

Physical Reform, the True Basis of Mental and Moral Reform.

PACIFIC Health Journal AND TEMPERANCE ADVOCATE.

Devoted to Temperance Principles and the Art of Preserving Health.

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CONTENTS.

PURE
AIR
FOOD
WATER

	PAGE.		PAGE.
GENERAL ARTICLES —Our Earthly House	59	MISCELLANEOUS —Contentment (poetry),	74
Inorganic and Organic,	61	A Few Things,	74
Ancient Diet Reformers,	62	Pickles,	75
Lack of Knowledge,	63	Under-clothing,	75
Internal Use of Hot Water,	65	Oatmeal as Food,	76
Disease and Its Causes,	66	Report of Cases,	76
What to Eat and When to Eat,	67	Adulteration—A Fable,	77
Defective Hearing,	67	The Humbug of Taking Bitters,	77
Do not Play with Babies,	68	American Bacon,	77
A Question Answered,	69	HOUSEHOLD —Frugality (poetry),	78
Sleeping Under the Clothes,	69	Canned Meats,	78
Why Teeth Decay,	69	Oatmeal Bread,	78
Cold Wet Weather,	69	Cooking,	78
TEMPERANCE —The Harvest of Life (poetry)	70	Keeping Up Appearances,	79
Prohibition,	70	The Cost of Food,	79
Needed Water,	70	Food for the Sick,	79
Spitting Folks,	70	Milk Poison,	79
The Cocaine Habit,	71	A New Danger in Hams,	80
Liquor Seller's Asylum,	72	Paper Shoes and Boots,	80
The Laws of Nature,	72	Tired to Death,	80
The Tobacco Habit,	73	Practical Hints,	81

Temperance Leads to Health, Wealth, Happiness and Long Life

RURAL HEALTH RETREAT,

ST. HELENA, CAL.

THE NATURAL SURROUNDINGS

 **THIS** Retreat equal those of any other health resort. Across the valley lies the Sonoma Mountain Range, breaking the sea breeze, and shielding the Retreat from the chilling atmosphere of the coast, and presenting a safeguard against catarrh and lung diseases. The grandeur of its mountain ranges, with shrubby cañons lying in beauty at their feet, the famous Mt. St. Helena rearing its lofty head to the clouds, the grassy plain lying beneath, reflecting the sunbeams like a grand mirror in the valley below, all lend enchantment to the scene.

Malaria is a Stranger at the Retreat,

And in all this beautiful valley. In fact, the purity of the air, on this hill-side and in the upper valley, is a specific for malaria, and all diseases affecting the head, throat and lungs, producing a healthy circulation through mucous passages.

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Are given in the parlor on the subjects of Physiology, Disease, Health and Hygiene, showing how to obtain and retain health; and that a multitude of ailments can be cured by proper attention to our habits and judicious treatment.

All Classes May Be Benefited

By stopping at the Retreat. Professional men, Judges, Lawyers, Ministers, or Doctors, suffering from over mental exertion, will find this an excellent place for relaxation. Business men, exhausted mentally and physically by too close application to business, will find Crystal Springs an excellent place to recuperate. Are you troubled with constant thought of your ailments, a dread of life, or fear of death? remember that these are symptoms of disordered nerves, deranged stomach, liver, and other digestive organs, that may be cured and leave you easy and happy. Come to

Crystal Springs,

Where the treatment invigorates you, gives you a light heart, a quiet stomach, and a cheerful countenance. Come, and we will do you good. Especial attention is given to the treatment of

Chronic Diseases.

New facilities are constantly being added to make this a most desirable and efficient, as it now is one of the most natural and healthful Winter Resorts in America. On our grounds Geraniums, Verbenas, and Callas bloom in the open air all winter; and just above our buildings, on the hill-side, we have an orchard of Orange, Lemon, Olive and Fig-trees.

While the Chief Object of this institution is to afford a Sanitarium for those in need of Hygienic and Surgical Treatment, ample means is provided for the entertainment of boarders and order-loving pleasure seekers. There are walks in the shady groves, drives, a spacious croquet ground, swings, hammocks, etc., etc. We are only twelve miles from the famous petrified forest, to which parties may make a nice trip almost any day. While a "radical table" may be furnished to patients whose ailments require a prescribed diet, we have a "wholesome and liberal table" for such as may desire to spend a few weeks or months in recreation and receive benefit from rest and breathing this mountain air, the evenness and purity of which are unsurpassed.

Before you conclude to go to some other place, where "rare mineral waters" are offered, come and see for yourself this beautiful Resort, with water pure as crystal.

Persons desirous of knowing whether their case is one of probable cure can ascertain by addressing RURAL HEALTH RETREAT. All questions cheerfully answered.

EXPENSES:

Rooms, with Board, Regu ar Treatment,	- - - - -	\$15 to \$20 per Week.
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Specially favorable terms for families, and others, by the month. Some rooms in cottages can be furnished at reduced rates. Office treatment and surgical operations extra.

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ST. HELENA, CAL.

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AND

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THE richer a man makes his food, the poorer he makes his appetite.

"PLEASANT words are as a honeycomb, sweet to the soul, and health to the bones." Prov. 16:24.

THE proper disposition of time, and the acquisition of wisdom, are the best employments of a fleeting life.

WHISKY is not a tonic. It is probably an alterative; for it alters dollars to cents, virtue to crime, and men to brutes.

AT this season of the year particular attention should be given to the condition of the sink and drain. As a disinfectant, dissolve a few cents' worth of copperas in a pailful of hot water, and pour a little of this liquid into the drain-pipe daily, and it will be freed from its noxious odors. The grease from dish-water often clogs the pipe. Ammonia, used instead of soap for dish-washing, would soon clear away the obstruction, as it works chemically upon grease and "kills" it.

ARE any of our readers, or their friends, suffering from malaria, fevers, or a diseased condition of liver or lungs, you will find the Rural Health Retreat, St. Helena, Cal., an excellent place to get the blood purified and the system "toned up." See the statements made on the second page of the cover of this JOURNAL. Read them carefully. The climate at the Retreat is lovely. The treatment and instructions there given are just what you need. Whatever your maladies, send for a circular, and correspond with the physicians of the Retreat. They will freely answer your questions, and tell you whether your affliction may be relieved. They will not hold out false hopes. Remarkable cures are being performed there by conformity to nature's laws, and that in cases where drugs and potions have entirely failed.

OUR EARTHLY HOUSE.

THE bones of the human body constitute the frame on which the body is built. They give form and strength to the body, support its various parts, and prevent it from sinking by its own weight; they serve as levers for muscles to act upon, and to defend the brain, heart, lungs, and other vital parts from external injury, and occupy the same position in the body that the frame does in a building. The muscles, nerves, flesh, and skin are placed upon the bones as a carpenter puts boards on a frame to build a house.

The number of bones in the body is variously estimated by different anatomists, from about two hundred to a much larger number. This difference, to some extent, grows out of the period in life when the count is made. The only bone which is completely hardened at birth is the petrous portion of the temporal bone, which contains the organs of hearing. The bones are not completely solid until about the twentieth year. There are many irregular-shaped bones, such as those forming the base of the skull, the face, the trunk, the wrist, and the instep. Their peculiar forms are especially adapted to the position they occupy, and the respective functions they have to fulfill.

For the security and protection of the organs, the cavity of the body is divided by the muscular substance called the diaphragm, into two apartments. The upper one is called the thorax, or chest, which extends from the neck to the breast-bone in front, and somewhat lower at the sides and back, and contains the lungs, heart, a portion of the large blood-vessels, and the esophagus, or food pipe. The lower division is called the abdominal cavity, and contains the liver, stomach, intestinal canal, pancreas, spleen, kidneys, etc. There is also a peculiar texture of the cellular tissue, called the serous membrane, which lines both cavities of the body, and is then extended and folded in such a manner as to envelop each organ separately holding them in a measure in their proper place. This serous membrane in the upper portion of the body is called the pleura. When this membrane is greatly inflamed, it occasions that affliction known as pleurisy. The pleura incloses each lung separately, and by two sheets, extending from the breast to the back, forms a double partition between the lungs. These two sheets are separated at the lower part of the chest to receive the heart.

In a healthy state of the body, the serous membrane has no sensibility.

The most simple form of animalized matter composing the living body, is the chyle, which is separated from the digested food in the alimentary canal, and enters the capillary tubes, by which it is conveyed to the blood-vessels. This pearly-colored fluid is, by chemical analysis, almost wholly resolved into water. As it passes along the tubes, it becomes more and more albuminous and fibrinous. From the blood the vital economy of the body elaborates all the substances and forms of matter composing the animal body, constructing with marvelous skill and wisdom the blood-vessels and the alimentary tube, with the assemblage of organs associated with it for the purpose of nutrition, and the outer walls of the body, with its limbs and organs of external relations. All the solid forms of the body, the bones, cartilages, ligaments, tendons, muscles, nerves, etc., are made from the blood. They may all be reduced to three general kinds of substances; namely, the gelatinous, the fibrinous, and the albuminous, or, the cellular, the muscular, and the nervous tissue. The gelatinous substance, or cellular tissue, enters into the formation of the bones, cartilages, and tendons. It also forms sheaths for every muscle, and for every cord of the nervous system. The fibrinous substance enters into the formation of the muscular tissue. The albuminous is the nerve tissue, which is the highest order of organized matter, and is endowed with the most peculiar and wonderful vital properties, and these properties are concerned in the functions of digestion, absorption, respiration, circulation, secretion, and organization, or the process of structure and the production of animal heat.

With very limited exceptions, if any, the contractility of the muscular tissue is the only element of positive motion in the living animal body. Hence the muscular tissue is distributed wherever motion is required. The windpipe, stomach, intestines, heart, diaphragm, and several other internal organs, are also supplied with this tissue.

The body throws off immense quantities of carbonic acid gas by perspiration and respiration, and this, when received into the lungs, without a mixture of atmospheric air, is almost instantly destructive of animal life. The vegetable economy, during the day, decomposes this gas, retains its carbon as vegetable nourishment, and sets free the

oxygen, which is the peculiar principle of the atmosphere that supports animal respiration.

The temperature of the human blood is, in a healthy person, ninety-eight and one-half degrees, and varies but a trifle from this point, whether the temperature of the surrounding atmosphere be 20 degrees below zero, or 160 degrees above it. The animal body most completely resists the action of superficial heat and cold. The more vigorous the vital power is in animal bodies, the better they sustain the extremes of heat and cold.

Chemical agents and the physical laws of nature, are constantly exerting their influence on living bodies, causing an expenditure of vital power, and tending to the destruction of the constitution, and the decomposition of the organized matter. Therefore, life maintains a continual conflict with opposing forces; and hence it has been with truthfulness said, "Life is a forced state—a temporary victory over causes which induce death."

