

PACIFIC HEALTH JOURNAL

AND TEMPERANCE ADVOCATE.

VOLUME IV.

OAKLAND, CAL., AUGUST, 1889.

NUMBER 8.

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A 32-PAGE MONTHLY.

Subscription Price, \$1.00 per Year.

Address.—All business for the JOURNAL should be addressed to Pacific Press, Oakland, Cal.

All Drafts or Money Orders sent in payment of subscriptions should be made payable to Pacific Press.

All Communications for the JOURNAL should be addressed to PACIFIC HEALTH JOURNAL, care of Pacific Press, Oakland, Cal.

AN ounce of encouragement is worth a pound of fault-finding.

VALUABLE as is the gift of speech, silence is often still more valuable.

A CHILD left to himself bringeth his mother to shame.—Prov. 29: 15.

WHEN the Lord chose Moses, it wasn't so much talk he wanted as it was character.

THOSE who are honest from fear rather than principle have no more to brag of than rascals.

TILL the fifteenth century no Christians were allowed to receive interest money, and Jews were the only usurers.

FAILURE, after long perseverance, is much grander than never having made an effort to succeed in business.

THE first toll for the repair of English highways was imposed in the reign of Edward III., and was for repairing the road between St. Giles and Temple Bar.

IN population the United States is exceeded only by China, Great Britain (including her colonies), and Russia; and yet only a small portion of the country is densely inhabited. Less than 2,000,000 inhabitants are found west of the meridian of 100 degrees. Three-fourths of all the people dwell less than 1,000 feet above the level of the sea.

PREPARATION OF FOODS.

IT is undoubtedly a true axiom that foods are best adapted to the building up processes of the body when taken into the system as nearly as possible in their natural state. One of the best arguments for this is that the all-wise Creator, in appointing the food for man, made in it those combinations best calculated for the proper sustenance of the body. Some have reasoned from this basis that all foods should be taken into the stomach in a raw, or uncooked, condition. This does not necessarily follow. Foods may be cooked in such a manner as to retain their natural food elements, and be actually better prepared for the action of the stomach and digestive organs of the body than if left in their uncooked condition. Much of the preparation of food under the modern *cuisine* is undoubtedly deleterious to their use in the human body, for they are combined with fats and condiments of various kinds, ingredients in themselves wholly indigestible, rendering that which of itself would be digestible wholly unfit for nourishment, especially of a feeble stomach.

Most of the fruits can be eaten raw without any detriment to a healthy stomach. The juices of the fruit being composed largely of what is called "grape sugar" are readily absorbed by the stomach without digestion, and so enter at once into the circulation.

Dr. Roberts, of Manchester, England, gives it as the result of his experiments that cooked milk is not any more readily digested than in its raw state. It has been claimed however, in the case of milk that there is this advantage in heating it to a boiling point before it is eaten, *i. e.*, if there are any disease germs in the milk they are destroyed by this heating process.

On the question of the preparation of foods we will quote from a lecture given by Frederick P.

Henry, M. D., before the school for nurses, at the Episcopal Hospital, Philadelphia:—

"The beneficial effect of cooking is most marked upon starchy substances which make up at least two-thirds of the food we eat. But for the art of cooking, the immense supplies of cereal food would be unavailable. Starch, whether it exists in tubers or grains, has the same composition. It is contained in minute granules or cells of which the wall is formed of a substance called cellulose. By boiling starch, its component granules swell up enormously by imbibition of water, burst their investing layer of cellulose, and fuse into a mucilaginous mass which is digested with great readiness. The layer of cellulose which surrounds each starch granule is quite indigestible, so that, as I have said, but for the art of cooking, starchy food would be of little use to us. The effect of cooking albuminous or proteid substances is to render them much more digestible, although we are ignorant of the precise nature of the changes they undergo during the process. For example, if a mixture be made of one part of white of egg to nine of water, it will be found to be very slowly acted on by pepsin and HCl. [Hydrate Chloral—ED.], but, after being boiled, it is very rapidly digested, although not sensibly differing from its uncooked state. The same is true of the gluten of wheat.

