subject and comments satirically as follows:—

“The only trouble with these reformers is their half-heartedness. It is as if Miss Willard had inveighed against drinking cocktails in the middle of the day. Why do they not come out manfully, and oppose the eating habit at all times of the day and night? This is the only safe and consistent attitude on the subject, and the American business world is rapidly coming to this enlightened attitude on total abstinence from food and drink. Food is good enough for men who are not too busy to digest it, but the American man has no time to waste in digesting meat and potatoes, either at noon or at any other time in the day. If he is not toiling at his office desk, he is worrying over his business, or domestic responsibilities at home, or whipping up his brains to shine in society, or puzzling over whist

problems at the club. He never has the time to give all his energies to digesting a full meal. Dyspepsia and nervous breakdown must inevitably follow any continuous attempt to do this and also do the other things. As the wise motto says, something must be crowded out, and it is evident that in the case of the American business man this something must be the ancient and unremunerative habit of eating.”

### Nuts as Food in Foreign Countries.

We have little idea in this country to what a considerable extent the nut is used for food in a few foreign lands. Our consuls have been sending information on this subject from far and wide, and the facts here given are condensed from a number of these reports. We are trying to teach foreign nations that Indian corn is an excellent article of food, but most of the European peasantry still believe that maize is fit only to fatten hogs and beef cattle. Many of these same persons sit down to a dish of steamed chestnuts with much relish, and are content if they have nothing else.

Throughout the center of France, from the Bay of Biscay to Switzerland, there are large plantations and almost forests of chestnut trees. The nuts are very large, resemble the American horse chestnut, and are extensively eaten by the peasantry and animals. In the fall and winter the poor often make two meals a day on chestnuts. They are steamed and eaten with salt or milk, and physicians say they are wholesome, hearty, nutritious, and fattening. In some parts of France, walnuts also are losing ground as an article of food because of their comparative scarcity. Walnuts are also used to make oil, and the convicts in some prisons are employed in cracking the nuts and picking out the kernels, from which the oil is pressed.

Almonds grow well in the middle and southern parts of France, and while the shell is soft, green, and tender, the nut is sold largely as a table article. The meat is white and creamy. Hazelnuts are always high priced, and are a luxury. The peanut is rarely eaten in France, though the taste for it is growing. It is imported in enormous quantities for its oil. A few years ago there was a good deal of talk about the merits of bread made of peanut flour, and it was thoroughly tested in the German army, where, for a little while, it was a part of the rations issued to a number of regiments. In this form, however, it was declared to be a too highly concentrated and an irritating sort of food, and the soldiers did not like it. The use of peanut flour was accordingly discontinued.

In Italy almonds, while green or soft, are eaten as dessert by the well-to-do, but the poor can not afford them. Chestnuts are the only nuts that enter into the regular diet of the people. Almonds, filberts, and walnuts are more of a luxury, and are served as dessert or with wine at social gatherings.

In Korea the chestnut almost takes the place that the potato occupies in the Western world. It is used raw, boiled, roasted, cooked with meat, and in other ways. In Syria nuts are not a part of the regular diet, but enter into the composition of some popular native dishes. "Nuts in this country," writes our consul at Alexandretta, "may be classed as a luxury, for use as a dessert, and for consumption by the natives at night just before going to bed."

### Corroborative Testimony.

A prolific source of infection from tuberculosis is the lower animals with which man is associated, says Dr. George F. Keene, in the *Sanitarian*. The writer states that in no other country except Australia is the animal per capita con-

sumption of meat so large as in our own. He remarks: "That meat from tuberculous animals is capable of producing tuberculosis has been demonstrated by scientific experiment. We cook our meat, but the lovers of rare roast beef and rare steak or even Bologna sausage will probably often take into their stomachs many tubercle bacilli whose vitality is unimpaired." He adds: "But what are we to say of the thousands of infants that die annually from tuberculous cows? Milk is one of the chief infected foods which we obtain from the lower animals, and is the only food which we consume uncooked. The milk supply of a municipality should be as carefully watched as its water supply. It behooves us to know whether the cows that furnish the supply are tuberculous—to know whether they are fed on swill, the refuse from breweries, or sour and fermented ensilage, for all ensilage at its best contains a large percentage of acetic acid."

### Out-of-Door Schools.

The school children of Washington, D. C., are having a delightful time with out-of-door study, says Elizabeth V. Brown, in *St. Nicholas*. There are classes studying plants and animals, history, government, geography, science, and art, and carrying on this work in the parks, fields, woods, libraries, public buildings, and art galleries. At the great Smithsonian Institution and the National Museum the children spend many happy hours with things which constantly interest and delight them. In her opinion, children who take only the indoor work would learn twice as fast, and much more than twice as much, if they could go to the out-of-door school too.

### Some Effects of Liquid Air on the Skin.

If a spray of liquid air is applied to the skin, the part at once becomes anemic

and perfectly colorless. If the application is made only for a few seconds, the color as quickly returns, and the skin is congested for some minutes thereafter. Within much less than a minute's time, by means of a spray, the part is frozen as hard as ice, but, strange to say, in a few minutes circulation returns without any injury to the tissue, provided the part is not in the end of some extremity. There is no pain in the application, excepting at the very beginning, but there is a slight burning or tingling. It also completely anesthetizes the part to which it is applied without freezing it solid.

### Electricity as an Anesthetic.

Dr. E. W. Scripture, of Yale, is experimenting with a special application of the sinusoidal current as a means of producing anesthesia. He feels assured that he will be able at an early day to produce an entirely satisfactory anesthetic by electricity, without danger.

### A Hygienic Exhibition in Italy.

The king of Italy has promised to open a hygienic exhibition in Naples in April, to remain open until September. The buildings are being pushed to completion. Several conferences will be held, the most important being those on the prevention of tuberculosis, and on the promotion of physical education. There will be a "Pompeian Pavilion," in which will be reproduced the public and private baths of Pompeii.

DENMARK'S police, when they find a drunken man in the streets, summon a cab, place him inside, and drive to the police station, where he is detained until sober. Then he is driven home, the police never leaving him until he is safe in his family. The cabman then makes his charge, the police surgeon his, the constables theirs, and this bill is presented to the proprietor

of the establishment where the culprit took his last and overpowering glass. This system is tending to reduce the appalling drunkenness which formerly prevailed in Copenhagen.

SINCE our bodies are made of the food we eat, it is of prime importance to eat beautiful food, and food that will make us beautiful. As a French writer said: "To garner in the golden grain is a symphony. To gather the fragrant, daintily painted, and velvety cheeked fruit is an anthem. Where do you find anything esthetic or ethical in the stock-yards or meat market? The artist can, with the most bewitching grace, transfer to his canvas the lovers in an orchard plucking fruit. What painter would depict his lovers in a slaughter-house cutting the throats of lambs, quartering beef, or salting down pork?"

THE California State Board of Health has decided to let isolation and careful sanitary precautions take the place of quarantine measures in cases of tuberculosis. Physicians throughout the country are generally approving the decision. Thorough disinfection of the sputum and other excretions, and of the rooms occupied by the consumptive, will insure perfect safety from infection by others.

It is not difficult to get away into retirement, and there live upon your own convictions; nor is it difficult to mix with men and follow their convictions; but to enter into the world, and there live firmly and fearlessly according to your own conscience, that is Christian greatness.—*F. W. Robertson.*

EV'RY hoss c'n do a thing better'n spryer if he's ben broke to it as a colt.—*David Harum.*

# EDITORIAL.

## ANOTHER PIONEER REFORMER GONE.

ONE by one the grand men and women who pioneered the way for those two greatest of reformatory movements, the antislavery agitation and the temperance crusade, are dropping out of the ranks of the living, and helping to swell the vast army of the dead. Gerritt Smith died many years ago; Wendell Phillips followed a few years later; Emerson, Horace Greeley, and Thoreau are gone; indeed, there are few left of that great and noble band of patriots who fought so well in the cause of right against wrong in the early days of the struggle for human liberty.

It is only a year or two since the death of that wonderful woman who presided over the largest organization of women the world has ever known,—Frances E. Willard; and now we are compelled to record the sad fact that Mrs. S. M. I. Henry, the Crusade pioneer, and for many years the superintendent of evangelistic work for the National Woman's Christian Temperance Union, has fallen at her post. Mrs. Henry was one of the very first to enter the Crusade movement, out of which developed the grand work of the W. C. T. U. She was, from the very start, prominent both in the councils and in the active work of the organization. For many years she traveled almost constantly, holding meetings in large cities in the interest of Christian temperance reform, and leaving behind in every place she visited marvelous evidences of a great spiritual uplift in the community. Many hundreds, perhaps thousands, of men and women in various parts of the United States to-day, owe to these meetings the spiritual awakening which changed their lives from intemperance to sobriety, from vice to virtue, from trifling indifference to earnest Christian activity.