Every part of the body is formed of and from what we eat, after the food has been changed into blood. As the blood circulates through the body, certain portions are secreted or separated from it to supply the several solids and fluids of the body. It is therefore necessary that our food should contain the constituent elements of our bodies. All substances containing these elements, however, are not proper food. Milk and eggs are supposed to contain nearly all the elements in the human body; but it does not follow from this that we should live wholly on milk and eggs, nor that we should eat lime nor drink lime-water, because there is lime in our bones. Fruits, grains, and vegetables contain every element composing the human body and that, too, in a state easy to be appropriated by our system in building up the structures of the body. It is said that *whole meal* bread (graham bread) and apples contain every element that enters into the formation of the human body, and while these should be staple articles in our diet, we would not recommend any one to live simply on graham bread and apples.

It is supposed that the entire body, including the bones, undergoes a change in from one to ten years. This change is caused by the minute particles that form the body undergoing a state of decay and reproduction. This change, however, is so gradual—particles passing off and others taking their place—that the body, to a great extent, retains its identity through life.

J. N. L.

INORGANIC AND ORGANIC.*

If we take a view of the inorganic and organic worlds, we find points of difference between them. The inorganic is arranged by what is called chemical force, such as the formation of gold, silver, etc.; the organic, by a force known as vital force. The lily, which "toils not," is arranged by this force. We would remember just here that the Creator of all has given to the inorganic and the organic laws by which they are arranged. The inorganic increases by a process called accretion. The pebble rolling along the river bottom gradually takes on from without and gets larger. The organic increases by intussusception (internal nourishment). All animals and plants increase in this way, that is, from the inside, instead of from the outside, like the inorganic. The inorganic has no life at all. The pebble has no life. The organic exists by virtue of life. Plants and animals live. The inorganic cannot be nourished. The stone cannot be nourished. The organic certainly lives and grows by nourishment. The inorganic can have no offspring; but the organic produces its kind. Plants and animals produce and perpetuate their kind, but stones do not.

Let us take a view of the vegetable and animal kingdoms, with reference to organic and inorganic matter, and also the difference between them in growth. The vegetable uses inorganic substance in growing, while the animal uses organic. Experience shows that man and animals cannot use oxygen, carbon, hydrogen, etc., unless combined or organized. The vegetable absorbs matter as it finds it, and converts it into organized material, and man and animals take this organized material and prepare it for absorption by a process which we call digestion. The vegetable assimilates and grows on inorganic matter, while the animal assimilates, grows, and repairs waste on the organic. The vegetable consumes carbonic acid, while the animal furnishes it. The vegetable liberates oxygen; animals consume it.

Let us turn our attention toward the animal functions, dismissing for the present the vegetable part of the subject. We find functions pertaining to the growth and preservation of the individual, and others which pertain to the perpetuation of the race. The functions for reproduction and perpetuation we simply name without any explanation.

They are the production of the sperm cell, germ cell, fertilization of the ovum, development of the embryo, its separation from the parent, and the changes necessary to independent life. There are other functions which are tributary to consciousness as well as to intelligent design. Here we have touch, taste, smell, hearing, sight, together with the functions of the nervous and muscular systems.

The functions pertaining to the growth and preservation of the individual concern us most just now. These are of the utmost importance. The functions of nutrition wholly concern the welfare of the individual, while the functions of seeing and hearing concern both ourselves and our neighbors. Of the functions of nutrition, the first is prehension, or the taking of food. When the food is taken into the mouth, then comes the process of mastication, by which the food is insalivated and rendered fit for deglutition, or swallowing. After the food is swallowed, a process called digestion begins; although digestion really began while masticating the food. Yes, prior to this, we have cooking, which is a sort of preliminary digestion. When digestion in the stomach and intestines is completed, absorption takes place, and is necessary to sanguification, or the blood-making process. In order that this blood meet the object for which it is designed, we must have circulation. When circulation is established, we get nutrition, under healthy circumstances, which is an important work of the blood. The next step in order is disassimilation. Next is excretion, which takes place through four channels of the body, namely, the lungs, liver, kidneys, and skin. Last of all, the body must be heated, which is calorification.

Thus it is we have the processes by which individual growth and repair are maintained. Our healthful existence demands that each of these steps, twelve in number, be carried out. When this is done, happiness and long life will follow, if no immoral deeds have been committed to mar these blessings. Breaking the laws of God, either moral or physical, brings upon us sickness, pain, and finally death.

THE French authorities of Cochin China are taking vigorous measures to suppress the illicit traffic in opium. The English merchants at Hong-kong, who ship annually \$200,000 worth of opium to various parts of Cochin China, call this a commercial obstruction.

*A parlor talk to the patients of the Rural Health Retreat, by W. P. Burke, M. D.

ANCIENT DIET REFORMERS.

It is a matter of some interest to learn that so many of those who are looked upon as the great and wise of past ages were really dietetic reformers. Ovid, who lived from B. C. 43 to A. D. 18, expressed his sentiments in verse. Some of his ideas may be gained from the following, quoted from Dryden's translation of his works:—

“Amid so great an abundance which the earth—that best of mothers—produces, does, indeed, nothing delight you but to gnaw with savage teeth the sad produce of the wounds you inflict, and to imitate the habits of the Cyclops? Can you not appease the hunger of a voracious and ill-regulated stomach unless you first destroy another being? Yet that age of old, to which we have given the name of Golden, was blest in the produce of the trees and in the herbs which the earth brings forth, and the mouth was not polluted with blood.”

“From whence such a hunger in man after unnatural and unlawful food? Do you dare, O mortal race, to continue to feed on flesh? Do it not, I beseech you, and give heed to my admonitions. And when you present to your palates the limbs of slaughtered oxen, know and feel that you are feeding on the tillers of the ground.”

Seneca, who was tutor in youth, and chief adviser to the Emperor Nero, died A. D. 65. He was an eloquent man, and a great Latin moralist, of the Pythagorean school. He made the matter of diet of the first importance in the proper development of the man. He says: “We must so live, not as if we ought to live *for*, but as though we could *not do without*, the body.” He quotes his friend Epicurus as saying, “If you live according to nature, you will never be poor; if according to conventionalism, you will never be rich. Nature demands little; fashion, superfluity.”

He contrasts with the waste and gluttony of his time the frugality and simplicity of Epicurus, who, in a letter to his friend Polyænus, declares that his own food does not cost him twelve cents a day; while his friend Metrodorus, who had not advanced so far in frugality, expended the whole of that small sum, and says: “Do you ask if that can supply due nourishment?—Yes; and pleasure too. Not, indeed, that fleeting and superficial pleasure which needs perpetually to be recruited; but a solid and substantial one. Bread and pearl-barley certainly is not luxurious feeding; but it is no

little advantage to be able to receive pleasure from a simple diet, of which no change of fortune can deprive one.”

This seems to agree well with words found in the drama of Euripides:—

“Since what need mortals, save twain things alone,
Crushed grain (Heaven's gift) and streaming water
draught?
Food nigh at hand, and nature's aliment—
Of which no glut contents us. Pampered taste
Hunts out device of other eatables.”

The elder Pliny also professed his conviction that “the plainest food is also the most beneficial,” and asserts that it is from his eating that man derives most of his diseases, and from thence that all the drugs and all the arts of physicians abound.

Again, Seneca says:—

“How long shall we weary Heaven with petitions for superfluous luxuries, as though we had not at hand wherewith to feed ourselves? How long shall we fill our plains with huge cities? How long shall the people slave for us unnecessarily? How long shall countless numbers of ships from every sea bring us provisions for the consumption of a single month? An ox is satisfied with the pasture of an acre or two; one wood suffices for several elephants. Man alone supports himself by the pillage of the whole earth and sea.

“What! has nature given us so insatiable a stomach, while she has given us so insignificant bodies?—No; it is not the hunger of our stomachs, but insatiable covetousness, which costs us so much. The slaves of the belly (as says Sallust) are to be counted in the number of the lower animals, not of men. Nay, not of them, but rather of the dead. . . . You might inscribe on their doors, ‘These have anticipated death.’” This “*anticipating*” death, on the part of those who are slaves to their appetite, I regard as equivalent to the expression of one of our modern health reformers, who says that such are “digging their graves with their teeth.”

Seneca gives some excellent thoughts in relation to the overcoming of appetite: “It is disagreeable, you say, to abstain from the pleasure of the customary diet. Such abstinence is, I grant, difficult at first; but in course of time the desire for that diet will begin to languish; the incentives to our unnatural wants failing, the stomach, at first rebellious, will after a time feel an aversion for what formerly it eagerly coveted. The desire dies of itself, and it is no severe loss to be without those

things that you have ceased to long for. Add to this that there is no disease, no pain, which is not certainly intermitted or relieved, or cured altogether."

Speaking of the extravagant and superfluous diet of those around him, he said: "A warning voice needs to be published abroad, in opposition to the prevailing opinion of the human race, 'You are out of your senses; you are wandering from the path of right; you are lost in stupid admiration of superfluous luxuries; you value no one thing for its proper worth.'" Again he says: "If the human race would but listen to the voice of reason, it would recognize that [fashionable] cooks are as superfluous as soldiers. . . . Wisdom engages in all useful things, is favorable to peace, and summons the whole human species to concord."

"In the simpler times there was no need of so large a supernumerary force of medical men, nor of so many surgical instruments, nor of so many boxes of drugs. Health was simple, for a simple reason. Many dishes have induced many diseases. Note how vast a quantity of lives one stomach absorbs—devastation of land and sea. No wonder that with so discordant a diet, disease is ever-varying. Count the cooks; you will no longer wonder at the innumerable number of human maladies.

"I shall admire you, then, only when you scorn not plain bread, when you have persuaded yourself that herbs exist not for other animals only, but for man also—if you shall recognize that vegetables are sufficient food for the stomach, into which we now stuff valuable lives, as though it were to keep them forever.

"I smile, then, at the prevalent opinion which thinks it a disgrace for one to sit down to a meal with his servant. Why is it thought a disgrace, but because arrogant *custom* allows a master a crowd of servants to stand around him while he is feasting? That man is of the stupidest sort who values another either by his dress or his condition. Is he a slave? He is, it may be, *free in mind*. He is the true slave who is a slave to cruelty, to ambition, to avarice, to pleasure.

"Human history is not so well conducted that the better way is pleasing to the mass. The very fact of the approbation of the multitude is a proof of the badness of the opinion or practice. Let us ask what is *best*, not what is *most customary*; what may place us firmly in the possession of an everlasting felicity, not what has received the approbation

of the vulgar, which is the worst interpreter of the truth.

"We ought so to live as though in the sight of all men. We ought so to employ our thoughts as though some one were able to inspect our inmost soul—and there is One able. For what advantages it that a thing is hidden from men? nothing is hidden from God. . . . Let us ask what things *are*, not what they *are called*. Let us value each thing on its own merits, without thought of the world's opinion. Let us love temperance; let us, before all things, cherish justice. . . . Our actions will not be right unless the will is first right; for from that proceeds the act. . . . The will will not be right unless the *habits* of the mind are right; for from these results the will. The habits of thought, however, will not be at the best unless they shall have been based upon *the laws of the whole* life; unless they shall have tried all things by the test of truth."

J. N. L.

LACK OF KNOWLEDGE.