"The effect of cooking, therefore, upon the greater number of our food substances is to lessen the work of our digestive organs. It may be, in fact, regarded as the first, and by no means the least important stage of the digestive process. The necessity to healthy people of cooking, *i. e.*, partially digesting their food, has long been admitted by every one, but very recent is the suggestion that this process should be carried much further for the sick. The marked conditions common to the greatest number of diseases are fever and anæmia [lack of nourishment in the blood—ED.], in fact one or other or both, are almost invariably present. Since the observations of Beaumont in the celebrated case of St. Martin, it has been known that during fever the gastric mucous membrane is dry, red, and irritable, and secretes very little gastric juice. The gastric juice is wanting in acidity also in catarrh of the stomach and in cancer, while experiments on animals show that in the anæmia produced by great loss of blood the gastric juice has very feeble digestive power. In such conditions, therefore, and they are very common, the work which, in health, is relegated to the stomach, should be done outside of the body. That is to say, the food, in addition to being cooked, should be peptonized.

"Milk, which I have already spoken of as the typical food, is also the one that is most readily peptonized. Of the three organic ingredients which it contains, *viz.*, sugar, fat, and casein, the first two require little or no change to render them capable of absorption into the system, so that the

action of the peptonizing process is expended in converting casein into peptone. For this purpose either fluid or solid extracts of the pancreas are employed."

"The peptonized milk may be given to the patient alone or in various combinations. It is an excellent article for stimulants. Many people who are unable to take milk punch as ordinarily made, will find a peptonized milk punch easily digestible. It will readily occur to you that numerous articles of food having peptonized milk for their bases may be prepared for the sick. Among them are peptonized milk gruel, peptonized porridge and milk, peptonized milk jelly, etc. The latter is very palatable, and is composed of peptonized milk, to which, while hot, a certain amount of gelatine is added. It is sweetened, flavored with orange, lemon, etc., and eaten cold. It is by no means necessary to peptonize milk in all cases in which that substance is administered, but merely in those in which digestion is impaired. The most striking indication of this condition is a dry mouth. You may set it down as a rule that whenever the mouth is dry the food should be peptonized."

FOOD OF INFANTS.

Perhaps we cannot better serve our readers in concluding this article than by presenting testimony on the proper food for infants. We will quote from H. E. Stockbridge, of Japan, in the *Dietetic Gazette* of January, 1889:—

"The food provided by nature for the young of all mammalian animals is obviously that nutriment best fitted to their needs. The milk of each family possesses characteristics peculiar to itself, and is invariably, under normal conditions, the one food perfectly suited to the needs of the young of the female producing it. Slight as is the variation in the composition of the milk of nearly allied species, attempts to substitute the milk of one, in the diet of very young offspring, for that of another species, is invariably attended by difficulty and danger.

"The only perfect food for the very young human infant is incontestably the normal milk of the human mother.

"Too often, however, this natural source of food fails altogether, or through abnormal conditions becomes so changed in character as to be utterly unfitted for the sustenance of the infant. In either case recourse must be had to some substitute material, or method of nourishment. The principles, therefore, controlling all artificial means of supplying infant nourishment, and on the rational applications of which so much human happiness and helpless life may depend, become of the gravest and most vital importance, from the significance of which no member of society can be exempt. Foods may all be designated as belonging to one of three distinct classes, according as it is

their function to supply one or the other of the three demands of the animal body; protiens, or flesh formers; carbonaceous matter, or fat and heat formers; and mineral matter, or bone formers. Each of these divisions embraces numerous distinct substances, and the proportion of these different classes of foods varies in each article of diet. The *desideratum* in a food is the supplying of each of these different kinds of material in sufficient quantity to furnish all requirements of the system, and in such proportions and physical form as to undergo digestion and assimilation with the least expenditure of energy.

"Such a food is normal mothers' milk for the human infant. These conditions of a perfect nutriment failing, however, either through lack of milk or abnormal character of the product, a substitute material or artificial means of nutrition becomes imperative."

When there is a failure in the milk supply from the mother, some old ladies are ready to suggest that the mother should drink quite freely of porter, ale, or stout, saying that "this will increase the quantity of the milk." However true it may be concerning this result following, there is one thing certain, that in the increase of the quantity there is obtained a very deleterious quality of food.