It has been the writer's lot to meet very few women possessed of such distinctively brilliant and unusual talents as had Mrs. Henry. That her literary talents were of an extraordinary character is well known to the readers

of GOOD HEALTH through her frequent and invaluable contributions to this magazine. Probably few, however, are acquainted with the fact that these articles were written in the midst of numerous and pressing duties, and were not elaborated after the usual fashion of writers for the press, but were rapidly dictated to a stenographer. Mrs. Henry talked as well as she wrote; every sentence was forcible and plain, deliberately uttered, and as clear cut and incisive as language could make it. Her published addresses, though always extemporaneous, were ready for publication exactly as delivered.

Mrs. Henry was a woman possessed of the keenest insight into human nature, and a rare ability for moving the hearts of men and women, and exerting a wide influence wherever her name and work were known. In her death the world has met with a loss which can not be repaired, but her work will long live after her. A record of her eventful life and work is being prepared by her daughter, Mrs. F. M. Rossiter, who is amply equipped for the task. The work will be published by the F. H. Revell Co., Chicago. Fortunately, Mrs. Henry left a large amount of material ready prepared for such a work, and this, together with the new material obtained by Mrs. Rossiter from the friends of Mrs. Henry's childhood, and the record which she can herself prepare, will make an exceedingly entertaining and instructive volume, not only to the members of the W. C. T. U., but to all who are interested in the advancement of any good work which has for its aim the uplifting of men and women and the emancipation of the soul from the slavery of sin and the perverted habits of conventionality.

Our readers will be especially interested in a beautiful unpublished poem by Mrs. Henry, which appears in this number, and will be pleased to have a glimpse of this noble woman's face as presented by the frontispiece.

## TUBERCULOSIS IN YOUNG CHILDREN.

THE increase of tuberculosis in cattle and human beings is a danger far more alarming than the black death which is just now creating not a little disturbance in various parts of the civilized world. The black death is an awful plague, and it is not impossible that in the near future it may invade the United States, as cholera, yellow fever, and other plagues have done; but we have continually with us a disease which has been properly designated "The Great White Plague," and which appears in the various forms of tuberculosis. In adults, the disease generally affects the lungs; in children, the intestines are most commonly infected. Stillé found, in 269 post-mortem examinations of children, one third exhibiting evidences of tubercular disease. Nearly three fifths of the entire number of tubercular cases occur during the first three years of life.

There continues to be a steady increase of mortality from tubercular disease during the early years of childhood, and the evidence that the infection is derived directly from the use of the milk of tuberculous cows is overwhelming.

The frequency of tuberculosis in cows is

increasing at a rate which is really astounding. According to Professor Conn, slaughterhouse statistics show, at Leipsic, an increase of tuberculous animals from 11 per cent in 1885 to 33.3 per cent in 1895. In Germany nearly one half of all the cattle in the country are infected with tuberculosis. In the United States the situation is not much better. In Massachusetts every animal in many large herds has been found to be infected with this disease. One authority asserts that nearly one third of all the cattle in the United States are infected with tuberculosis. The milk of these animals, and also, to some extent, the flesh, may be the means of communicating this dire disease.

It is not too much to say that the feeding of raw or unboiled milk to children is not only an unwise but an absolutely dangerous procedure, and no child should be allowed to take the milk of a cow, or any other animal, without first subjecting the milk to a temperature sufficiently high to destroy tubercle germs. Boiling is not absolutely necessary; a temperature of 160° maintained for fifteen or twenty minutes will destroy all dangerous disease-producing germs.

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## THE TOUGHEST ANIMAL.

CATS are said to have nine lives; snakes are hard to kill; alligators die hard; and many other beasts show great tenacity of life; but man is the toughest animal of all. Two or three cups of strong coffee would kill a cat, while many an old lady drinks thirty or forty cups of strong tea or coffee in the course of the day. Half the nicotine in a single cigar will kill a snake, but many a man smokes twenty or thirty cigars a day. The amount of alcohol which many men swallow habitually from year to year would soon carry off an alligator with fatty degeneration of the liver or Bright's disease of the kidneys. There is no animal on the face of the globe that can compete with man in violation of the laws which regulate the bodily functions. There is no animal which

can, with so much apparent impunity, so widely depart from the natural order of life divinely ordained for it.

Man was made to be the longest lived, the hardiest, the most active, and the most enduring of all creatures,—as Shakespeare says, "the paragon of animals." And notwithstanding the centuries of abuse to which the human system has been subjected, with the resulting hereditary accumulation of maladies known and catalogued to the number of 1,500, and exposed to a vast number of accidents through the unnatural conditions imposed by civilization, man still survives, a pigmy in strength, his longevity reduced to one twentieth the normal span of human existence,—he still lives, and while there is life there is hope.

If the human race, with this wonderful power of enduring the attacks of germs and recuperating from the effects of wounds and accidents, can be induced to return to simple and normal modes of life, it is not too much to hope that the result may be a rapid recuperation of the vitality and endurance which the race has lost, the evidence of which would be an increase of longevity, or rather,

in the number of aged persons and an extension of life in exceptional cases, far beyond the greatest limit now reached. The greatest need of the world at the present time is a health propaganda carried forward on scientific lines. To aid in the work of winning men and women back to nature, is the aim and purpose of this magazine and the work which it represents.

### The X-Ray Discovery Anticipated.

Not infrequently, archeological research has shown that many of the discoveries of modern times have been anticipated not only by hundreds but by thousands of years, and by those who had few or none of the advantages of civilization. Indeed, many of the most valuable arts have been entirely lost, and the efforts of the most expert, the most inventive minds, aided by all the acquisitions of modern times, have been unable to rediscover the lost secret.

The *Indian Lancet* republishes a story written nearly 250 years ago by a certain Mir Muhammad M'asum. According to this story, a certain prince, while in exile, one day met a man carrying an apparatus known as *hakku tubes*. The prince was astonished to find that so long as the man held the *hakku tubes* in his hands, his body was apparently rendered transparent, so that it was possible to see his internal organs. The prince purchased the tubes. On visiting Ghuzni, he found the king suffering from dyspepsia. The application of the *hakku tubes* led to the discovery that the cause of the dyspepsia was the presence, in the king's stomach, of two water snakes which he had swallowed.

This story seems to anticipate the idea of the X-ray, though the accuracy of the account may well be questioned.

heart failure is a malady which carries off a multitude of persons past middle life every year, but against which one may usually fortify himself by systematic daily exercise which will call into vigorous play the muscles of the body, thus maintaining the normal tone and nutrition of the heart, which is itself a muscle, and is strengthened or weakened under the same conditions which give muscular strength or weakness to the other muscular structures.

In a large proportion of all maladies in which failure of the heart is not noted as one of the leading factors in the cause of death, this is nevertheless the final cause; for with a strong heart, the patient might have struggled on a few days longer till the vital forces of the body had been able to eliminate the poisons,—the poisons of typhoid fever, the toxins of cholera or yellow fever,—or to do such efficient work in pumping the blood through crippled lungs that the patient might have escaped suffocation from consolidation of the lungs, as in pneumonia, till absorption could have taken place. A sound heart is one of the best guarantees against death in almost any acute malady, and is likewise a splendid protection against chronic disorders of any sort. Hence the importance of taking good care of this wonderful pumping machine upon which every vital function depends.

### Take Care of Your Heart.

The diseases from which old people die are almost altogether preventable. It is only necessary to begin in time; but "in time" means in the majority of cases a score or more of years back. For example,

### The Hygiene of Sleep.

Eight hours of sleep is necessary for the average individual. The energies of the body do not consist of intangible essences. They are not mysterious forces separate and distinct from matter. A living cell, well stored with energy, shows a great number of minute

granules in its interior, and is plump and normal in appearance. An exhausted cell shows the number of granules greatly diminished or absent, and the cell itself has a shriveled appearance. It is in sleep that these energy granules are produced through the assimilation of food taken during the day. During sleep, also, the amount of oxygen in the body is replenished.

The best sleep is to be secured with a rather low pillow of hair or cotton, or still better an air pillow. The bedclothes should be light. The most healthful plan is for each individual to have his own bed. The sleeping-room should be thoroughly ventilated, and at a temperature several degrees below that of the ordinary working or living room, not higher than 55° or 60° in winter. The best sleep is secured when the stomach is not occupied with digestion. Sound sleep is often disturbed by an overloaded stomach. This condition is also often the occasion of frightful dreams and exhausting discharges during sleep. Disturbed sleep or insomnia may be relieved by a wet girdle, or by a needle bath before retiring.

### The Bedroom.

In Germany it is the almost universal fashion to sleep between feather beds. These are as light and clean as feather beds can be, but the practice is exceedingly unwholesome, for the feathers are not only very heating, causing one fairly to swelter under them, but they also absorb all sorts of effete matters from the body, retaining them, and thus becoming to the last degree unsanitary.