"My people are destroyed for lack of knowledge," are the words of the Lord to the ancient prophet Hosea. "Through whoredom, wine, and new wine, their heart was taken away," so that they "ate," yet did "not have enough." Appetite and lust controlled them, and they were destroyed for lack of knowledge of the evil results of their vile course. Had they understood and practiced Solomon's advice, far different would have been their condition. He says, "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness." Eccl. 10 : 17. To "eat in due season" must be eating at proper hours, no late suppers, no eating between meals, but *at* our meals eating a sufficient amount of wholesome, nutritious food, then giving the stomach a good opportunity to rest.

"Eating for strength," that is, not being controlled simply by taste, but learning what food is best adapted to our system and best calculated to impart strength; eating of that, and not simply pleasing the palate. Again, having ascertained what food is best calculated to sustain life and impart strength, eat of that food moderately, and not in such quantities as to overtax the digestive organs in disposing of more food than the system requires.

What was true anciently is in some respects true to-day: "The people are destroyed for lack of

knowledge." In this latter half of the nineteenth century, with all its improvements, its scientific researches, and its boasted learning, there is a great lack of knowledge—knowledge of the human system, its functions, its operations, its needed supplies, its liabilities to get out of repair, and the sources from whence these liabilities come, the cause of derangement in the operations of the organs of the body, the application of simple means to remove the cause of these derangements, instead of increasing the difficulty we would propose to help. There is a lack of knowledge on these points, as also a knowledge of what disease is, and how the so-called drug medicines affect the human domain, what proper food for man is, what man's condition of mind and body should be, that he may be well and happy, and how he can so relate himself to all things around him as to derive benefit, and not harm therefrom.

People are dying all around us for the lack of knowledge of such simple facts as are set forth in this HEALTH JOURNAL. Many act as though they were so "wonderfully made" that they could not understand anything about themselves. They commit the care of their bodies to the hands of the doctors as complacently as though there were no responsibility of their lives on themselves. That injunction, "Thou shalt not kill," means you shall not kill yourself, just as much as it means you shall not kill your neighbor.

Had you some bird of beautiful plumage and sweet note, from some foreign land, committed to your care, you would consider it of the greatest consequence that you learn the habits of that bird, and what food was most natural and conducive to its health, otherwise your first acts of supposed kindness to the bird might result in its death.

If you had committed to your trust the care and management of a steam engine, you surely would consider it of consequence to learn the power of steam and how to control it, to learn the strength of your engine, and what is a lawful amount of pressure, that it may be safely run.

The most delicate and refined piece of machinery, "fearfully and wonderfully made," is the human organism. Each person is placed in charge of, and is responsible for, his organism. Alas! how many men who can manage the most intricate engine, who can cause stock and bird of any variety to flourish, are as ignorant of their own bodies as the birds are of Blackstone's Commentaries.

The idea has become altogether too prevalent that disease is some mysterious thing that fastens itself like a leech upon mankind; and that there is some latent power in medicine, that it either has an affinity for the disease and coaxes it out of the system, or the disease is afraid of the medicine, which it expels from the body. So men will advertise their bitters and quack nostrums as a sure cure for all diseases. A sample may be seen in various parts of the country, as follows: "Damiana Bitters cure the sick, and make the feeble strong and healthy."

The truth in the matter, as taught and illustrated at the Rural Health Retreat, and as we endeavor to set it forth in this JOURNAL, is, that disease is a remedial effort of the system to remove obstructions to the normal or healthy action of the body, and that there is the closest relation between the habits of life, in eating, drinking, working, resting, dressing, bathing, social surroundings, and conditions of mind, and the health of the body. Health is the proper and natural action of all parts of the body. So improper, or unnatural, action would be denominated disease.

Constipating food mixed with irritating and exciting stimulants, diseases the whole stomach and alimentary canal; an inward fever is created; nature seeks to relieve the difficulty by causing an excessive flow of mucus to wash and cool the irritated surface of the intestines, and the result is diarrhea. How sensible the plan to give injections of tepid water to assist nature in this "washing out" process, then gradually giving cooler injections until the intestines resume their normal condition. How different the radical drug treatment. A case came under my observation where I was laboring about sixteen months ago. A robust man, apparently as strong as any in town, was taken with diarrhea. Drugs were administered to check this, which threw the patient into the greatest agony. When the doctor saw that the symptoms were alarming, and concluded that he must make the bowels "act," he administered croton oil. The remedy, proving to be worse than the disease, killed the patient. A little common sense in such cases is very good. I have seen many such, where, under the treatment suggested above, the patient has been relieved of his difficulty as by a charm.

My desire is that the readers of this JOURNAL may become intelligent for themselves in these things, and then let us each do all we can in extending

the light to others, that we may thus help stay the tide of destruction that overtakes so many because of their "lack of knowledge." J. N. L.

INTERNAL USE OF HOT WATER.

THE number of invalids, semi-invalids, and those in fair health, who sip hot water in the morning of each day, is astonishingly large. The habit has become suddenly fashionable, and, if we had no worse fashions to complain of, the world would be vastly improved. Still, however beneficial the free employment of hot water may be to some, it is not an agent which can be indiscreetly used without harmful effects. The employment of hot water for internal use originated in this country.

The London *Lancet* speaks of it as a "valuable American contribution to medicine." Dr. Salisbury, of Cleveland, claims to have been the first to suggest its use, and it is probable that his claim is well founded.

The therapeutical uses of hot water may be varied; but it would seem that its beneficial employment is pretty well established in those diseases arising from unhealthy alimentation. In these affections, the stomach and bowels become distended and obstructed by the abnormal acetic, butyric, hydrosulphuric, lactic, and saccharic acid fermentations; and the idea is to wash away these offending matters, and thus aid in introducing normal functional action. Cold water is in most cases inadmissible, as it is apt to produce distress in sensitive stomachs. Hot water is well borne in most cases; but it must not be lukewarm, it must be *hot*. And here is a distinction it is well to observe.

Tepid water, if taken in considerable quantities, will sometimes produce vomiting; but, if the water be raised to a temperature of from 100 degrees to 150 degrees Fahr., it produces downward movements of the bowels, instead of upward. Tea, as drunk by dyspeptic tea drinkers, is preferred at a temperature of about 120 degrees Fahr., and this decoction at this temperature affords great relief to persons of weak stomachs. The demand by dyspeptics for tea "hot and weak" is founded on observation that in this form it affords genuine relief. If the tea leaves were left out altogether, the agreeable relief would follow from the use of the hot water with a little milk and sugar added. By hot water is meant water which is so warm that it can only be sipped slowly, and not poured into the stomach

at a draught. In the absence of a thermometer, the proper temperature may be determined by the effects upon the tongue and fauces; it must not be "scalding hot," but so warm as to be swallowed without inconvenience or danger.

As regards quantity, no fixed rule can be given. Perhaps half a pint may be regarded as a minimum, and a pint and a half a maximum quantity to be taken at one time. The object being mainly to wash out the alimentary canal, carrying down the slime, yeast, and bile through normal channels, a few ounces can have but little effect in accomplishing such results. It is assumed that the liver and kidneys are greatly influenced by the hot-water treatment, and that they are washed as well as the intestinal canal, the bile being eliminated through the bowels, and not through the blood *via* the kidneys.

The best time to use hot water is probably about one hour before meals, and, in some instances, half an hour before retiring to bed. The most important time of all, however, is the hour before breakfast in the morning. The digestive apparatus of the weak and morbid needs cleansing after a night of rest, or unrest, as in the case of invalids. A half or whole pint of hot water taken upon getting out of bed in the morning will in most instances soon break up morbid conditions of the bowels; and natural peristaltic motions will be established even in obstinate cases.

The practice of using hot water may continue so long as it is found to give relief, and so long as it contributes to the establishment of "inward cleanliness," and consequent robust health. Those in sound condition may use hot water with advantage occasionally throughout life.

It has been supposed, when patients were sent to famous springs for treatment, that it was the "salts" in the water to which the cures were due; but now, observing medical men look upon the "salts" with distrust, and these take at least a secondary place as curative agents in their minds.

Pure water is what is needed, and this can be obtained at any clear boiling spring in granitic regions or sections of the country. The waters of wells in the country, and aqueduct waters in many cities, are pure enough for domestic or medicinal use.

Those with defective organizations need fewer drugs, plenty of pure water, pure air, and suitable, properly cooked foods.—*Selected*.

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

THE human family have brought upon themselves diseases of various forms by their own wrong habits. They have not studied how to live healthfully, and their transgression of the laws of their being has produced a deplorable state of things. The people have seldom accredited their sufferings to the true cause,—their own wrong course of action. They have indulged in intemperance in eating, and have made a god of their appetite. In all their habits they have manifested a recklessness in regard to health and life; and when, as the result, sickness has come upon them, they have made themselves believe that God was the author of it, when their own wrong course of action has brought the sure result. When in distress, they send for the doctor, and trust their bodies in his hands, expecting that he will make them well. He deals out to them drugs, the nature of which they know nothing, and in their blind confidence they swallow anything that the doctor may choose to give. Thus powerful poisons are often administered, which fetter nature in all her friendly efforts to recover the abuse the system has suffered, and the patient is hurried out of this life.

The mother who has been but slightly indisposed, and who might have recovered by abstinence from food for a short period, and a cessation from labor, having quiet and rest, has, instead of doing this, sent for a physician. And he who should be prepared to understandingly give a few simple directions and restrictions in diet, and place her upon the right track, is either too ignorant to do this, or too anxious to obtain a fee.

He makes the case a grave one, and administers his poisons, which, if he were sick, he would not venture to take himself. The patient grows worse, and poisonous drugs are more freely administered, until nature is overpowered in her efforts, and gives up the conflict, and the mother dies. She was drugged to death. Her system was poisoned beyond remedy. She was murdered. Neighbors and relatives marvel at the wonderful dealings of Providence in thus removing a mother in the midst of her usefulness, at the period when her children need her care so much. They wrong our good and wise heavenly Father when they cast back upon him this weight of human woe. Heaven wished that mother to live, and her untimely death dishon-

ored God. The mother's wrong habits, and her inattention to the laws of her being, made her sick. And the doctor's fashionable poisons, introduced into the system, closed the period of her existence, and left a helpless, stricken, motherless flock.

The above is not always the result which follows the doctor's drugging. Sick people who take these drug poisons do appear to get well. With some, there is sufficient life-force for nature to draw upon, to so far expel the poison from the system that the sick, having a period of rest, recover. But no credit should be allowed the drugs taken, for they only hindered nature in her efforts. All the credit should be ascribed to nature's restorative powers.

Although the patient may recover, the powerful effort nature was required to make to induce action to overcome the poison, injured the constitution, and shortened the life of the patient. There are many who do not die under the influence of drugs, but who are left useless wrecks, hopeless, gloomy, and miserable sufferers, a burden to themselves and to society.

If those who take these drugs were alone the sufferers, then the evil would not be so great. But parents not only sin against themselves in swallowing drug poisons, but they sin against their children. The vitiated state of their blood, the poison distributed throughout the system, the broken constitution, and various drug diseases, as the result of drug poisons, are transmitted to their offspring, and left them as a wretched inheritance, which is another great cause of the degeneracy of the race.