When cows' milk is substituted for that of the mother it is quite common to sweeten it with white sugar, thinking thereby to make it more like the mother's milk. Here again the milk is liable to be made obnoxious to the tender organs of the child, and that by reason of the deleterious substances that are sometimes used in clarifying the sugar. Again, by using the sugar an extra tax is imposed on the liver of the child; or even before the blood laden with this extra sweet reaches the liver, if the child is insufficiently nourished and has a feeble stomach, the sugar is liable to ferment in the stomach, causing nausea, or trouble in the bowels.

Some mix with the cows' milk oat meal, farina, corn starch, or other partly cooked grains, thinking as these articles furnish nutrition to the adult they must be good for an infant. Nature seems to dictate in the case of the child when it should begin to use those substances requiring mastication by furnishing teeth. We would suppose before the teeth are supplied that the mother's milk, or some liquid containing, as nearly as possible, the constituent elements of that milk, is the proper food for the infant.

With those who have not given the question of proper diet for the infant sufficient study it is not

unfrequent to see them feeding quite young children with pie, cake, potato, flesh meats, highly seasoned gravies, and even regaling them from time to time with sips of tea. Wise parents are not in great haste to bring their little ones to the use of the "more substantial foods."

The question of the proper preparation of food for infants is one of great importance, especially with those who would lay a foundation for sound physical and mental health by building up in the child good bone, brain, and muscle. Of this we hope to say more in our next. J. N. L.

COLLAPSE IN FEVER.—*Little Girl*—"Oh! I do feel so bad for Mark, he is so sick, I am going to give him something." So she looked about among her toys to find something for the relief of Mark's sufferings. Her eyes lit on a nice kaleidoscope, in which she had taken much delight. She gave him this supposing, of course, that this might relieve some of his sufferings. Her mother, on learning what she had done, said to her, "Don't you know that auntie took a great deal of pains to hunt out that kaleidoscope for you, and bought and gave it to you because she thought it would be so nice. What do you think auntie will say when she learns that you have given it away?"

Little Girl—"Well, I do feel bad to think of that, I will speak to Mark about it. But then he is so sick, and feeling so bad, I don't think I will say anything to him just now, for fear he might have a *collapse*."

IN the case of a baby in arms, the possibility that the child may be thirsty and not hungry seems rarely to be entertained; but in warm weather, when the skin is acting freely, the suffering amongst young babies from want of water must often be acute. At such times the urine is apt to be scanty and high colored, and may deposit a streak of uric acid on the diaper. When fluid is supplied, the secretion both from the bowels and the kidneys quickly becomes more healthy.—*Eustace Smith*.

MOTHERS and nurses are prone to forget that the nursing baby needs water to drink in the winter time as well as in the summer time. Offer the child water frequently.

MANY of the most malignant diseases are caused by eating diseased meat.

THERAPEUTIC VALUE OF WATER.

NEXT to air, water is the most abundant element in nature. The union of two such highly inflammable and combustible gases as oxygen and hydrogen to form water, is one of the strange paradoxes of nature; for, separately, they readily ignite and burn, yet, when united and liquified the new compound quickly quenches fire and makes the most bland and useful of fluids. Water is present in some form everywhere, and comprises the bulk of the anatomical structure. As nature's beverage it enters largely into the food and drink of mankind. It is an essential factor in physiological action, and is necessary to the performance of every function of the body. Under its magic touch the skin grows soft, the tissues pliable, and the figure symmetrical. After the body is desiccated,—deprived of its moisture,—it is no more than a skeleton or a mummy.

Water is a universal solvent, and wherever found invariably contains some element of foreign matter. Ordinarily, it can be obtained pure only by distillation; but as it is not always convenient or practicable to procure it in that form, if its purity is doubted, it can easily be made fit for use by boiling, which destroys all organic germs. It is a convenient vehicle for conveying medicinal substances, and for carrying heat and cold to be used as remedial measures. An element that acts such an important part in the human economy deserves to be studied and something of its hygienic and therapeutic properties understood by everybody. Its simplicity, accessibility and efficacy at once commend it to general favor as a household remedy, but in the eager search after something new and unique it is often forgotten.