While this fashion is not common in this country, yet we are in the habit of greatly overloading our beds with covers. The so-called "comforters" are not fit to be used, on account of the mass of cotton thickly quilted together. A certain home journal has recommended that newspapers be quilted into these comforters, thus saving expense in cotton. This is worse yet, because the newspaper makes the covering still more impervious to the air. One might as well sleep under a rubber blanket. While asleep, a person is constantly throwing off effete matter, hence it is very important that the bedclothes be

such that these poisons may be allowed to evaporate.

Too little attention is paid to the proper airing and ventilation of bedrooms, especially in winter. Not only should there be a good circulation of air during sleeping hours, but the bed should be entirely thrown open and exposed to the fresh air and sunlight every morning. The pillows, sheets, and every article of covering should be removed from the bed and hung out of doors on a line or spread out over chairs, so that they may be thoroughly dried and warmed.

A great many cases of insomnia might be cured by this simple process.

### The Pure in Heart.

Violation of the law of moral purity is one of the most active and potent causes of race deterioration in operation at the present time. The impure habit among children is producing chronic invalidism. It is a matter to which parents should give careful attention. Absolute purity, mental and physical, is alone consistent with highest health. "Blessed are the pure in heart, for they shall see God." Only the pure in heart are able to recognize and appreciate the ever-present, indwelling Spirit, which gives to man his prestige over beasts, and which, with his co-operation, is ready to lead him onward and upward in spiritual as well as physical development, ever unfolding new beauty, and new and more glorious truths, thus leading to broader and higher views of God.

### Infantile Scurvy.

A very extended investigation has recently been conducted by the Pediatric Society through a committee. Dr. Augustus Caille, of New York, a member of this committee, asserts that the study of 369 collected cases of scurvy, taking into consideration the well-known facts of the disease, clearly demonstrates that scurvy is a chronic poisoning due to the absorption of toxic substances. The source of these poisons may be either the food, as in the case of sailors who have made a prolonged use of flesh foods, or they may

be generated in the alimentary canal by the fermentation and putrefaction of poisonous substances.

It is clearly shown that the use of sterilized milk does not tend to produce scurvy. The administration of fruit juice is recommended as one of the most important means

of combating scurvy. Fruit juice doubtless aids in recovery from this disease by its exceedingly wholesome influence upon the stomach, in which it exercises a cleansing action, preventing the development of germs which are productive of the poisons mentioned.

## ANSWERS TO CORRESPONDENTS.

**Catarrh — Vaporizer — Shredded Wheat Biscuit.**—C. W. T., Colorado: "1. What will cure chronic catarrh in the head when linen underwear, cold baths, and a vegetarian diet have failed? 2. In what respects is the pocket vaporizer superior to an ordinary atomizer? 3. What do you think of shredded wheat biscuit?"

*Ans.*—1. Local antiseptic applications should be made in addition. In some cases the services of a specialist are required.

2. Only in the fact that it is so convenient to use that it can be employed for a greater part of the time, thus making its effect more thorough.

3. If well cooked, they are wholesome food.

**Colds — Mucus in Stomach — White Sulphur Water.**—N. B., North Carolina: "1. What causes one to have a cold in the head every few days? 2. The elevation here is 2,500 feet. Can this have anything to do with it? 3. What is the reason for a great deal of mucus in the stomach? 4. Would you recommend the use of the stomach pump? 5. Is there danger of drinking too much white sulphur water?"

*Ans.*—1. Feeble resistance of constitution.

2. In elevated regions the temperature and other climatic conditions are very changeable, but the system may be so developed as to prevent injury from this cause.

3. Gastric catarrh.

4. Yes, in case the difficulty can not be cured without.

5. An excess of the mineral ingredients of the water may be absorbed into the system, and other unpleasant symptoms might develop. There is no advantage in deluging the stomach with this water.

**Rhubarb — Muscles — Salisbury Diet.**—J. W., Colorado: "1. GOOD HEALTH says that rhubarb has no food value. Rhubarb cured me of severe headaches, and improved my health. Please explain. 2. Does not rhubarb contain malic and citric acids? 3. Is rhubarb in any way injurious? 4. Does massage develop as strong muscles as exercise? 5. Please explain the great success of the Salisbury diet."

*Ans.*—1. If rhubarb is a good medicine, that is good reason why it should not be taken as a food,

for medicines are never wholesome as food. Medicine and wholesome food are at antipodes with each other.

2. The acidity of rhubarb is due to oxalic acid.

3. Oxalic acid is well known to be a poison, and when rhubarb is eaten, this acid is discharged into the body through the kidneys.

4. No.

5. It does not succeed; it only palliates the patient's suffering for the time being, leaving him to relapse into a worse state later, or to develop new maladies far worse than the first. The writer says this without hesitation, after having had under his care many of those who have tried the Salisbury diet, and apparently with great benefit at first, but with ultimate results as above indicated. Meat is easy of digestion, and when taken with bread only, the simplicity of the diet and the absence of irritating elements give a temporary gastric peace which leads the patient to believe that he is on the right track, while he is only laying up trouble for future days in the form of Bright's disease, sick-headache, arteriosclerosis, gastritis, jaundice, and premature old age.

**Catarrh.**—Mrs. F. Van H., Oregon, has catarrh of the middle ear, of four years' standing. There is continual noise in the head and some pain in the ears. 1. Would the pocket vaporizer prove beneficial? 2. Do you recommend the Politzer bag? 3. Would a cold compress or a fomentation to the ears relieve the pain?

*Ans.*—1. It is probably worth trying.

2. Yes. The pocket vaporizer, however, accomplishes the same result as the Politzer bag.

3. A better remedy would be the moist cold compress to the head, applied after washing the hair. This should be covered warm with flannel and a rubber cap so as to retain the moisture, prevent evaporation, and thus cause accumulation of heat.

**Diet for Anemic Person — Urine — Eyes.**—Mrs. W. H. G., Connecticut: "1. Can an anemic person live on granose and granola alone? 2. Does a reddish brown sediment in the urine of a child of seven indicate any weakness of the kidneys? 3.

What causes spots to float before the eyes? 4. Would massage of the eyes be beneficial? 5. Is exercise good for an anemic person?"

*Ans.*—1. Yes; but the addition of some nut food, as protose, makes the diet more complete.

2. It indicates a weakness of the general system.

3. Torpidity of the liver will often cause this symptom.

4. Not when the trouble is due to this cause.

5. Yes; a moderate amount.

**Diabetes.**—M. A. M., Wisconsin: "1. Do you consider toasted whole-wheat bread, peanuts, oranges, apples, and peaches safe articles of diet for a diabetic person who is able to work? 2. Is there any book or work on diabetes? 3. Is distilled water beneficial in this disease?"

*Ans.*—1. Thoroughly toasted whole-wheat bread, such as zwieback, in connection with fruits and proper nut preparations, is suitable.

2. None that we know of which treats of this subject exclusively.

3. Yes, from the fact that it contains no impurities.

**Flatulence.**—C. J. C., New York: "1. Why should one be troubled with flatulence after adopting a healthful diet, when formerly he was not so troubled? 2. Why should he also be troubled with cold feet more than ever? 3. What diet and mode of life are best for one who has been troubled regularly for twenty years with diarrhea? 4. Will over-eating cause flatulence?"

*Ans.*—1. This is undoubtedly due to fermentation of starch in the stomach, caused by wrong combinations of food and by improper mastication.

2. This disturbance of the circulation is caused by the absorption of poisons produced in the stomach as the result of fermentation, these poisonous substances having a harmful influence upon the sympathetic nervous system, which controls the circulation.

3. A diet consisting of fruits, grains, and nuts, and a moderate amount of outdoor exercise.

4. Yes.

**Rheumatism.**—G. T. S., Wisconsin: "I am eighty-nine years old, and generally well except severe rheumatism in one hip and leg. I have to use crutches. I also have a urinary difficulty requiring the use of a catheter. What will cure both?"

*Ans.*—For the rheumatism discard the use of meat, and adopt a dietary of fruits, grains, and nuts. If the diseased hip and leg give much pain, apply

fomentations to the affected part. For the urinary difficulty you should consult a competent physician.

**Hypnotism.**—J. B., Nebraska, asks (1) our opinion of hypnotism, (2) its effect on the subject, and (3) its relation to Christian Science.

*Ans.*—1. It is a dangerous thing to trifle with.

2. Its effect upon the patient is to tend to disorder the imagination and decrease the will power.

3. Christian Science is undoubtedly largely founded upon suggestive influence.

**Rheumatism—Sore Throat—Gas in the Stomach.**—F. A. C., Montana: "1. Is there any way of obtaining relief from pain in inflammatory rheumatism? 2. Why should the throat be easily irritated with the slightest cold, and large ulcers form and discharge? 3. Is there an effective home treatment? 4. What is the cause of extreme nervousness in the evening, apparently due to gas in the stomach, and often causing nervous chills?"

*Ans.*—1. Relief may be obtained by the application of fomentations to the affected parts.