Physicians, by administering their drug poisons, have done very much to increase the depreciation of the race, physically, mentally, and morally. Everywhere you may go, you will see deformity, disease, and imbecility, which in very many cases can be traced directly back to the drug poisons administered by the hand of a doctor as a remedy for some of life's ills. The so-called remedy has fearfully proved itself to the patient, by stern suffering experience, to be far worse than the disease for which the drug was taken. All who possess common capabilities should understand the wants of their own system. The philosophy of health should compose one of the important studies for our children. It is all-important that the human organism be understood, and then intelligent men and women can be their own physicians. If the people would reason from cause to effect, and

would follow the light which shines upon them they would pursue a course which would insure health, and mortality would be far less. But the people are too willing to remain in inexcusable ignorance, and trust their bodies to the doctors, instead of having any special responsibility in the matter themselves.

Indulging in eating too frequently, and in too large quantities, overtaxes the digestive organs, and produces a feverish state of the system. The blood becomes impure, and then diseases of various kinds occur. A physician is sent for, who prescribes some drug which gives present relief, but which does not cure the disease. It may change the form of disease, but the real evil is increased tenfold. Nature was doing her best to rid the system of an accumulation of impurities, and could she have been left to herself, aided by the common blessings of Heaven, such as pure air and pure water, a speedy and safe cure would have been effected.

WHAT TO EAT AND WHEN TO EAT.

It is provoking to see people swallowing some expensive and ridiculous compound just before breakfast, for the purpose of purifying their blood. Then they will sit down and fill themselves with ham and eggs, buckwheat cakes, syrup, and two or three cups of coffee. And then again at noon before the stomach has fairly digested the previous meal, and rested, it is again filled with roasted meats, rich gravies, pastries, and often tea or bottled beer or ale.

The first thing to do to purify the blood is not to put anything into the mouth that will make the blood impure. All fried meats, rich gravies, puddings, pastries, and cakes should be avoided; but plain, well-cooked, nutritious food at regular meals, and never between meals, with an abundance of fruit in the diet, will insure good, pure blood and a clear complexion, that is, if proper attention is given to exercise and pure air. Young women must remember that air and exercise are as essential as food in producing a good complexion and good health. A number of deep inspirations of pure air every morning, with the exercise of expanding the chest, and no tight lacing after, will do more for the color of your cheeks than all the compounds the drug store contains. Let the air and sunshine into your rooms, especially your sleeping rooms; you

might better fade your carpet than destroy the roses on your cheeks. Tea and coffee will make some complexions opaque or pallid and sallow.

The good temperance people warn your father and brother of the terrible enemy to be found in the dram shop; but they never say a word about the danger that is lurking right in your own home, in that deadly tea-pot, which stands on the stove all day, forming a tannic acid which turns the lining of your stomach into leather. It is no wonder that young women lose their good complexions, and become sallow and nervous and are called old maids at twenty-four. They seldom consider how much harm is being done by that cup of strong tea at each meal, and too often a cup or two between meals.

We can find hundreds of women, young girls, and even men and children, whose nervous system is completely ruined by this unwise and unnatural habit of drinking two or three cups of strong tea or coffee each day of their lives. Even if there was no harmful qualities in the tea itself, the habit of taking a liquid when you are masticating food is contrary to the laws of health; for it prevents digestion and brings on headaches, neuralgia, dyspepsia, and their kindred diseases.

An Italian philosopher once said, "Eat only when you need and relish food. Chew thoroughly, that it may do you good. Have it well cooked and spiced. He who takes medicine is ill advised."—*A. B. Jewett, in Temperance Reformer.*

DEFECTIVE HEARING.

THE ear consists of the outward, middle, and internal ear. The first ends at the drum (*membrana tympani*). The middle begins at the other side of the drum, and is a cavity containing the singular shaped little bones (mallet, anvil, and stirrup) which convey the air vibrations, communicated by the drum, to the vestibule in the wall of the internal ear. The latter contains wonderful mechanism by which the vibrations are transformed into sensations of sound through the medium of countless delicate nerves, and are then conveyed to the proper auditory center in the brain.

The canal portion of the outer ear is lined with cells, which secrete the "wax." The middle ear unites with the mouth by a tube (eustachian) to keep up the necessary connection between the air within and the air without. The middle ear and tube are lined with mucous membrane, which also cov-

ers the little ones (ossicles). The membrane of the internal ear secretes a limpid fluid (serum). The nerves are kept bathed in this fluid (indolymph).

Defective hearing may have its source in either division of the ear. It is quite frequent from an accumulation of hardened wax in the internal passage, but the physician can readily detect the obstruction and remove it. The drum and adjacent parts may become inflamed by insects crawling into the passage; by small objects introduced within them; by sharp particles of salt crystals of sea water; by oil, used as a remedy.

The middle ear may be inflamed from scarlet fever and some other diseases, and the drum thus perforated, and the whole cavity and the ossicles so affected by adhesions and otherwise as to destroy or impair their use. Even a slight form of inflammation may thicken and stiffen the membrane which covers the ossicles and the drum externally, and thus impede their action and blunt the hearing. A similar inflammation may cause an obstruction of the eustachian tube, with a like result.

The delicate nerves of the internal ear may come to have a peculiar irritability, giving rise to the strange symptoms that mark "Meniere's disease"—staggering, a sense of whirling, nausea, etc. Or they may be temporarily exhausted and paralyzed through mental strain, causing a sudden loss of hearing, with a sense of numbness in the ear. This can be relieved by medicine, or it may cease spontaneously and return again from the same cause.

There is also, according to a high authority in the London *Lancet*, a deafness, more or less pronounced, due to a deficiency in the blood-supply of the ear, from the arteries having become roughened and narrowed by a long-continued, unrecognized inflammation of the coats of the blood-vessels. In such cases other arteries of the body are in a similar condition, which the stethoscope can readily detect. This defect is not incurable, though difficult to cure.—*Youth's Companion*.

DO NOT PLAY WITH BABIES!

ESPECIALLY with those whose mothers are "nervous creatures," and whose fathers are wide-awake, go-aheadative, steam-enginish men.

Young America has too many nerves already, and too high strung at that—too ready to vibrate at a touch. Do not play upon them. Let him be quiet.

For the first three or four months of his mortal

life let him be handled and cared for, as far as practicable, by one quiet person, and after that let him not be caught up, and tossed up, and tickled, and cackled at, by every one who comes along. Keep him quiet. If grandma, or aunty, or "bubby," wants to enjoy the baby, let them approach him carefully, reverently, snug him up gently, talk to him soothingly and sensibly, and have a good time with him, without setting him all on springs and making a fool of him.

After he is able to talk, do not say smart things to him and teach him to make pert replies; and when old enough to be sensitive to remarks, do not say of him, in his presence, as though he had no sensibility, "What a little man!" "He looks like his mother!" "How he has grown tall!" Leave him to his simplicity and unconsciousness. He will wake up out of them soon enough without.

If the family to which he belongs is busy and bustling, keep him out of the way of it as much as possible. Lead him in the "green pastures" and by the "still waters." Ten chances to one, the sensitive nervous system in him greatly predominates over the organic. His head—his front head particularly—is too large, his stomach too small, his fingers too sharp. Study to change this condition, and work away at him till the predominance is the other way, or until there is developed in him a greater capacity for living a long life than for dying an early death.

To this end, let him be fed regularly and at physiological intervals, with plenty of simple, nutritious food, avoiding all stimulants, even flesh-meats, in his earlier, growing years, in both food and drinks. Get him to sleep in the day-time, and to bed early nights, and let him sleep as long as he will. In short, let him live a good deal as the little pigs and calves do. Do not put fine clothes on him. Let him touch the ground, play on the lap of earth, and keep away from him intellectual and social excitements. (These remarks apply to girls as well as to boys.)

If you do not look out, Old America will become so smart, and keen, and quick, that it will "flash in the pan," or so attenuated that it will vanish into thin air, and there will be nothing left of it.—*Rochester Express*.

BREAD.—A stale loaf of bread, dipped quickly into cold water, then baked for half an hour, is better than when fresh baked.

A QUESTION ANSWERED.

"ARE not Englishmen stronger and more vigorous on the average than their continental neighbors, and is not their superiority explained by the fact that they consume more animal food?"

To this Mrs. Anna Kingsford, M. D., of Paris, replies:—

"The French laborer in the southern and middle parts of France is exceedingly strong, and works more hours than the average English laborer, whilst he does not come to grief in his old days. The French laborer is very economical, and usually ends his days in a comfortable, respectable manner; and this is owing to the thrift of continental laborers. In many cases the English laborer spends half his earnings in drink, and a good portion of the remainder goes for "the piece of meat" on Sunday; whilst on the Continent the laborer is more economical, and is content with his omelette or his macaroni. But there are other laborers on the Continent besides the French. The Russian peasant mainly subsists on black bread and garlic, milk and vegetables, and yet is able to endure severe and protracted labor. So, also, in other parts of Europe the peasants live nearly entirely on a vegetarian diet, and are strong, vigorous, and good-looking. It might also be remembered that in a physiological trial conducted some years since by the late Dr. Ed. Smith, at the instance of Government, the result was that the Irishmen, who were fed upon potatoes, were proved the strongest; the Scotchmen, fed on oatmeal, came next; whilst the beef-fed Englishmen stood last in the list."

SLEEPING UNDER THE CLOTHES.

THERE is reason to believe that not a few of the apparently unaccountable cases of scrofula among children proceed from the habit of sleeping with the head under the clothes, and so inhaling air already breathed, which is further contaminated by exhalations from the skin. Patients are sometimes given to a similar habit; and it often happens that the bedclothes are so disposed that the patient must necessarily breathe air more or less contaminated by exhalations from the skin. A good nurse will be careful to attend to this. It is an important part, so to speak, of ventilation. It may be worth while to remark that when there is any danger of bed sores, a blanket should never be placed under

the patient. It retains dampness, and acts like a poultice. Never use anything but light woolen blankets as bed covering for the sick. The heavy, impervious cotton counterpane is bad, for the very reason that it keeps the emanations from the sick person, while the blanket allows them to pass through. Weak patients are invariably distressed by a great weight of bedclothes, which often prevents their getting any sound sleep whatever.—*Florence Nightingale.*

WHY TEETH DECAY.

AT the British Dental Association, held in Plymouth, President C. Spence Bate, F. R. S., speaking of the decay of teeth, said he favored the germ theory, and there was no doubt that the absence of lime from the teeth of the present generation facilitated the action of bacteria and the progress of decay. The absence of lime was largely due to the character of the food, and more especially to the vicious system of removing from wheaten flour all the salts which were of importance to the human system.