In a sanitary sense it excels every other cleansing agent. Wherever filth is found nothing will so quickly or effectually remove it as the free use of water. Various antiseptic and disinfectant substitutes can be used to cover up and suppress impurities for the time being, but after all, water is the only perfect detergent. Acting conjointly with its near ally, the pure air of heaven, a combination is formed before which no impurity can stand, for moving air and flowing water are, by a process of diffusion, self-purifying, and sweep a clear path wherever they go.

Within the system there is constantly going on a process of waste and repair that results in the production and elimination of worn-out and effete mat-

ter. The skin is the most extensive and active of the excretory organs, and needs frequent ablutions to prevent its becoming fetid and foul. It was a wise design of nature to make it so, for if its action had been reversed or its function made dual, and elimination and absorption established upon an equal basis, the effect upon the organism would have been disastrous and fatal by causing it to produce and absorb its own poison. The cuticle, although thin and delicate, if undisturbed, offers an effectual barrier against external contamination; but when its continuity is broken by chafing, blistering, or cutting, any noxious substance that may be applied to the abraded surface and brought into contact with the capillaries finds ready entrance into the blood and exerts a baneful influence. Perspiration is not always the same at all times nor in all people, but is, like every other secretion, subject to change and variation under different conditions. Naturally, and as a general rule, it is less acrid and offensive in health than in disease, in the young than in the old, in the lean than in the fat, and in the brunette than in the blonde. To maintain himself attractive and pure, man must be constant in his devotion to health and cleanliness.

Baths are essential to bodily cleanliness and personal comfort. No arbitrary rule can be framed to govern bathing that will apply to all alike, but each individual must determine his own wants and bathe accordingly. Everybody needs to bathe, and a daily bath ought to be the rule rather than the exception. That one fossil specimen of humanity can be found in any civilized community who has never taken a voluntary bath is no credit to the race. Generally speaking, fat people need to bathe oftener than lean, and those who are strong than the weak; but people and conditions differ so that it is difficult to generalize, and the kind and number of baths must be selected to suit the demands of each subject. All extremes should be avoided as tending towards harm, or employed for specific purpose under the guidance of wise council. A bath should not be taken either too hot or too cold, or extended too long, but moderation observed in its application. Tepid water is preferable for the average bath. If excessively hot water is used it opens the pores and relaxes the skin to such an extent that, without unusual care, cold is caught in cooling off; while, on the other hand, if the water is extremely cold it contracts the skin and closes the pores and is liable to cause nervous shock and depression.

A healthy reaction should always follow a bath. A glowing skin and comfortable feeling are indicative of good, but sensations of chill, languor, and exhaustion presage evil. The effects of a quick, brisk bath are usually the best, and in the absence of a lavatory and a bath-tub a bowl bath answers an excellent purpose. Any good soap may be freely used to remove sebaceous matter, or a quantity of salt can be dissolved in the water to impart tone to a flabby skin. A dry, scaly skin is softened and improved by an occasional rubbing with the oil of sweet almonds, which is a cosmetic that should have a prominent place in every toilet.

Sea and plunge baths on the beach and in natoriums where swimming is taught, deserve to be liberally patronized, not only for their healthfulness, but that everybody might learn the art preservative and be prepared to escape from drowning in the event of an accident upon the water; but in the acquisition of such knowledge the neophyte should be placed under the direction of a capable instructor in order to become an adept, and to guard against injury from indiscriminate and excessive indulgence, to which the exhilaration of the bath might lead. Water-cure establishments are beneficial, no less because of this feature than for the medicated and mineral waters which they supply. However, the value of such an institution can be greatly curtailed if its proprietor or manager is a crank and regards water as a panacea,—a cure-all for every disease,—and imposes his fanatical notions upon his guests by prescribing the same routine treatment for every patient, regardless of any difference in the disease, constitution, or temperament. A sensible bath means a great deal for the health and comfort of an individual, but to it must be added pure air, proper exercise, regulated diet, and a temperate life, to round out a perfect existence.