2. The tonsils are probably in a diseased condition.

3. Try a gargle of peroxide of hydrogen (1 part peroxide to six or eight parts of water).

4. Indigestion.

**Acidity of the Stomach.**—F. G., Indiana: "What is the best diet for one who has extreme acidity of the stomach?"

*Ans.*—Dry foods, such as granose, zwieback, granola, and granuts; subacid fruits, such as baked sweet apples and prunes; and proper nut preparations, as protose, nuttolene, and bromose.

**Riley's Electric Comb.**—F. F. G., Michigan, asks if we know anything of Riley's electric comb battery and its efficiency.

*Ans.*—No.

**Pimples.**—A subscriber asks: "1. What is the cause of pimples on the face? 2. What should be the treatment and diet?"

*Ans.*—1. A disordered state of the blood.

2. Keep the face absolutely clean, and use a diet of fruits, grains, and proper nut preparations.

**Cranberries.**—J. A. D., New York, asks what the special virtue of cranberries is, and if they may be eaten with other fruit.

*Ans.*—Cranberries have no special virtue over other fruits, and may be combined with them.

**Graham Flour.**—E. C. L., Oregon, wonders if graham flour should be sifted before being used.

*Ans.*—Yes.

**Diet for Rheumatic Gout.**—C. M. M., New York: "1. Will a diet of fruits, grains, and nuts remove the deposit from the finger joints in rheumatic gout? 2. Will good or harm result from taking the following: 1 gr. caffein, 10 gr. each of bicarbonate of soda and potash, and 5 gr. of carbonate of lithia?"

*Ans.*—1. No.

2. Harm.

**Ripans Tabules—Corn Meal—Potatoes—Peaches—Diet for Nervous Person—Crystalline Wheat—Sugar, Molasses, and Maple Syrup.**—M. E. H., Maine: "1. What is the composition of Ripans Tabules? 2. How should corn meal be cooked? 3. If potatoes are nearly all starch and water, why can they, unlike other vegetables, be eaten with fruit? 4. Why should not dried peaches, as well as vegetables with fibers, be strained? 5. Dried peaches, gluten, dates, prunes,—are these suitable for a nervous person? 6. Why should crystalline wheat disagree with me? 7. Which is least harmful,—sugar, molasses, or maple syrup?"

*Ans.*—1. We are not familiar with this preparation.

2. It should be cooked as other grains, in a double boiler.

3. Potatoes contain less woody material, or cellulose, than most other vegetables.

4. Dried peaches contain comparatively little fibrous material.

5. Yes.

6. If thoroughly masticated, there is no reason why it should not agree with you.

7. The harmful nature of these substances is practically the same.

**Ear Wax—Ringing in the Ears—Drowsiness—Insomnia—Aversion to Sourness and Salt.**—D. H. K., Washington: "1. What is the cause and cure for hardening of the ear wax? 2. What is the cause and cure for ringing in the ears? 3. Of drowsiness in the afternoon, accompanied by feeling of fullness in the head? 4. Is insomnia aggravated by artificial light shining directly in the eyes before retiring? 5. What does an aversion to much salt and sourness in one's food indicate?"

*Ans.*—1. Generally, an excessive secretion. The ear wax ordinarily dries through the evaporation of moisture, and falls away in fine scales; but when formed in excessive quantity, the process of desiccation does not take place, and the wax accumulates. This condition generally exists in connection with chronic ear disease, resulting in congestion of the parts.

2. Usually a disease of the middle ear.

3. Indigestion.

4. In certain cases it might be.

5. A normal instinct. Salt is not a food, and if at all necessary, is required only in very small quantities,—only sufficient to satisfy the demands of an acquired appetite; the less eaten, the better. That aversion to the use of salt is not an abnormal but a natural instinct, is shown by the fact that the Indians of Northern Canada, who have never acquired the habit of using salt, take the greatest pains to boil their salt beef in two or three waters, throwing the water away, in order to get rid of the salt which the meat contains.

**After-Dinner Nap.**—Mrs. S. M. C., Michigan, asks if the after-dinner nap is healthful.

*Ans.*—No. The nap should be taken before dinner instead of after. An after-dinner nap may be to some degree beneficial in certain cases of hyperpepsia; but even in these cases it would be better to sleep before dinner than after. The process of digestion requires for its perfect performance the wakeful activity of the brain. Digestion can not be well performed during sleep, neither is sleep as sound and refreshing as it should be, while the stomach is occupied with the process of digestion.

**Oily Hair.**—L. M. G., Vermont, asks the cause and a remedy for too oily hair.

*Ans.*—Excessive activity of the oil glands of the scalp, which may be the result of irritation. If the skin is irritated, the cause of the irritation should be removed by an application of the proper remedies, which will depend upon the nature of the irritation. Cleansing the scalp by means of a shampoo with Castile soap two or three times a week, is an excellent palliative measure, and in many cases will effect a cure.

**Catarrh—Soreness of the Stomach.**—J. G., Maine, asks the remedy (1) for catarrh of the throat, and (2) for soreness in the stomach.

*Ans.*—1. Fomentations to the throat at night, followed by a heating compress to be worn during the night, are an excellent palliative. The heating compress consists of a linen cloth wrung out of very cold water, applied about the throat, and covered with three or four thicknesses of flannel, sufficient to keep it warm during the night, and to prevent complete drying.

2. Soreness in the stomach may generally be relieved by an application of cloths wrung out of hot water, renewed every five minutes, and continued for fifteen or twenty minutes. The diet should be carefully regulated to meet each individual require-

ment. Acid foods, sugar, coarse vegetables, meats, and substances which ferment in the stomach are especially to be avoided, as are also vinegar, mustard, pepper, and all hot and irritating condiments. Extreme soreness in the stomach may lead to ulcer, and is often indicative of the presence of gastric catarrh.

**Infant's Diet.**—E. A. McB., Michigan, asks (1) what food is best for a child of eighteen months whose bowels have been very loose from birth, the child being apparently very well; (2) if malted nuts are good in such a case.

*Ans.*—Malted nuts mixed with cream would make an excellent combination in such a case. Granola, a Sanitarium infant food, will also be found serviceable.

**Molasses — Vegetables — Grains — Rolled Oats — Pain under the Shoulders.**—A. C. L., Illinois: "1. Is the use of molasses injurious to the liver? 2. Are vegetables proscribed in dilatation of the stomach? 3. Is corn meal or graham mush cooked for half an hour or less, injurious in dyspepsia? 4. How long should rolled oats be cooked in a double boiler? 5. What causes pain under both shoulders?"

*Ans.*—1. Yes, unless taken in very small quantities.

2. Yes, purées of peas, beans, and lentils are about the only substances commonly classed as vegetables which can be appropriately used in these cases.

3. It is impossible to cook corn meal or graham flour properly in half an hour by boiling; in fact, cereals are not perfectly cooked except by baking and toasting. Cereals should always be cooked until slightly browned, which requires dry cooking, as a temperature above the boiling point of water must be reached. Mushes of all sorts are unwholesome for dyspeptics.

4. See answer to the preceding question.

5. The probable cause is irritation of the solar plexus; the cause of this irritation may be disturbed digestion.

**Prolapsed and Dilated Stomach — When is the Stomach Empty? — Wheat — Flannel vs. Linen — To Disinfect Books.**—W. H., Virginia: "1. What causes a prolapsed and dilated stomach? 2. What are the symptoms of each? 3. How can one determine when his stomach is empty? 4. How long should cracked wheat be cooked? 5. How should it be cooked? 6. How served? 7. Which is preferable for winter underwear — linen or flannel? 8. What is the best way to disinfect a book?"

*Ans.*—1. Tight lacing, corset wearing, or the wearing of belts, relaxation of the abdominal muscles through neglect of exercise, wrong position in sitting, an unwholesome diet, and especially over-

eating, the eating of foods which ferment in the stomach, such as candy, sugar, preserves, and bad combinations of foods, especially those in which coarse vegetables are included.

2. For a full discussion of the symptoms we shall have to refer the reader to "The Stomach," a small work published by the Modern Medicine Publishing Company, Battle Creek, Mich.

3. The use of the stomach tube is the only certain means, but that is not always necessary, as the sensations of the patient are usually a sufficient guide.

4 and 5. See answer to question No. 3, A. C. L., Ill.

6. We do not recommend cracked wheat as the best of cereal preparations; it must be eaten as a mush, if at all, and if taken in that way, should be cooked for several hours,—from four to six at least. It is best taken with a little fruit juice.

7. Linen next to the body, with warm flannel outside.

8. Bake it; or it may be placed in such a position that the leaves will be loose, and then exposed to the fumes of sulphur or formalin.

**Goiter — Do Acids Aggravate Blood Humors? — Nuts — Lime Water in Milk — Plants.**—H. N. B., Connecticut: "1. Is goiter ever accompanied by cough? 2. Does goiter in and of itself ever cause death? 3. Does any strong acid, as of tomatoes, irritate a humor? 4. If not, please explain the prickling sensation caused by their use. 5. If nuts are healthful, why does their use cause skin eruptions? 6. Does not their oil irritate a humor already existing in the system? 7. Will the continued use of lime water in milk result injuriously? 8. Are plants in a sitting-room unhealthful?"