COLD WET WEATHER.—When cold weather is accompanied by much moisture in the air, it acts most depressingly on the nervous system of sensitive, delicate persons. There are at least two reasons for this: one is the absence of the sun's rays and heat, which act as powerful but healthful stimulants to the nervous system, keeping it up to a normal standard of activity; the other is the direct loss of bodily heat by a cold, moist atmosphere deprived of sunlight. Sensitive, delicate persons do not generally manufacture so much heat as others, and whenever it is abstracted by cold too rapidly, the persons suffer great depression, and all the functions of the body are lowered. Circulation becomes defective, digestion less vigorous, breathing embarrassed, the muscles disinclined to action, and the nervous system deranged. Heaviness of spirits, gloomy views of life, listlessness, and languor prevail. If such persons could be transported to a milder climate, the load would be taken from them, and they would enjoy life. If this cannot be done, the best thing is to so far strengthen and harden the body and invigorate the will as to become irresponsible to the weather.—*Herald of Health.*

OF 3,300 murders committed in this country during 1884, about 3,000 were caused by whisky

Temperance.

THE HARVEST OF LIFE.

"BUT is there yet no other way, besides
These painful passages, how we may come
To death?"
'There is,' said Michael, 'if thou well observe
The rule of not too much, by temperance taught,
In what thou eatst and drinkst, seeking from thence
Due nourishment, not gluttonous delight,
Till many years over thy head return.
So mayst thou live, till like ripe fruit thou drop
Into thy mother's lap, or be with ease
Gathered, not harshly plucked, for death mature.'" *Milton.*

PROHIBITION.

WE are continually told by rum advocates that prohibitory laws do not have a tendency to suppress the use and sale of liquor. As a specimen of their reasoning, look at the following comment that a Texas editor makes on a Georgian's statement concerning his State:—

"A Georgia editor says: 'Gold is found in thirty-six counties in this State, silver in three, copper in thirteen, iron in forty-three, diamonds in twenty-six, whisky in all of them, and the last gets away with all the rest.'

"The last remark about the prevalence of whisky is particularly applicable, now that prohibition prevails in Georgia. There is nothing that prohibits less than total prohibition."—*Texas Siftings.*

I suppose, in the above statement, the Georgia editor meant that whisky used up all their other valuable commodities, and not that the prohibitory laws were ineffective in suppressing the sale of the vile stuff. Let the following from the *Atlanta Constitution* testify whether there is any power in their law to suppress the sale of intoxicants:—

"A well-known bar keeper said: I don't think that there are a dozen bar keepers in Atlanta that will attempt to evade the law. There will be such attempts, but they will be made by men who are not now engaged in selling liquor. For instance, a man told me to-day that he had a scheme which he intended to work, and that it was one which the law could not break up. He said he was going to open an umbrella store. 'I am not going to sell umbrellas,' he explained; 'I'm going to rent 'em. I'm going to have 'em made with big hollow handles of different sizes. Some of the handles will hold a pint and some a quart of whisky, and they'll be made so that they can be unscrewed from the

stick. I'll rent a pint size for 75 cents, and a quart size for \$2.00. What's the law got to do with what I put in the handle of umbrellas I rent?' I asked the man how long he would allow an umbrella to be retained by the renter. 'Oh,' he said, 'I'll rent my umbrellas by the hour. People that want 'em can re-rent 'em every hour, if they want to do so. I've got a fortune in the business, and don't you forget it.'"

NEEDED WATER.

THE Rev. H. B. Stebbins, Unitarian minister of San Francisco, was accosted not long since by a man with whom he was slightly acquainted, in these terms:—

"Well, Stebbins, I like you! I like you first rate; but I don't like your religion! Sorry, but I don't, for I'm a Baptist."

"I am glad to hear that you are a Baptist," replied Mr. Stebbins, who realized that the man had been taking something stronger than "Adam's ale," "for I don't know of anything that would do you more good than water!"

SPITTING FOLKS! FOLKS THAT SPIT!

SPIT, spit! spit!! Awful! shocking! Man, you'll kill yourself, die the death, if you do not cease this continual expectoration. Indeed, life is nearly extinct already. You are only a little better than a dead man out of sight. Besides, how shamefully filthy and offensive the habit is! How disgusting anywhere, and especially in a parlor among decent people, chewing and spitting, spitting and chewing!

You complain of ailments? No wonder; the marvel is that you are not in the grave. What! indulge daily in one of the most deadly poisons that ever issued from the bowels of God's earth, and live and breathe—a thing outrageously earthly, sensual, devilish? Away with this filth, this dirty tyrant, this body and soul-destroying "Indian weed"—away with it, banish it. "Wash you, make you clean." "Cease to do evil; learn to do well."

"Does every sanctimonious face
Denote the certain reign of grace?"

Again, look at that man, a prominent church member, puffing a cigar through the streets! Oh, what a nuisance! Shame on him! Lose his influence? His influence for good (if he ever had any)

is already gone. "The time of this ignorance God winked at." But now, what? Repent? "Make haste, O man, to do it."

Spend God's money to gratify a vicious, unnatural, perverted, sensual appetite, ruinous to health of soul and body, and call it harmless!! Presumption! Heaven-daring!

Tobacco makes a sot of a man, a beast—worse, tenfold. Rum and tobacco—what twin devils, what mighty agents of Satan! What multitudes fall victims to these Molochs! And yet, here is one professing godliness with a pipe or a cigar in his mouth, walking or riding through the streets!

What, profess to be a disciple of the meek, pure, and holy Jesus, attempt to teach the rising age the way of virtue, temperance, truth, and soberness, meanwhile a slave to one of the most hateful and abominable lusts that ever degraded a human being? Oh! for a thunder-clap of God's vindictive justice from Sinai's burning, blazing top, to ring in your besotted ear, peal on peal, to wake you from spiritual death.

Talk about great and good men bowing to this slave of appetite! False! who believes it?

Look for a moment at the expense of this sensual and worse than useless gratification.

It costs England and America a sum sufficient to support fifty thousand ministers with a salary of \$1,000, or more than one hundred thousand missionaries. The students in one college pay more than \$6,000 for cigars yearly. It tends to idleness, poverty, strong drink, and the whole family of vices. It tends to debility, dyspepsia, palsy, cancers, insanity, delirium tremens, and sudden deaths. It weaves a winding-sheet around twenty thousand in our land every year!

In New York City more than twice the amount is puffed away in cigars that is expended for bread!

Some eighty diseases are traced by Doctor Shaw to the use of this vile narcotic. It injures health of body, mind, and soul. The habit is indecent—the example is pernicious to the rising youth. The expenditure is wicked. It leads to strong drink. Said a poor Indian, "I want three things: all the rum in the world, all the tobacco, then more rum. I smoke because it makes me love to drink." The use of this poisonous drug blunts the moral sensibilities, grieves the Holy Spirit, and hinders prayer. "I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul."

The excuses for using the dirty tyrant are numerous and frequent. One uses it for his teeth; another, for his general health; a third, for his copulency; a fourth, for his leanness; a fifth, for a watery stomach; a sixth, to help digestion; another, because some ignorant, sottish, wine-bibbing, tobacco-chewing or smoking doctor recommends it—thus and thus, till the catalogue of excuses and subterfuges is filled out.

It is a matter of devout and hearty thanksgiving to God, that the most respectable, learned, and eminently successful of the medical faculty, with united voice, veto the "accursed thing" and warn their patients to lay it aside forever.

As Paul said to Timothy, so we say to you, reader, "Keep thyself pure." Be clean in your person, and be clean in your heart. But, depend upon it, you can be neither if you use tobacco.

"Where lurk ye, thou blot on thy race?
Still dwell ye with civilized men?
Why crawl ye not into some desolate place,
The lair of a wolf, or a den
In the clefts of the rocks, in the desert, away
From the gaze of mankind and the light of the day?"

—D. F. Newton.

THE COCAINE HABIT.

DR. A. L. HAZEN and his daughter, of Sharpsville, Pa., two victims of the cocaine habit, created a sensation in the Delevan House, at Elmira, New York, by their insane antics. They were taken to the city hospital, and their supply of the drug, which they were in the habit of injecting hypodermically, was taken from them. The man became almost frantic, while the woman fell asleep. The doctors succeeded in arousing her only by injecting hypodermically, as her father directed, large doses of cocaine. She then rallied and ate heartily; and fifteen minutes after Hazen had been granted his customary dose, he was apparently himself again. He is a well-educated man, and has been practicing medicine at Evansville, Ind. He acquired the habit through experimenting on himself, and he has taken as much as forty grains a day. He says he will put himself under treatment and break the habit when he gets home. His daughter is but nineteen years old, and has used the injections but seven weeks, to allay pain, but she is already confirmed in the habit.

A GOOD laugh is worth a hundred groans in any state of the markets.

LIQUOR SELLERS' ASYLUM.

WHILE making pastoral calls in the vicinity of Southampton, England, I was brought to the bedside of a man dying of consumption, which he had contracted by the use of strong drink. As day by day I called upon him seeking to administer help to both mind and body, these inquiries would arise in my mind, Where are those who have taken this man's money for the alcohol which has ruined him? Why do not the rum sellers manifest some care for those who are brought to death by their traffic? I was just about to pass a sweeping condemnation on the whole lot in harmony with the statement so often made in print that "rum sellers do not build asylums and hospitals, but turn out their ruined customers as subjects for the charity of others," when, looking through the columns of the London *Daily News*, my eye caught the head line, "Licensed Victualer's Asylum." "Surely," I said, "here must be something new, a *Licensed Victualler's Asylum*. At last the publicans are going to disprove this statement of temperance men. They have got an asylum. Now we shall see the genuine sympathy of the liquor seller for his ruined customer."

What was my increased astonishment as I began to read the article to read, "fifty-sixth anniversary festival." "Why!" I said, "here is an institution that has existed so many years—older than the *teetotal* movement in England—and yet the statement has all along been rung out that liquor sellers do not provide asylums! Here is one, consisting of 170 separate houses, situated in an area of six acres, which had last year 210 inmates, and its expenditures were, for the year, about \$42,500. What does this mean?"

I read on until I came to the statement of their chairman at this festival, held at Crystal Palace, Sydenham, May 30, 1883, who said this "institution was founded in 1827, for the purpose of providing a comfortable home for necessitous members of the *licensed victualler's trade*." Oh! that spoiled my day-dream. This asylum is not for the unfortunate tippler, after all. It is for those who have not obtained sufficient in the "trade" to keep them up. Probably it is a needful charity, but I do not see as it does anything toward disproving the statement of temperance men, that "liquor sellers do not build asylums and hospitals for liquor paupers."

J. N. L.

THE LAWS OF NATURE.

WHEN we speak of the laws of nature, we mean those laws which God, the Creator of all things—of universal nature—has established for the maintenance and guidance of all things. We do not deity nature, esteeming it like the god of him who thinks all things came into existence by chance. We worship no such blind god. But God is the Author of nature; therefore nature's laws are the laws established by God.

These laws have no variations. They know no exceptions. Their violation by animated beings has certain consequences, which we call penalties. And these penalties are sure to follow the violations of nature's laws. Nature grants no indulgences to sin, yet she is kind. Though the violation of her laws must bring death, yet warnings are given the offender to leave the ways of sin, and thus be saved from death. Pain and sickness are kind admonitions, warning of the consequences which must follow. If these are heeded, life may be prolonged by a return to the obedience of the laws that have been violated. But if sin is persisted in it will be found, as in the case of violated moral law that "sin, when it is finished, bringeth forth death."