The need of the body for water is indicated by thirst. Any drain upon the system which carries off much fluid through the emunctories creates a thirst that can only be appeased by imbibing enough water to replenish the depleted circulation. Hurried meals and imperfect mastication also cause thirst, by a defective insalivation of the bolted food. Fluids of all kinds should be taken sparingly during meals, as any excess retards digestion. If thirst is experienced, it should be satisfied sometime before or after eating. Fever likewise excites thirst, and every such desire for water

should be gratified by a moderate indulgence. The old custom of withholding water entirely from all fever patients was barbarous, and is fortunately obsolete. Pure cold water—cold but not ice-cold—is more wholesome and refreshing than any concoction that can be brewed. Ice-water is injurious and should not be used as a beverage, the cold draught chills the stomach and clogs the entire system. Its effect is particularly bad if taken in heated states of the blood after active exercise or over-exertion. It has been known to cause death, and is always liable to do harm by inducing congestion, that may develop into some lingering and ultimately fatal disease. The habit of drinking ice-water and iced drinks is wrong and should be abandoned. Its suppression might entail loss to ice-men and doctors, but would be a gain to the public. The presence of cold morbidly impresses the gastric nerve, which creates an unusual craving, that grows by what it feeds on and cannot be satisfied. Ice and ice-water are only useful in sickness, and even then must be administered with wisdom and caution in selected cases. If fed in small quantities when indicated, it is grateful and refreshing, relieving thirst and allaying nausea, but if contra-indicated the opposite effect is produced.

As a topical agent in sun-stroke or inflammation, it is of doubtful utility. If it is applied continuously it causes depression without subsequent reaction, and if used briefly it is succeeded by extreme reaction and an aggravation of the disease. When the influence of cold is desirable upon a part, a far better remedy is found in evaporation, which is effected by laving the skin with warm water and fanning, which dissipates the heat by an invisible vapor.

This method is practically applicable in fever to reduce the heat, slow the pulse, and ease pain. In all such cases a free use of the sponge bath applied warm over the whole body is always in order without danger of the patient catching cold. If the trouble is local, the bath can be limited to the diseased part or replaced by a wet compress that can be increased to a pack if much surface is involved. Its effect is invariably soothing, and always does good. A compress about the neck in sore throat will often cure a cold, and any person subject to colds can break up the disagreeable habit by bathing the neck and shoulders every morning in cold water and rubbing the skin briskly with a coarse towel.

Warm water tastes insipid but suits the healthy stomach best, because it does not lower the normal temperature nor interfere with digestion. But water is a valuable diluent and stimulant, and is much in vogue to relieve gastric troubles. It aids in emptying the stomach of indigestible food, modifies acrid secretions and increases peristaltic action. If it is not as palatable it is often preferable to tea or coffee as a table drink. The astringent property of tea causes constipation, and coffee produces biliousness and bilious colic, while both act unfavorably upon nervous temperaments, originating headache, wakefulness and nervousness. Water, sipped as hot as can be borne without scalding the mouth, stops nausea, quenches thirst, arrests faintness, interrupts chills, and diffuses a feeling of warmth and comfort throughout every nerve and fiber of the body. Applied locally it relieves pain, subdues congestion, and reduces swelling. It can be used corked in bottles, by cloths wrung out of hot water, or immersing the affected part in a hot bath. It is superior to any liniment in sprains and bruises, and in the form of a hot mush poultice is an important adjunct in the treatment of pneumonia.

The foregoing suggestions indicate but a few of the many uses to which water can be put in professional and domestic practice, and the scope of its usefulness is only limited by the necessities of the human family. Reduced to a general rule, succinctly stated, sthenia [excess of force; exaltation of organic action] calls for cold water internally and warm water externally, while asthenia [debility] demands hot water both externally and internally, each adapted to suit individual idiosyncrasies.—*J. A. Munk, M. D., in California Medical Journal.*

DANGERS IN A MEAT DIET.