*Ans.*—1. Yes.

2. Rarely.

3. No.

4. It may be indigestion caused by an improper combination of foods.

5. It does not, except when the nuts are roasted, — a harmful method of preparation.

6. No; but the indigestion produced by the roasted nuts may have this effect.

7. Yes.

8. No.

**Substitute for Cow's Milk — Nut Butter.**—G. R. asks (1) what can be substituted for cow's milk to use with Sanitarium Infant Food; (2) if nut butter can be made from all nuts; (3) how it is made.

*Ans.*—1. Almond cream.

2. Yes.

3. By removing the skins and crushing the nuts to a fine paste.

**Hot Baths for Rheumatism.**—J. W. W., Iowa, asks if extremely hot baths taken before going to bed at night are injurious in a case of rheumatism in the knees.

*Ans.*—No; such a bath ought to be beneficial. It is important, however, that cold friction to the surface be applied in addition, as a tonic measure. Care should be taken not to chill the patient.

**Corn Meal and Rolled Oats—Food for Hypopepsia—Hot Water Drinking—Fruit.**

—F. C., Ohio: "1. In cooking rolled oats and corn meal, is it better to pour cold or hot water on before cooking? 2. Is one pint of milk and zwieback a good food, one meal a day, for a patient with hypopepsia? 3. Is hot water taken one half hour before meals beneficial? 4. Which fruit is best in such a case?"

*Ans.*—1. The grains should be dropped into boiling water.

2. Milk seldom agrees with persons suffering from hypopepsia.

3. Hot water drinking before meals is useful in chronic gastritis, also in hyperpepsia.

4. Easily digestible fruits, such as peaches, strawberries, grapes, baked apples, prune purée, and other fruit purées.

**Do Unbolted Flour and Other Bran Products Irritate the Stomach?**—G. A. R., New South Wales: "What is your opinion of the statement by a New York physician that 'unbolted flour and bran products irritate the stomach, and increase, rather than decrease, indigestion, their only value being that they relieve constipation'?"

*Ans.*—There is practically no foundation whatever for the statement. Only in cases where there is acute or intense inflammation of the intestinal canal are whole grain preparations contraindicated. For healthy persons and invalids, whole-grain preparations are preferable to those from which the bran has been removed.

**Animal vs. Vegetable Proteids—Carbon in Animal Oils.**—E. M. F., Michigan: "1. Do vegetarians deny that vegetable proteids are more difficult of digestion than animal proteids? 2. On what grounds? 3. Do animal fats and oils contain more carbon than vegetable oils? 4. Is it true that people of the North can not live on vegetable oils for lack of carbon?"

*Ans.*—1. Yes. The truth of the matter is simply this: Raw vegetable proteids require a somewhat longer time for digestion than raw animal proteids, but the cooking of vegetable proteids renders them easier of digestion, while the cooking of animal proteids decreases their digestibility. Protose, a vegetable proteid closely resembling meat, digests in half the time required for scraped beef.

2. On the ground of careful laboratory experiments,

3. No.

4. Certainly not. The composition of animal oil and vegetable oil is practically the same, but oil alone will not support life.

**Too Much Fruit—Goiter.**—H. C., Michigan: "1. What would be the general effect on the system of too much fruit in the diet? 2. Should one with goiter attempt to become a public speaker?"

*Ans.*—1. Nothing more than a deficiency of nourishment, on account of the great bulk of fruit, which consists largely of water.

2. A large goiter is likely to interfere with the voice.

**Cold Baths.**—W. I. B., Canada: "1. What is your opinion of the daily cold bath the year round? 2. Is it good for one troubled with dyspepsia and palpitation of the heart?"

*Ans.*—1. It is a most excellent means of maintaining vital resistance, preventing colds, aiding digestion, and preventing the contraction of diseases of various sorts.

2. Yes; but if the palpitation is due to organic disease of the heart, very cold full baths or shower baths should not be employed, but friction with a towel wet in cold water should be substituted.

**Mental Rest after Meals—Hours of Exercise, Sleep, and Study for a Student—Smoke.**

—G. A. N., Pennsylvania: "1. How long after a meal should the mind be at rest? 2. How many hours' sleep, exercise, and study should a college student observe? 3. Is it well to exercise just before going to bed? 4. Is the breathing of smoke-laden air injurious?"

*Ans.*—1. Persons of ordinary health do not need to give attention to this matter, only refraining from intense application for an hour to an hour and a half after eating; but chronic invalids, especially persons suffering from hypopepsia, should avoid mental work for at least two hours after eating.

2. Eight hours of sleep; two to four hours of vigorous exercise, and six to eight hours of study.

3. Yes, provided the exercise is not so violent as to interfere with sleep.

4. Yes, exceedingly so.

**Prickling Hands.**—Mrs. H. E. F. asks (1) what causes numbness and prickling in the hands and arms; (2) why the small of the back should be extremely sensitive to cold.

*Ans.*—1. Generally, disturbance of the sympathetic nerve centers. This symptom sometimes indicates the beginning of paralysis. A weak state of the nerves may be a sufficient cause.

2. The skin of the back is usually sensitive to cold.

## LITERARY NOTICES.

**"Christian Science. An Exposition."** — By Hon. Wm. A. Purrington, Lecturer in the University and Bellevue Hospital Medical College, etc. New York: E. B. Treat & Co.

This work deals in a very logical and intelligent manner with one of the most harmful fads which has afflicted civilized communities in modern times, — the so-called "Christian Science," of which Mrs. Eddy, of Boston, claims to be the discoverer or originator. The author is a lawyer, and an especial student of medical jurisprudence, and he deals in a masterly manner with the question of "Christian Science before the Law," presenting facts and principles which should be at the command of intelligent men and women everywhere, and which ought to lead to an organized effort throughout the country to secure the enactment of laws to protect the public from one of the grossest forms of malpractice. So far, efforts to secure the passage of such laws have generally failed, because of the clamor against the infringement of individual rights. We quote the author's remarks upon this subject as follows: —

"To legislate for the benefit of any scientific theory to the detriment of another would be, save perhaps in very exceptional circumstances, a great wrong, unwise, and most harmful to the cause of true science and the advancement of human knowledge. A statute, for example, ordaining that no person should worship except according to the Roman Catholic or the Presbyterian scheme, or treat the sick except *secundum artem*, whether by regular homeopathic or any other rule, would be an abomination, unwise, and, God be thanked, unconstitutional.

"Because no well-informed person disputes these truisms, charlatanism, religious and medical, seeks to make of them its refuge and strong bulwark. The Mormon for his polygamy, the Oneida communist for his promiscuity, the Christian Scientist for his slaughter of credulous adults and helpless babes, alike claim protection from the law upon a theory that the free right to worship according to conscience implies the right to commit any act under the pretext of religion which an evil or erratic mind may inspire. The osteopath, the venopath, the vitapath, the Kickapoo Indians, and all the rabble of ignorant quacks in like fashion seek exemption of their impostures from legal regulation in the contention that, because the last word has not been uttered in medical science, it is therefore class legislation to enact any law prohibiting the ignorant to assume, as a business, the entire charge and cure of the sick.

"At first blush, this superficial argument is plausible, and influences many. When *Æsop's* ass masqueraded under the lion's skin, all the other animals, intelligent man included, stood for a while in awe of him; but when his tuneless note vibrated on the air, they tore off his disguise, and disclosed him once more an obvious ass. In the long run the disguise must fall from pseudo-religious and medical imposture. Christian Science will not be an exception to the rule. Its mask of religion is very thin, but the animal below it is rather the cunning fox than the honest, useful ass. In tearing off its disguise the law may play a part; but the unmasking will best be done by turning on the light, and showing what an amusing misfit the garb of religion is, and what a greedy, unscrupulous fox it covers."

What is unquestionably the most comprehensive and beautiful volume ever issued upon the South, has just been published by the Southern Railway. Its title, **The Empire of the South**, conveys an impression of its general character, but nothing short of a thorough reading demonstrates how carefully the author, Mr. Frank Presbrey, has gone into every interest of this section, — commercial, industrial, and educational. The book is a superbly illustrated octavo volume of nearly two hundred pages, and not only is the South and all of her vast interests treated in a general way, but each State is separately given full representation. The author had the co-operation of the officials of the Southern Railway in its preparation, and evidently the greatest pains have been taken to make a presentation which is thorough, correct, and at the same time exceedingly interesting.

Copies of "The Empire of the South," a volume of 184 quarto pages and 500 illustrations, may be had by remitting 15 cents, to cover postage, to J. C. Beam, Jr., Northwestern Passenger Agent, 80 Adams Street, Chicago, Ill.

There is scarcely a paper in the land but has noticed the experiment that is soon to be tried by the Rev. Chas. M. Sheldon, — that of editing and publishing a daily newspaper as he conceives Christ would do if he were here. The Topeka **Capital** is to be placed in Mr. Sheldon's hands for one week, to be under his absolute control, both as to reading matter and advertising. The author of "In His Steps" will thus exemplify his idea of what a Christian daily newspaper ought to be. The experiment will be watched with keen interest by

thousands of spectators, and who can but hope it may prove a success?