Indeed, it is very clear that the Author of physical law is the Author of moral law. And he is kind. He does not delight in the death of him who dies, but rather that he would turn and live.

Let the sick take courage, then; for though much has been lost by disobedience, yet there is a law of our being by which injuries are, measurably at least, repaired. This law of recuperation, or healing, is within ourselves. It is not imported from foreign countries or brought from afar. If we cease to abuse our physical nature, and live agreeably to the laws of health, nature will do all that can be done, without a miracle, for our restoration.

"Cease to do evil, and learn to do well." Turn from sin and do that which is "lawful and right." This is the law of nature, as well as the law of grace. Here is the only hope of the transgressor. No amount of drugging and doctoring can take the place of obedience. Nothing can supersede this necessity. Therefore the doctor that promises you a cure without a change of diet and habits, is as false as the priest that promises you pardon with an indulgence still to go on in sin.

Oh, how much we have all lost by disobedience! But, thank God, much may be hoped for by a return to obedience to violated law.

R. F. C.

THE TOBACCO HABIT.

HORACE GREELEY said of it: "It is a profane stench."

Daniel Webster said: "If these men must smoke, let them take the horse shed."

Thomas Jefferson, when arguing against the culture of tobacco, said: "It is a culture productive of infinite wretchedness."

Benjamin Franklin said: "I never saw a well man in the exercise of common sense that would say that tobacco did him any good."

An eminent physician, for a long time superintendent of the insane asylum at Northampton, Mass., says: "Fully half of the patients who have come to our asylum for treatment are the victims of tobacco."

Our distinguished physicians say this habit is the cause of seventy different kinds of disease; it is the cause of nearly all cases of cancer in the mouth, as in the case of General Grant.

The late Dr. John C. Warren, of Boston, than whom there is no higher authority, said: "For more than thirty years I have been in the habit of inquiring of patients who came to me with cancer of the tongue and lips whether they used tobacco; if so, whether they chewed or smoked; and if they have sometimes answered in the negative as to the first question, I can truly say, to the best of my knowledge and belief, such cases are exceptions to the general rule. When, as is usually the case, one side of the tongue is afflicted with ulcerated cancer, it arises from the habitual retention of the tobacco in contact with this part. It is also an admitted fact, that has never been successfully denied, that tobacco using takes off fully from twenty-five to seventy-five per cent. of the physical vigor from the system."

Henry T. Child, M. D., says: "One of the effects of tobacco is a tendency to produce fatty degeneration of the tissues, nearly all of them being subject to this. The popular notion that the use of tobacco will prevent corpulency is a deception, except as it interferes with healthy nutrition. A very general effect is fatty degeneration of the muscles, especially those of the heart. Persons whose systems are saturated with tobacco are very slow in recovering from sprains or bruises of the muscles, nor do they bear surgical operations well. But the most serious effect is 'tobacco heart,' which is a rupture of this organ from the deposit

of fat cells in the fibers of the muscles, which destroys their integrity and is immediately fatal. It occurs mostly in young persons. Another effect of tobacco is a tendency to produce cancerous affections. Fat is the lowest healthy tissue; its uses are to store up the means of nourishment. A little lower than this we find cancer cells in the blood and in various tissues. Tobacco changes the condition of the blood, reducing the disks, which, in the healthy condition, are round like a coin and regular, to about two-thirds their natural size, and makes them rough and wrinkled."

DR. ADAM CLARKE was no friend to tobacco or swine. He once suggested that if he were going to make a sacrifice to the devil he would stuff a hog with tobacco and set it on fire.

"PROHIBITION don't prohibit," shouts the liquor dealer, and then proceeds to draw his check for a generous donation to the liquor dealers' fund, to be used in preventing the adoption of prohibition.

DR. CHARLES JEWETT, while arguing for prohibition, once said, "Why not pour whisky into the gutter? It is destined for the gutter at last; why not pour it there at once, and not strain it through a man and spoil the strainer in the work?"

GEN. STEWARD L. WOODFORD says: "In seven years' experience as criminal prosecutor in the federal courts at New York, I seldom found a case of crime accompanied by violence, which was not conceived, or committed, or aggravated, through the use of rum."

THE superintendent of the insane hospital at Vienna, one of the largest in the world, says: "From fifty to sixty per cent. of the cases of insanity are due to rum." So great a percentage in a country where it is claimed alcoholic drinks do no harm is well worth noticing.

LEAVING out of consideration the moral and religious aspect of the [liquor] question, does it not seem plain that something should be done, and done quickly, to check a course which is responsible for one-half of the insanity of the land, three-fourths of the crimes of violence committed, and three-fourths of the pauperism in the country?—*Toledo Blade.*

Miscellaneous.

CONTENTMENT.

AN old farm-house, with meadows wide,
And sweet with clover on each side;
A bright-eyed boy, who looks from out
The door, with woodbines wreathed about
And wishes this one thought all day:
"Oh! if I could but fly away
From this dull spot the world to see,
How happy, happy, happy,
How happy should I be!"

Amid the city's constant din,
A man who round the world has been,
Who, mid the tumult and the throng,
Is thinking, thinking all day long:
"Oh! could I only tread once more
The field path to the farm-house door,
The old green meadow could I see,
How happy, happy, happy,
How happy I should be!"

—Anon.

A FEW THINGS.

NATURE persists in following her own laws,—the laws she announces by means of instinct in man as well as the beast. Health, we think, is a gift to man and beast through the obedience of natural law. There is some reason for losing health. It can never be lost by accident, nor can you repurchase it at the drug store. It is lost through physiological sins, and on the principle taught in the Bible it can be regained, only on the ground, "Go and sin no more."

The laws of health are as inexorable as those of time and gravitation. We believe disease to be nature's *protest* against the violation of her laws. If we suppress the symptoms of a disease, either with drugs or otherwise, we simply silence that protest, instead of removing the cause. We may change the form of the disease, and so complicate matters by having both disease and medicine to deal with. We have the medicine and the original cause of the disease now on our hands. Let us remember that no law can be satisfied by complicating the offense. Something is wrong, and it must be righted; but that wrong—that transgression of physical law—can never be atoned for through the use of medicine. There must be something *done*. The disease is a cry for help. That help may lie in something you are doing which must be *omitted*; it may be you must *do* something you are leaving undone. Yes, "leaving undone things which we ought to have done, and doing things we ought not to have done," tells the whole story; it ex-

hausts the subject of human depravity. Leaving things unsaid and saying things we ought not comes in just here. Such is the wonderful instruction of the great Teacher.

Now, if our stomachs have been tormented with three meals in one, leave off two of them; omit your unwholesome drinks, such as tea, coffee, beer, wine, brandy, whisky, etc. Give the dyspeptic the food he can digest. Omit mixing milk and sugar together, and other foods which you cannot digest. Your stomach may not tell you of any trouble, because of its acquired insensibility; but the discharges from the bowels show that the greater part of what you have eaten is passing undigested, and you are literally starving, though eating two meals in one. It is what we digest, and not the amount eaten, that furnishes nourishment to the body.

Again, open your windows, open your doors, and let your little ones and the bad air go out, and the good air come into your houses. Send your children to the country where there is a good orchard of ripe fruit, or send for some of the fruit, especially a few barrels of good ripe apples. Send for the carpenter, and make such changes in the make-up of the house as will be conducive to health. Send the young lady to the kitchen, bedroom, or garden to take the proper amount of exercise. She has thumped away on the piano and neglected to take proper exercise until she is pale. She needs the action of the solar rays to give her strength and vigor, as much as does the plant.

If the baby will not stop crying, take off its long clothes, its petticoat and all, if it be mid-summer, and in some corner set it down on a pallet. Let it roll and tumble about, and let its poor, cramped limbs have a chance to straighten, which they have never or seldom had. Perhaps only at bed-time has it had this privilege, when it plays and is in the very best of humor. Now, if baby's happiness is not quite complete, let it throw the medicine bottle out of doors.

If the course we have marked out were followed, there would not be so many names added to the roll of those whom we would not willingly let die. When we view the past and present, we find the path we have sought to change, leading to an early grave, and it is worn by the feet of innumerable persons.

W. P. B.

THE drink bill of this nation is over \$900,000,000 a year, and the tobacco bill, \$600,000,000.

PICKLES.

THE following concerning the manufacture and sale of pickles is from the *New York Mail and Express*:—

“A growing Long Island industry, especially in Queens and Suffolk Counties, is the raising of cucumbers for pickling. In some sections the farmers have given over their entire farms to their cultivation, and they find a ready sale at the large pickle factories which have been established at Greenlawn, Jerusalem, Farmingdale, and other points. The factories, on an average, make from 10,000,000 to 15,000,000 pickles each year. Manufacturers say that people eat ten times as many pickles now as they did ten years ago, and the consumption is steadily increasing. This year the farmers have planted a larger acreage of cucumbers than ever before.”

If pickles are used “ten times” as much as formerly, this may explain why there is ten times more dyspepsia than formerly. As an article of food, pickles are unwholesome and indigestible. They are usually eaten under the plea that the stomach requires an acid. Why not take the juice of lemons, limes, or other tart fruit? Any of these contain acids as natural, prepared in the fruit, which is certainly more healthful than that obtained in pure cider vinegar. The trouble is, much that is sold as pure cider vinegar has not a drop of apple juice in it, but is a combination adulterated with sulphuric acid, or oil of vitriol. This preparation not only destroys the coating of the stomach, but is very injurious to the teeth. When vinegar contains the above article, it may be detected by mixing with the vinegar a little sugar; put a drop or two of this on a clean plate, and dry by a moderate heat. If the acid is present in the vinegar, the spot will turn black.

Very green pickles are sure to have more or less copper in their “make-up.” Some cooks recommend, in the making of pickles, to boil them in brass or copper kettles to give them a green color. The fact is, brass or copper kettles should never be used in cooking. Some cook-books say, “Boil a few copper pennies in the kettle with the pickles to ‘green’ them.” It is said that the presence of copper in pickles may be easily detected by putting a clean, bright iron wire for a few hours in the bottle containing the pickles. If copper is present, it will appear as a thin film on the wire. Of

the use of pickles we may say, The less they are used the better, and those who would escape the liability of harm will let them entirely alone. If you substitute for them lemon or lime juice, express it from the fruit yourself, and you know you get a pure article. There are cheap articles sold under the name of lemon and lime juice, which are adulterated with sulphuric acid, which is intensely sour, but it is also a very active chemical poison.

L.

UNDER-CLOTHING.

It is a good sign of the times that many of the girls of to-day, the very young girls, who are just coming up to womanhood, have very little to unlearn in the way of the proper sort of under-clothing to wear for the best freedom and grace and comfort. Elder women, especially the mothers of the present generation, were so badly dressed when they were girls, so perfectly untaught in regard to all hygienic necessities of dress, that there is little wonder that so many of them are broken down, worn out before their time, with the burden of many bands, and heavy skirts, and tight garters, and thin stockings, with too much clothing on the body in summer and absurdly too little on the limbs in winter.