The series of articles by Mr. Charles B. Spahr, which has appeared from time to time in the *Outlook* during the past year, under the general title, "America's Working People," concludes in the February Magazine Number with an extremely interesting account of personal experiences among the Mormons in Utah. This subject just now is of even more than usual importance, and the author looks at the problems involved in a way altogether different from the ordinary writer on the Mormon question.

It is just possible that some of the readers of the *Outlook* may have seen a report published in the *Manila Times* to the effect that Mr. Phelps Whitmarsh, author of "The World's Rough Hand," and special correspondent of the *Outlook* in the Philippines, had been, it was feared, either captured or killed, as he had not been heard from for some time, and was last seen at the front. The *Outlook* is happy to state that the report was absolutely unfounded; it has received letters from Mr. Whitmarsh at a more recent date than the report; these letters contain exceedingly interesting accounts of events and engagements witnessed by Mr. Whitmarsh during the recent campaign in the north of Luzon. These letters will be printed in the *Outlook* at an early date.

Mr. James Barnes, special correspondent of the *Outlook* in South Africa, is now regularly sending letters to that journal describing the events of that campaign as they occur. Mr. Barnes was with Lord Methuen's division during the engagements at Modder River and Magersfontein, and has written an extremely picturesque account of his personal observations in those battles. \$3 a year. The Outlook Company, New York.

**Health-Culture** for February is an excellent number of this magazine, which is devoted to practical hygiene. It opens with Part 2 of "Practical Dietetics," by W. R. C. Latson, M. D., considering the processes of digestion with illustrations and diagrams showing the stomach and digestive tract. "The Liver and Its Functions," by S. W. Dodds, M. D., indicates some of the causes of disorders of the liver and how to avoid them. Dr. Felix L. Oswald points out the "Hygienic Progress of the Century," showing that much has been done in this direction. Chas. H. Shepard, M. D., makes a strong plea for moderation in many ways as promotive of good health. Chas. E. Page, M. D., considers points on Christian Science, Drugs, and Obesity. Jas. H. Jackson, M. D., shows how health

may be obtained by "Right Living." Mrs. Etta Morse Hudders considers "Cereals as Food," giving special attention to corn. "How I Got a Living as a Doctor," is a continuation of Dr. Henri Echo's story. The editor discusses the eating question in an editorial entitled "The Jaws of Death," and also considers the "Physical Signs of Longevity." There is a large amount of miscellaneous matter filled with practical suggestions for the preservation of health, a subject that is second in importance to none that can be considered. Price, 10 cents a number, \$1.00 a year. Address, Health-Culture, 503 Fifth Ave., New York.

The question of long life is one that has received perhaps as much attention as any in the history of mankind. Year after year, age after age, men have searched for that elixir of life which should avert or prevent the effects of old age, and yet they die and return unto their dust, as all our forefathers have done. There is no elixir, Metchnikoff to the contrary notwithstanding. "Dying thou shalt die," was the edict in Eden, and no antidote has been found, nor will be till mortals are made as the angels in heaven.

An article discussing this question, "Longevity and Degeneration," appears in the *Forum* for February, from the pen of William R. Thayer, in which he endeavors to prove that the race is not degenerating, and that the span of human life is lengthening. The article is an able one, and it shows that certain classes of people, or certain individuals in certain classes, are living now to greater age than was the average a few years ago; but as has been so often reiterated in this magazine, the lengthened term of individual life is the result of lessened exposure and hardship, with better methods of caring for the sick, and not of lessened sickness, or insanity, or imbecility, or degeneracy.

Taking an unbiased view of the subject from all sides, we are confirmed in the belief that the race is not gaining ground, as our author would have us believe, but losing, and that degeneration and decay are the inevitable doom, unless a mightier hand than that of man comes in to lift us up once more onto the plane of health and right living.

The **World Almanac and Encyclopedia** is a book of 600 pages, and contains everything in the way of statistics that an editor needs to know. It will prove an indispensable desk companion for all busy people. The Press Publishing Co., New York World, Pulitzer Building, New York. Price, 25 cents.

Zitkala-Sa, in "The School Days of an Indian Girl," in the February **Atlantic**, continues her unique and touching record of her childhood experiences and feelings. She vividly depicts her first state of fear and rebelliousness among her new surroundings at the paleface school, her gradual reconciliation to the situation, and her final school successes. The titles of her topics — "The Land of Red Apples," "The Cutting of my Long Hair," "The Snow Episode," "The Devil," "Iron Routine," "Four Strange Summers," "Incurring My Mother's Displeasure" — sufficiently suggest their quaint and fascinating nature and treatment.

The **Self Culture Magazine** for February shows no diminution in the rapid strides it has been making to the forefront of the magazine world during the many months past. Its new cover is a genuine work of art, and its pages do not belie its exterior. Thoroughly healthy in tone and free from sensational illustration or reading matter, it is *par excellence* the magazine for the family. Its contents are, moreover, so varied in character and of such intense interest that all classes of readers must find within its covers several articles which appeal particularly to their individual tastes. Of

its eighteen principal articles no fewer than twelve deal with strictly American subjects, making this magazine essentially one for American readers.

The **Atlas of Two Wars**, containing large scale maps of the Philippine Islands and South Africa, is No. 1 of Volume 15 of the Geographical Series issued by Rand, McNally & Co., Chicago. The table of contents shows maps of Africa, Alaska, Basutoland, Cape Colony, Cape of Good Hope, Cuba, Hawaii, Luzon, Natal, Orange Free State, Philippine Islands, Porto Rico, South Africa, South African Republic, Territorial Growth of the United States, the World, and the War District of South Africa, with several pages of description and illustrations of the two seats of war.

In her series of articles in the **New Lippincott**, Mrs. J. K. Hudson, of Topeka, Kan., is giving some glimpses into the heart of Mormonism that reveal the awful tragedies lying under that hideous cloak of religion. They are very appropriate just now, when the "Member from Utah" has been ousted from the House of Representatives because he is a polygamist.

## A non-poisonous antiseptic mouth wash,

one that can be safely left on the bath-room stand, is LISTERINE. Composed of ozoniferous essences, vegetable antiseptics, and benzo-boracic acid, LISTERINE is readily miscible with water in any proportion. A teaspoonful of LISTERINE in a tumbler of water makes a refreshing and delightfully fragrant mouth wash. Used at the morning toilet it effectively removes all agglutinated mucus which may have accumulated during the hours of rest.

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## PUBLISHERS' DEPARTMENT.

NEW or recent unsoiled copies of GOOD HEALTH are desired by the Florida Tract Society, Orlando, Fla., for use in missionary work. Any of our readers having such copies on hand will confer a favor on this society by sending them, postpaid, to the address given.

### LORD ROBERTS AT THE CLAREMONT SANITARIUM.

A TELEGRAPHIC dispatch to the London *Daily Mail* of January 18, reads as follows:—

"Lord Roberts has visited the huge Sanitarium of the Seventh-day Adventists, at Claremont, which is a branch of the famous institution at Battle Creek, Mich., U. S. A. He expressed himself as delighted with the appointments and accommodations."

The Sanitarium at Claremont, a suburb of Cape Town, South Africa, was erected chiefly through the generous donations of Messrs. John, Francis, and Henry Wessels, and other members of the Wessels family. The institution was opened under the medical superintendence of Dr. R. S. Anthony, who obtained his medical training in this country, spending some time at the Battle Creek Sanitarium. Dr. Kate Lindsay, one of the physicians from the Battle Creek Sanitarium, has also been connected with the institution almost from the beginning. The institution has been supplied with trained nurses from Battle Creek, so it stands as an excellent representative of the methods and principles which have made the Sanitarium at Battle Creek world-famous.

The war in South Africa has made busy work for the doctors and nurses of the Claremont Sanitarium, as we have learned by private letter. Lord Roberts arranged for the occupancy of one wing of the Sanitarium for the use of wounded British officers. From experience in treating a considerable number of United States soldiers returning from Santiago, at the Staten Island branch of the Battle Creek Sanitarium, after the close of the Spanish-American War, we feel confident that the Sanitarium advantages afforded these officers will greatly contribute to their recovery.

Though in the nature of things, no definite news is obtainable, there are reasons to believe that the branch of the Claremont Sanitarium located in Kimberley is having its hands full to take care of the sick and wounded in that beleaguered city.

The principles of the Battle Creek Sanitarium are acquiring a world-wide reputation, and are winning increasing respect and a growing following wherever they are introduced.

### THE PORTLAND SANITARIUM.

EVERY one connected with our institution was overjoyed at the arrival of Dr. H. F. Rand and his wife. Their stay with us was very short, but exceedingly profitable; the instructions which he gave us were certainly meat in due season. We had a number of surgical cases awaiting his arrival, and all the operations were perfectly successful.

The work in Portland seems to be gaining very rapidly. Our house is comfortably filled with patients, and from all appearances good work is being accomplished. It is indeed gratifying to see with what favor the health foods, which we are at present shipping out, are received. While we have facilities for manufacturing a considerably larger quantity, yet the work is growing slowly but surely, and we believe that within a year the foods will have become so popular that it will tax our facilities to the utmost to supply the demand. We shall be glad to send any one a catalogue upon request.

W. E. JOHNSON.

"Did you ever notice," said Hicks, "how men and women get hold of some single word which they use on every possible occasion?"

"I don't know that I've noticed it," observed Parker.

"I have," put in little Johnny Hicks. "Pa and ma have one they're using all day long."

"What word is that?" asked Parker, with a smile.

"Don't," said Johnny.

A SURGEON who is often absent-minded was dining at the house of a friend.

"Doctor," said the lady of the house, "as you are so clever with the knife, we must ask you to carve the mutton."

"With pleasure," was the reply; and setting to work, he made a deep incision in the joint of the meat. Then—whatever was he thinking about?—he drew from his pocket a bundle of lint, together with several linen bandages, and bound up the wound in due form. The guests were stricken dumb at the sight. But he, still deeply absorbed in thought, said: "With rest and care he'll soon be better!"—*What to Eat.*

*Teacher*—John, illustrate the difference between "sit" and "set."

*Bright and Patriotic Boy*—The United States is a country on which the sun never sets, and the rest of the world never sits.

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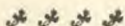
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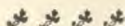
Washington, D. C., 728 15th St., N. W.

San Francisco, 11 Montgomery St.

# Directory ... OF ... Sanitariums.



THE following institutions are conducted under the same general management as the Sanitarium at Battle Creek, Mich., which has long been known as the most thoroughly equipped sanitary establishment in the United States. The same rational and physiological principles relative to the treatment of disease are recognized at these institutions as at the Battle Creek Sanitarium, and they are conducted on the same general plan. Both medical and surgical cases are received at all of them. Each one possesses special advantages due to locality or other characteristic features.



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- COLORADO SANITARIUM**, Boulder, Colo.  
W. H. RILEY, M. D., SUPERINTENDENT.
- ST. HELENA SANITARIUM**, or RURAL HEALTH RETREAT, St. Helena, Cal.  
A. J. SANDERSON, M. D., SUPERINTENDENT.
- NEBRASKA SANITARIUM**, College View (Lincoln), Neb.  
A. N. LOPER, M. D., SUPERINTENDENT.
- PORTLAND SANITARIUM**, 1st and Montgomery Sts., Portland, Ore.  
W. R. SIMMONS, M. D., SUPERINTENDENT.
- NEW ENGLAND SANITARIUM**, South Lancaster, Mass.  
C. C. NICOLA, M. D., SUPERINTENDENT.
- CHICAGO BRANCH SANITARIUM**, 28 33d Place, Chicago, Ill.
- SANITARIUM TREATMENT ROOMS**, 230 Euclid Avenue, Cleveland, Ohio.  
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- HONOLULU SANITARIUM**, Hawaiian Islands.
- MEDICAL AND SURGICAL SANITARIUM**, Apartado 138, Guadajara, State of Jalisco, Mexico.  
D. T. JONES, SUPERINTENDENT
- INSTITUT SANITAIRE**, Basle, Switzerland.
- CLAREMONT SANITARIUM**, Cape Town, South Africa.
- SKODSBORG SANITARIUM**, Skodsborg, Denmark.
- FREDRICKSHAVN SANITARIUM**, Fredrickshavn, Denmark.
- SOUTH SEA ISLANDS SANITARIUM**, Apia, Samoa.
- NEW SOUTH WALES MEDICAL AND SURGICAL SANITARIUM**.  
"Meaford," Gower St., Summer Hill, N. S. W., Australia.



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New models of the **Columbia Bevel Gear Chainless** show greatly reduced weight and improvements throughout. Price \$75.00. **Columbia, Hartford, Sturmer and Pennant Chain Wheels**, \$50, \$35, \$30, \$25. **Columbia Coaster Brake** with either Chainless or Chain models, \$5.00 extra. See **Columbia and Sturmer Catalogues**.

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to first party in each locality who sends in for our rug coupon book, for starting sales of our coupons. We send book to only one party in each locality. Many ladies are now availing themselves of this opportunity.

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For all Classes of Letterpress Work.

**The Miehle**

**High-Speed, Four-Roller, Front Delivery, Table Distribution Book and Job Press.** Made in eleven sizes, from 26 x 36 to 48 x 65. This press is built to do the finest class of printing, and is specially adapted for half-tone work both in black and in colors. It is the standard Flat-Bed Press of the world to-day, as the producer of a greater quantity and finer class of work than any other press on the market.

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Which delivers the sheet PRINTED SIDE UP OR DOWN, as may be desired, we put on all our presses with the exception of the "Job and News" and the smaller sized "Pony." This adds but little to the cost of the press to the purchaser, and is a great convenience.

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South Side Office,  
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## Disease Lurks in Zinc-Lined Refrigerators.

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Are built to Order for  
Residences,  
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STYLE NO. 331.

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#### BRANCH OFFICES.

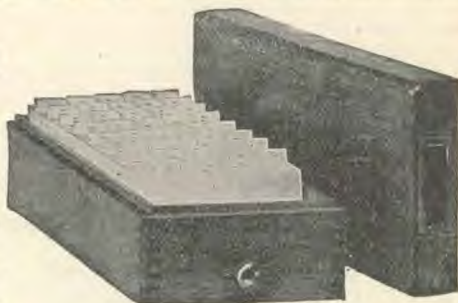
Chicago—183 W. Van Buren Street.  
Baltimore—11 W. Fayette Street.  
Washington—712 13th St., N. W.  
Boston—52 Commercial Street.

Detroit—7 and 9 Clifford Street.  
Cleveland—227 Sheriff Street.  
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Bell phone, 247; Michigan telephone, 247.

**BATTLE CREEK, MICH.**

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Is Not Stuck on the Wall with Glue.**

Alabastine is a cement that sets naturally, and is as lasting as the wall itself.

Costs no more to **apply** than the cheapest kalsomine or whitewash that spoils your walls.

Superior to wall paper, better than paint.

Ready for use by mixing with cold water. Any one can apply it.

Write for circular and copy "Alabastine Era."

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All Other Pianos Are "Single-Tone" Instruments.

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is the highest achievement in scientific piano making.

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give brilliancy, variety, and scope, which extend capacity, increase capability, and carry it above and beyond all single-tone pianos.

### Its Superior Adaptation

to the production of the music of the old masters — Bach, Haydn, Beethoven, etc., is one of its distinctive qualities.

### Durability and Efficiency

find their most eminent attainments in the many-tone "Crown" piano.

### Its Piano Qualities

as to tone, touch, design, finish, and material are unsurpassed. It is truly in a sphere of its own, and attracts and pleases all pianists and vocalists who hear it.

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is evidenced by his ten years' warrant, which is "burnt in the back" of each instrument.

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Delicious  
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Over  
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Varieties



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By special arrangements with the manufacturers of the "Cyclone Washer," we are able to furnish a limited number of their machines as follows:—

No. 1, family size, retail price,.....	\$ 8.00.....	FREE for 10 Yearly Subscriptions to GOOD HEALTH.
No. 2, small laundry size, retail price, ...	12.00.....	" " 14 " " " " "
No. 3, large laundry size, retail price, ...	18.00.....	" " 20 " " " " "

Full descriptive circulars of this Washer sent on request.  
Machines will be shipped freight charges collect.

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

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**Guadalajara, Mexico.**



THIS elegant and commodious modern building stands on its own extensive grounds, surrounded by lovely semi-tropical gardens. It is situated in the highest part of the city of Guadalajara, the western capital of Mexico, and known as "The Pearl of the West," on account of its beauty and its magnificent climate, which is specially beneficial to persons affected with throat and lung troubles. Guadalajara has a population of 100,000, and is second only to the City of Mexico as a place of interest.

Its climate is simply perfect all the year round, the temperature ranging only from 65° to 85° F. in the daytime. Its elevation is 5,000 feet above the sea-level. The Mexican Central Railroad runs through Pullman palace cars, via Irapuato. Round-trip excursion tickets good for nine months from date of issue, allowing stop-over at all points in Mexico, are on sale every day at the following rates:—

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The Sanitarium is fitted up with all modern appliances for rational curative treatment. First-class resident physicians and trained nurses from the Battle Creek Sanitarium, excellent service, home comforts, moderate terms. Apply for information to—

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Two Nights to California,

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To Colorado, Wyoming, Utah, California, Oregon,  
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**AND THE LAND OF  
THE SKY.**

2,600 feet elevation. Delightful climate.  
300 days of sunshine per year. Finest  
hotel accommodations in the South. The  
world's greatest sanitarium and place for  
recreation.