The making of simple and beautiful under-clothing was a good deal of a problem, but the dress-reform women, from Miss Phelps to Miss Bates, have solved it, and a woman may be dressed very sensibly, very comfortably, and very prettily in the clothing without bands, which can now be purchased so reasonably. It is a mistake to suppose that “reformed” under-clothing is ugly, for it is not. The French have taken it up, and their touch alone would straighten out the harshness, which, for the sake of courtesy, one may grant that the pioneers in dress reform put into the garments they introduced. Some of the most dainty union garments possible come now in the woven goods of wool, or silk, or cotton, or of combinations of these, and many of them may be trimmed as delicately and fancifully as one may desire.*

It is harder to emancipate womankind from heavy skirts than from corsets. Hundreds of women have left off their corsets with a great deal of hygienic ardor, and then have gone on hanging heavy skirts on their long-suffering waists, with

*Such garment patterns are kept in stock at the Retreat See advertisement.

nothing to relieve the dead weight from the hips until even a dress reformer, at the sight, would beg for the return of the corsets. The only sensible way is to wear the made waists, which are fitted to the form, and which have buttons on them and serve both for corset and skirt supporter. With one of these, and a good stiff mohair petticoat buttoned to it over her union under-garment, a woman is ready to put on a walking-dress and walk three times as far with one-fourth the fatigue felt in the ordinary dress.

There is one point on which dress reformers are usually too silent, and that it is very hard indeed at first to dress sensibly if one has been accustomed to corsets and to three or four petticoats. It is harder than learning to ride horseback, or to swim, or to play tennis, or to ride a tricycle. But it is an accomplishment worth gaining, and a woman who has once earned by a fortnight's effort the use of her own muscles, and has learned the delight of carrying around the weight of two or three or four pounds of clothing, instead of eight or ten pounds, will never go back to tight and heavy garments.—*Boston Record*.

OATMEAL AS FOOD.

OATMEAL should be more largely used as food in this State. It is of great strength and nutrition, and of much service as brain food. It contains phosphorus enough to keep a man doing an ordinary amount of brain work, in good health and vigor. All medical authorities agree that, eaten with milk, it is a perfect food; and, having requisites for the development of the system, it is a pre-eminently useful food for growing children and the young generally. Oatmeal requires much cooking to effectually burst its starch cells; but when it is well cooked, it will thicken liquid much more than equal parts of wheaten flour. The oats of this country are superior to the oats grown in England, but inferior to the Scotch, where so much care is taken to grow oats, and where the flour is so largely used. The Scotch are an example of strong, robust people, in consequence of their plentiful use of oatmeal, which is found on the tables of the rich and the poor.—*S. F. Chronicle*.

FOR earache fold and dip a small towel in hot water, wring and lay on the ear; then cover with two or three folds of flannel; repeat until relieved.

REPORT OF CASES.

THE following cases which have been successfully treated, are reported by the physicians of the Rural Health Retreat, St. Helena, Cal.:—

TORPID LIVER AND CHRONIC MALARIA.

Mrs. B., age 50, suffering with malaria, torpid liver, and dyspepsia of long standing, came from a neighboring city for treatment. After remaining a month, she had no chill or fever, regained her appetite, slept well nights, recovered her strength, and returned to her family feeling much better.

CATARRH OF STOMACH AND BOWELS.

Mrs. M., age 52, came to the Retreat suffering with dyspepsia, and catarrh of the stomach and bowels, which had produced a chronic diarrhea, varying in intensity, sometimes having evacuations from the bowels as often as once in an hour. After being under treatment four weeks, she went away from our institution apparently well, making quite an extensive trip on her way home. Although she had been in feeble health for many years, she has since been quite well, and has had no return of her old malady.

AMENORRHOEA WITH MALARIA.

Miss M., age 17, came to the Retreat weak and emaciated from bilious remittent fever of seven weeks' duration. Eight months previous, she had fallen fifteen feet and hurt her back, producing retroflexion; then she ceased to menstruate. Since that time she had suffered with vertigo, headache, nausea, dyspepsia, gastralgia, backache, pain all over the pelvis and abdomen, leucorrhœa, bearing down, vesical and rectal tenesmus and urethrospasms, accompanied with great nervousness and difficult locomotion. She remained under treatment only five weeks; but in this time the flexion was reduced, the leucorrhœa and amenorrhœa cured, and she returned home much increased in weight, and able to walk four miles a day without fatigue.

BENJAMIN FRANKLIN said that a cheerful face was nearly as good for an invalid as healthy weather. It would be well for nurses in particular to make a note of this.

It is not a good habit to keep a lamp burning in the bedroom.

ADULTERATION—A FABLE.

FOUR flies united by friendship lived in a certain house. They awoke one morning with a good appetite. The first applied himself to a dish of milk, but ere long died in convulsions produced by the chalk that was in the milk. The second found a sausage, of which he partook heartily; but the sausage having been colored with aniline, the little creature was presently poisoned. A like fate befell the third, who had eaten flour containing a quantity of alum. Filled with despair at the sight of his comrades, and sick of life, the fourth betook himself to a fly-paper in a plate, resolved to commit suicide. He sucked up the liquid greedily, counting on a quick release. Wonderful to relate, instead of dying he found himself uncommonly refreshed and vigorous. Even the fly-paper had been adulterated!—*Dietetic Reformer*.

THE HUMBUG OF TAKING 'BITTERS.'

THE mode of life of the average American is of such a character that he is constantly in need of a tonic. He is rushed at his business, swallows his meals hastily and without any thought as to the capacity of his stomach for digestion, takes little rest, is subject to headache, and often takes a gloomy view of things generally. In such cases he resorts to bitters, under the delusion that they will act on the secretions of the stomach, and give the system new strength and energy. Men with active brains, whose professions compel them to lead sedentary lives, also long for a tonic. They may be opposed to the use of what are popularly called stimulants, meaning fermented liquors, and so they lay the flattering unction to their souls that a wine-glassful of some bitter decoction will steady their nerves, supply their brains with gray matter, and exhilarate them without after depression.

A little thought would show them under what a fallacy they are laboring. The writer recently purchased samples of four of the most widely advertised bitters in the market, and the simple chemical analysis to which they were subjected showed that they contained about thirty per cent (the amount the Government allows) of the most poisonous and adulterated alcohol, and that the residuum consisted of various foreign substances, which were simply added as flavoring extracts, to disguise the taste of the original compound. The poorer

the grade of the alcohol, the more vicious is the compound. The value which such so-called bitters are supposed to have is of a purely fictitious character. In fact, in time they irritate and injure the delicate membrane of the stomach, and so vitiates the taste that the palate cannot soon distinguish between good and bad. It is neither a natural nor a healthy excitement which is produced by these so-called aids to digestion, and the wonder is that sensible people, who know a little at least of the operation of natural laws, should allow themselves to be so misled as to what the system really needs. These decoctions are consumed principally by the debilitated, the convalescent, the depressed, and particularly by aged people and weak women and others to whom a stimulant is indispensable.—*Medical Bulletin*.

AMERICAN BACON.

"IN the United States the hog invariably accompanies the cow or the ox; he is kept for almost nothing. His habits are so far changed that we may call him a grazer. He fattens and grows and does all the scavenger work. . . . On all the great cattle farms where corn is fed, the practice is to feed this indigestible grain in a whole state, that is, not crushed. Much of it passes through the animal in its original state. We find, however, the pig, whose organs of digestion are exceedingly powerful, following up the steers and making use of the offal. American pork and American bacon do not, after this description, seem pleasant food for mankind."—*Edinburgh Review*.

Very true; but why single out American pork? A hog is a hog, whether he is raised in America or in Europe. To be sure, a pig brought up in the parlor might be compelled to live a little more cleanly life than his brother in the unswept sty; but, nevertheless, he is a pig, and a pig at his best estate is altogether filthy. The American pig, that is allowed to roam the fields, is healthier than the European swine, that is necessarily more confined. But no matter how healthy a hog is, he is not fit to eat; he should be eschewed.

AN Englishman was in China, and ignorant of the language. Anxious to know the composition of a delicious dish he was eating, thinking he recognized the flavor, he queried, in the universal tongue, "Quack, quack?" Fancy his dismay on being promptly answered, "Bow-wow!"—*Max Müller*.

Household.

FRUGALITY.

If every just man that now pines with want
Had but a moderate and be seeming share
Of that which lewdly-pampered luxury
Now heaps upon some few with vast excess,
Nature's full blessings would be well dispensed,
And she no whit encumbered with her store;
And then the Giver would be better thanked,
His praise due paid; for swinish gluttony
Ne'er looks to Heaven amidst his gorgeous feast,
But with besotted, base ingratitude
Crams, and blasphemes his feeder.

—Milton.

CANNED MEATS.

"WHAT becomes of such meat as is not salable to the dealer in family supplies?" was the inquiry made of a Northside butcher.

"What becomes of it? Well, I'll tell you. After the retail dealers and the buyers for the hotels and restaurants have been down in the evening and selected their supplies, the buyers from the canning and packing houses come along and buy up the rest. They size up the amount, and give so much for it in bulk, without regard to quality. I worked for a great packing house awhile, and nothing but starvation would induce me to eat any canned beef. All the scraps—everything that can't be used in any other way—are put in, and I assure you there is not an ounce of meat lost because it might be soiled or otherwise unfit to be eaten. Every particle is scraped from the bones. Then it is all sent through a chute to the room below, where it is dumped on the floor. It is packed in there—layer of beef and layer of ice—till the room is full. When a sufficient stock has accumulated, it is removed for canning. All beef that cannot be sold for table use in a fresh condition, goes to the canning factories."—*Chicago News*.

OATMEAL BREAD.—An important use for oatmeal not much known in this country, but common in Scotland, is in making bread. It cannot well be made into a loaf like wheaten flour, but it can be prepared by mixing the oatmeal, salt, and cold water into a rather stiff dough, which, after being well kneaded, should be rolled into a thin cake about the thickness of a half dollar; then put it on a very clean griddle, no grease on the griddle, and only moderately hot; bake on one

side till it just begins to brown, but do not brown it; then take the cake off the griddle and lay it on a clean board, baked side uppermost; after the cake has dried and almost cooled, lay it on a board or any other suitable implement and slowly toast the uncooked side before the fire; this makes a very crisp cake, keeping a long time if protected against exposure to moisture. Children are fond of it, and chewing it is a beneficial exercise for the mouth and teeth.—*Herald of Health*.

COOKING.

It has been proved, at the expense of numberless small animals, that no one food element alone is capable of supporting life. It often happens, also, that although an aliment naturally contains all the requisites of a proper food, it may come to our tables so prepared that it cannot be utilized by the system. It is not enough to provide good and proper food material; it must have such preparation as will not lessen, but increase, its alimentary value.