### A REDUCED RATE

is in effect from the North every day in  
the year, for round-trip tickets via the

## QUEEN & CRESCENT ROUTE and SOUTHERN RY.

Through Pullman drawing-room sleepers  
from Cincinnati daily with direct connec-  
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**NEW DAY TRAIN**

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Free Reclining Chair Cars.  
Parlor-Café Cars.

**POPULAR**

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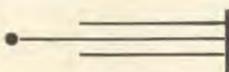
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across the continent, over the vast  
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across the vast Pacific, to Japan  
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In reading and seeking "GOOD HEALTH," do not overlook Mexico, and the fact that the Mexican Central Ry. is not only the best but the most popular route through that country.

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**Pullman Buffet Car Service.**



**Chicago and Detroit**

— TO —

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Splendid equipment of Palace Sleeping Cars running through without change. Dining Car Service unsurpassed.

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The Pacific Express leaves Chicago 10.30 p. m. daily. Through Palace Sleeping Cars to Portland, with Sleeping-Car accommodations to San Francisco and Los Angeles; Palace Sleeping Car to Denver, and through Tourist Sleeping Car service to San Francisco, Los Angeles and Portland.

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THE ONLY THROUGH AND DIRECT LINE  
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**HOMER, and**  
**JACKSON, and**  
**TOLEDO, and**  
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CLOSE CONNECTIONS ARE MADE AT CINCINNATI FOR ALL SOUTHERN POINTS.

For time of Trains, Rates, and Through Tickets, apply to Agents C. N. R. R., or address either of the undersigned.

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**F. C. WHIPPLE, ASST. G. F. & P. A.**  
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# Climate Cure

For  
 Weak Lungs,  
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 Weak Bodies.

The Health Resorts of New Mexico  
 and Arizona

are unrivaled. Pure, dry air, an equable temperature, the right altitude, constant sunshine.

Send for descriptive pamphlets issued by Santa Fé Route Passenger Department.

General Passenger Office,  
 The Atchison, Topeka & Santa Fé Railway,  
 CHICAGO.

**Y**OU are going south this winter for recreation, rest, relaxation. The winter resorts are open now.

You can ride over the Queen & Crescent Route and Southern Ry. from snowy North to sunny South, your sleeper, diner, smoking room, easy chair, all at hand. Many travelers will this year add a short sea voyage from Miami or Tampa for a visit to Cuba or Porto Rico to their itinerary.

Tickets through to Havana on sale via the Queen & Crescent Route, Southern Ry. and connecting lines, include meals and berth on steamers. We have a very interesting booklet on Cuba and Porto Rico now in press. We will gladly send it to you.

**W. C. RINEARSON, G. P. A.,**  
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In replying to advertisements please mention GOOD HEALTH.



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Has a genial climate and the greatest variety of medicinal springs on the continent.

Has cheap and fertile lands, and the possibilities of production are almost fabulous.

Has a great many delightful pleasure resorts.

Has business advantages superior to any other part of the nation, because the field is not crowded, competition is not so brisk, and there are greater opportunities for the development of new enterprises.

The entire Pacific territory is now experiencing a great industrial revival. Good openings for all classes.



## RIVALS THE WORLD



for Picturesque  
Sublime and  
Heroic  
Scenery

ROUND-TRIP TICKETS to Principal Pacific Coast Points that read going via any of the Southern Pacific Company's THREE ROUTES,

— SUNSET, OGDEN, OR SHASTA —

and returning via the same or either of the others, are on sale at all important railway stations in the United States and Canada.

For California literature, maps, rates, and complete information, address—

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W. H. CONNOR, Com'l Agent, Chamber Commerce Bldg., Cincinnati, Ohio.

W. J. BERG, Trav. Pass. Agent, 220 Ellicott Square, Buffalo, N. Y.

# GRAND TRUNK RAILWAY SYSTEM.

Time Card in Effect Nov. 19, 1899.

## C. & G. T. DIVISION.

### WEST-BOUND FROM BATTLE CREEK.

No. 9, Mail and Express, to Chicago.....	12.15 P. M.
No. 1, Chicago Express, to Chicago.....	9.00 A. M.
No. 3, Lehigh Valley Express, to Chicago...	3.40 P. M.
No. 5, Pacific Exp., to Chicago, with sleeper	1.10 A. M.
No. 75, Mixed, to South Bend.....	8.20 A. M.
Nos. 9 and 75, daily, except Sunday.	
Nos. 1, 3, and 5, daily.	

### EAST-BOUND FROM BATTLE CREEK.

No. 8, Mail and Express, to Pt. Huron, East, and Detroit.....	3.45 P. M.
No. 4, Lehigh Express, to Pt. Huron and East	8.27 P. M.
No. 6, Atlantic Express, to Pt. Huron, East, and Detroit.....	2.25 A. M.
No. 2, Lehigh Express, to Saginaw, Bay City, Port Huron, and East.....	6.50 A. M.
No. 74, Mixed, to Durand (starts at Nichols yards).....	7.15 A. M.
Nos. 8 and 74, daily, except Sunday.	
Nos. 4, 6, and 2, daily.	

**A. S. PARKER, Ticket Agent,**  
BATTLE CREEK.

# The Cincinnati Northern Railroad Co.

## TIME TABLE NO. 3.

IN EFFECT SEPT. 24, 1899.

Trains Pass Battle Creek as follows:

### WEST-BOUND.

No. 21, Mail and Express .....	6.58 P. M.
No. 23, Accommodation .....	2.07 P. M.
No. 27, Local Freight .....	8.25 A. M.

### EAST-BOUND.

No. 22, Mail and Express.....	8.25 A. M.
No. 24, Accommodation.....	1.45 P. M.
No. 28, Local Freight.....	5.30 P. M.

Direct connections are made at Toledo with all roads diverging. Close connections for Detroit and Cincinnati.

**J. L. READE,**

Ticket Agt., Battle Creek.

**E. R. SMITH,** City Pass. Agt., 6 West Main St.

# MICHIGAN CENTRAL

"The Niagara Falls Route."

Corrected Nov. 19, 1899.

EAST	3	12	6	10	14	20	36
	*Night Express	*Det't Accom.	*Mail & Express	*N.Y. & Bos. Sp.	*East'n Express	*J'n Accom.	*Atl'tic Express
Chicago.....	pm 9.35		am 6.45	am 10.30	pm 3.00		pm 11.30
Michigan City.....	11.25		8.45	pm 12.08	4.40		am 1.20
Niles.....	am 12.40		10.15	1.00	5.37		am 2.50
Kalamazoo.....	2.10	am 7.30	pm 1.10	2.08	6.55	pm 6.00	4.10
Battle Creek.....	3.00	8.10	1.00	2.42	7.28	6.43	5.05
Marshall.....		8.38	1.30	3.09	7.51	7.10	5.20
Albion.....	3.50	8.57	1.50	3.30	8.11		5.52
Jackson.....	4.40	10.05	2.35	4.03	8.50	8.15	6.49
Ann Arbor.....	5.55	11.10	3.47	4.58	9.48		7.48
Detroit.....	7.15	pm 12.25	5.30	6.08	10.45		9.15
Falls View.....					am 3.02		pm 4.13
Suspension Bridge.....					5.17		4.53
Niagara Falls.....					5.30		4.40
Buffalo.....				am 12.2	6.14		5.30
Rochester.....				3.11	9.50		8.40
Syracuse.....				5.15	11.50		10.45
Albany.....				9.05	am 4.15		am 2.50
New York.....				pm 1.30	8.15		7.00
Springfield.....				3.10	6.19		7.40
Boston.....				3.00	9.03		10.34

WEST	7	15	3	5	23	13	37
	*Night Express	*N.Y. & Bos. & Ch. Sp.	*Mail & Express	*News Express	*W'est'n Express	*Atl'tic Express	*Pacific Express
Boston.....		am 10.30			am 3.00		pm 6.01
New York.....		pm 1.00			6.00		am 12.10
Syracuse.....		8.10			am 2.00		pm 12.25
Rochester.....		10.00			4.05		2.25
Buffalo.....		am 12.05			5.20		3.55
Niagara Falls.....					6.02		4.31
Falls View.....					6.34	pm	5.01
Detroit.....	pm 8.20	am 7.30	am 8.25		pm 12.40	4.35	am 12.15
Ann Arbor.....	9.45	8.15	9.40		1.38	8.45	am 12.31
Jackson.....	11.15	9.20	11.05	am 8.30	2.40	7.30	1.3
Battle Creek.....	am 12.40	10.30	pm 12.25	4.35	3.30	9.08	3.0
Kalamazoo.....	1.40	11.05	1.20	5.15	4.28	10.00	3.31
Niles.....	3.15	pm 12.22	2.55		6.05		5.01
Michigan City.....	4.20	1.20	4.10		7.05		6.01
Chicago.....	6.30	3.00	6.05		8.33		7.50

\* Daily. † Daily except Sunday.

Trains on Battle Creek Division depart at 8.05 a. m. and 4.10 p. m., and arrive at 12.40 p. m. and 6.10 p. m. Daily except Sunday.

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