Poor food is quite as often the result of bad cookery as of poor selection of material. To serve the end for which it was designed, food should be both nutritious and digestible; the first requisite depends mainly upon its selection; the second, upon its preparation. Cookery ought to make food more digestible; it should be a sort of partial preliminary digestion of the food elements. Proper cookery changes each of the food elements, with the exception of fats, in much the same manner as does the digestive juices; and at the same time it breaks up the soluble portions of food so that they are more readily acted upon by the digestive fluids. Cookery, however, by no means always attains the desired end; and often the very best of foods are rendered useless, unwholesome, and even dangerous, by improper preparation.

Poor cookery is far oftener the rule than the exception; and it is rare indeed to find a table upon which some portion of the food is not rendered unwholesome, either by improper preparatory treatment, or by the addition of some deleterious substance which not only lessens its digestibility, but, as is too often the case, if that substance be a strong condiment, makes the food, through its irritating and exciting character, an incentive toward the acquirement of the drink habit.—*Mrs. E. E. Kellogg, in Good Health*.

KEEPING UP APPEARANCES.

IF all those who are keeping up appearances would sensibly reduce their expenses, there would be plenty of respectable company for all. One of the great points is to begin right. A little house means less trouble to take care of it, and a knowledge of cooking implies the ability to use moderate-priced materials. The wearing of unfashionable and well-mended clothes proclaims the independence of the wearer. The cutting down of minor expenses implies strength of character. And this cutting down, to be worth anything, must be done systematically, and not by fits and starts, and its object explained to the family. Character and conduct, what one is rather than what one has, is the real test of standing in any community.—*Elizabeth Journal.*

THE COST OF FOOD.

My own investigations led me to take the average consumption of factory operatives in New England and the Middle States—two-thirds to three-fourths women and children, the remainder boys and men—as a fair standard of the cost of food on the average throughout the country. It is probably a high standard. It resolves itself substantially into the following subdivisions, disregarding small fractions: Meat, poultry, and fish, ten cents a day; dairy products, consisting of milk one-half pint, butter, one and one-fourth to one and one-half ounces, and cheese, a scrap, five cents a day; eggs, one-half cent a day; bread, vegetables, sugar, tea, coffee, salt, rice, and spices, nine and one-half cents a day. Total, twenty-five cents. Suffice it that the range of differences in this estimate in the eastern section of this country would probably lie between twenty and twenty-five cents a day. In either event, substantially three-fifths of the price of food is paid for animal products, two-fifths for all else. If we take twenty-five cents as the standard of a day's ration for an adult, on the basis of the factory operatives, and assume the consuming power of the present population of the United States as that of 50,000,000 adults at ten cents a day for meat, poultry, and fish, the total yearly expenditure would be \$1,825,000,000; five cents a day for milk, butter, and cheese, \$912,500,000; at one-half cent a day for eggs, \$91,250,000. This would give a total expenditure

for consumption, at market prices, for animal products, of \$2,828,750,000.

If this estimate of the consumption of animal products is approximately correct, it is about double the value of all fibrous substances when converted into cloth, the cloth converted into clothing, carpets, drapery, and the like, all being distributed for final consumption, including the domestic product and the foreign imports. These are approximately correct estimates. They serve to bring the relative conditions of production into conspicuous prominence, a larger sum being expended for animal products than for clothing, carpets, bed linen, etc.—*Edward Atkinson, in Chicago Times.*

FOOD FOR THE SICK.

THE element of the unexpected should always be brought into play when catering for the sick. It may be laid down as an excellent rule never to ask a sick person what he wishes to eat. While it may be well occasionally to inquire if he has a longing for any particular delicacy, avoid suggesting articles of food. Far better provide the dainty, even with the risk of its failing to please. Study little surprises, and be careful not to make too much of a run upon one kind of food. An invalid's taste wearies of monotony in diet much more readily than would that of a well person, and a disgust of this sort once formed is almost impossible to eradicate. One case may be mentioned where the constant use of eggs by a convalescent engendered in her a distaste for them that never wholly disappeared. Another invalid acquired a disrelish for broiled quail, while a third, after a recovery from a long illness, never could bear the taste of oysters in any form.—*Good Housekeeping.*

MILK POISON.

DR. V. C. VAUGHAN, of Ann Arbor, Michigan, has recently discovered that tyrotoxon, the active element in poisonous cheese, is due to decomposition of milk, and may be developed in any milk which is kept in an impure atmosphere or unclean vessels. The germ seems to multiply very rapidly, and a small amount of tainted milk will poison the whole. It is Doctor Vaughan's opinion that tyrotoxon has much to do with cholera infantum, the symptoms of which are similar to the symptoms of cheese poisoning.

PRACTICAL HINTS.

COMMON baking soda is the best of all remedies in cases of scalds and burns.

FILE the top of an ingrowing toe nail very thin and place cotton under the ingrown part.

SPOTS produced by alkali may be removed by moistening them with vinegar or tartaric acid.

DRAIN-PIPES and all places that are sour or impure may be cleansed with lime water or carbolic acid.

NEVER go to bed with cold feet, but first soak them in hot water, then dash on cold water, followed by thorough friction.

ACID SPOTS.—Spots in clothing or calico, produced by an acid, may be removed by touching the spots with spirits of hartshorn.

IF brooms are wet in boiling suds once a week, they will become very tough, will not cut the carpet, will last much longer, and always sweep like a new broom.

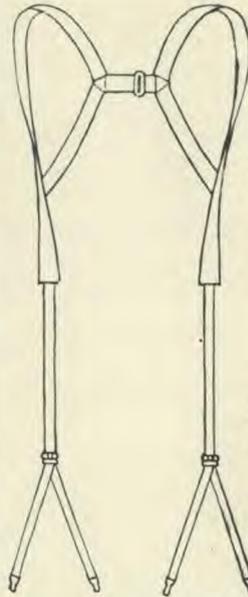
CARPETS should be thoroughly beaten on the wrong side first and then on the right side, after which spots may be removed by the use of ox gall or ammonia and water.

IF wakeful at night, get up, walk about the room, go to the window and take a dozen deep breaths, rub your skin all over with a coarse towel or with the hands; then crawl into bed and go to sleep.

K SPOTS.—To remove ink stains from clothing, dip the spot in pure melted tallow; wash out the tallow, and the ink will come out. If articles are rubbed out in cold water while the stain is fresh, the stain will often be entirely removed.

PAINT ON CLOTHING.—To take paint spots from clothing, take equal parts of liquid ammonia and spirits of turpentine. No matter how dried or hard the spot may be, saturate the paint two or three times, and then wash out with soap suds.

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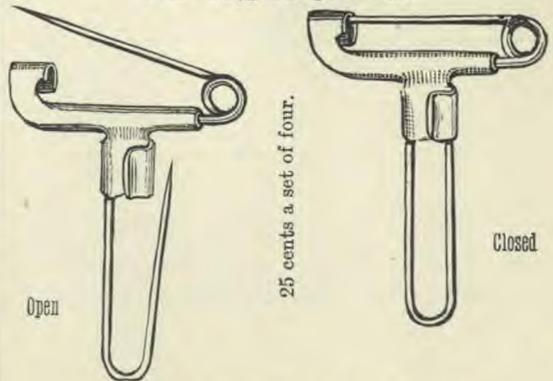


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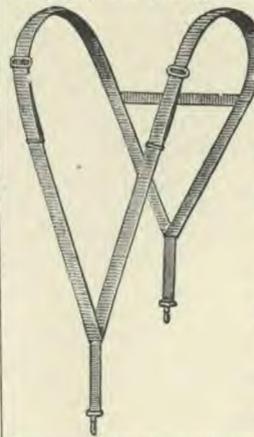
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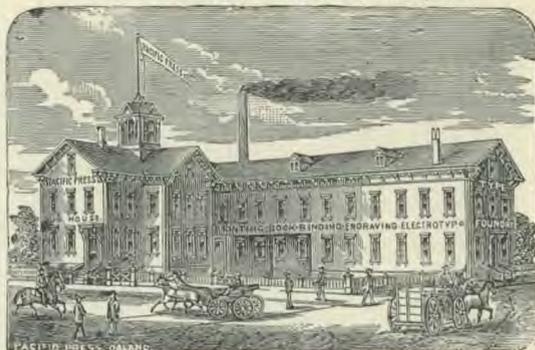
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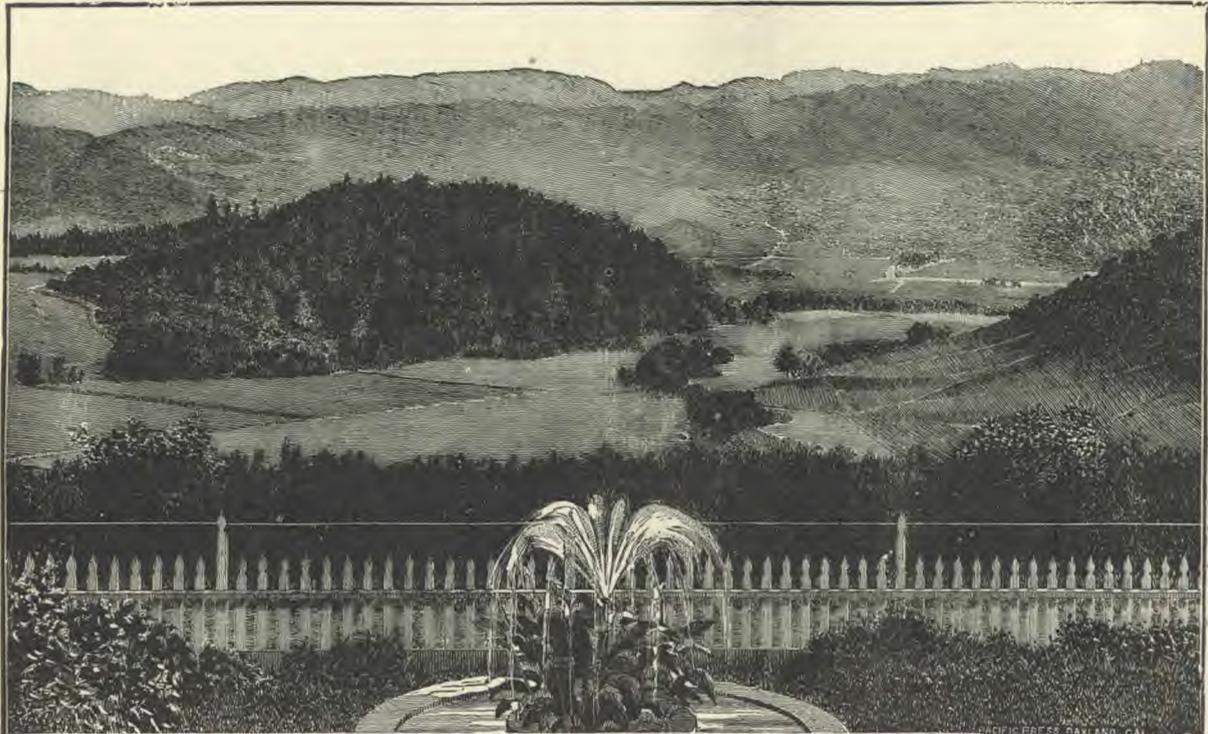
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