SOME pretty hard things are being said nowadays about meat eating—the danger of it, because of the uncertain sources of the food. The editor of the *Pacific Record*, Dr. Chas. W. Moore, unhesitatingly declares from actual knowledge “that there has been no day in the past five years when an examination of the markets would not have shown an acute observer unborn veal and lamb, tuberculous beef, and meat of all kinds in a condition of cadaveric decomposition.” In an address to the Butchers’ Protective Association, Mr. C. A. Mercer, the United States Agent of the Bureau of Animal Industry, said: “It will be two years be-

fore this country can be thoroughly cleansed of diseased cattle, for from San Francisco Bay to Southern California one-half the State stock is rotten. Out of every hundred consumptives, twelve acquire the disease from drinking the milk or eating the meat of consumptive cows.” Evidently those who seek health in the California climate are likely to find at the same time sources of disease in the California meats; but if Doctor Huidekoper, of Philadelphia, is to be believed, we are not much better off in the Eastern States. He says, “There are 125,000 human deaths in this country every year from tuberculosis, and nearly one-half of them are the direct result of eating diseased beef.” He thinks that horse-meat would be as good as beef, and safer. Most cities have regulations, and men appointed for inspection of the meat that is offered for sale, but the inspectors are too often negligent, and the rules willfully ignored. Those who are inclined to be very particular, and who would insure themselves a safe and clean diet, would probably have to fall back mainly upon vegetarianism. Fruits, grains, and vegetables are, like animals, subject to their special diseases, but when diseased, and, therefore, unfit for food, they generally offer ready evidence of it, so that the unsuitable can be easily detected and discarded.—*Health Monthly.*

THE STERN REALITY OF PAIN.

A ROBUST toothache once moved into the molar tooth of a “Christian” healer and proceeded to make itself at home.

The Healer had spent that day, and so many days preceding it, assuring his patients that their sufferings had no real existence that he had come to look upon the physical ills of mankind with lofty scorn, and to despise the weakness which acknowledged pain.

He therefore calmly continued to treat a case of spinal irritation then in hand, totally disregarding the none too gentle titillations which were running through his inferior dental nerve.

After a time, finding that his tooth ached with a fury that refused to be disregarded, he proceeded to give himself one of his two-dollar treatments, thus: “Evil doth not exist; pain is evil; therefore pain has no existence; hence there can be no pain in my tooth.”

At this logical demonstration the robust toothache smiled grimly, and gave the dental pulp a bang

so powerful that the "Christian" healer was unable to suppress a mournful howl, but he heroically proceeded:

"The pain I seem to feel in my tooth is not an actual existence; it is merely an evil thought brought about by an operation of the intellect; I will put a good thought in its place and the discomfort conceived by my mind will cease."

On hearing this the robust toothache rolled up its sleeves and went to work in earnest. It jumped with both feet upon the quivering nerve ends and stamped, kicked, squeezed, and tugged at them with so savage a vigor that when the bleary-eyed dawn began to brighten in the east, the "Christian" healer, who had spent the night in walking up and down, moaning and trying to convince himself that it was only a bad idea he was suffering from, was in a thoroughly knocked out condition.

The toothache, with all the freshness of youth, continued to play a stormy fantasia upon his nerve ends.

Suddenly he seized his hat and coat with a frantic haste.

"Where are you going, Edward?" inquired his wife, who was also a metaphysical healer.

"I'm going to have this tooth pulled out," said he, shortly.

"Pain has no real existence," replied his wife, calmly; "you know that, Edward."

"Shut up, woman!" he yelled. "Who's got this toothache, you or me?" and slamming the front door behind him he made a bee-line for the nearest dentist.—*F. B. S. King, in Medical Visitor.*

THE NERVOUS PATIENT.

In the old days the nervous patient was one who met with but little forbearance from others. It was universally conceded to be a matter of the patient's own will; she could be different if she would; and only the more charitable called her possessed. But nowadays it is commonly admitted that the nervous patient is irresponsible—that scolding and reproaching are worse than useless, inasmuch as they are cruel and wicked, and that the only cure for the trouble is complete indulgence and rest. For it has at last been recognized as a trouble, a real trouble, and not a voluntary matter within the patient's control; a case not of fidgets, but of tired and sick and naked nerves, that must be soothed and cushioned and clothed and made whole again.—*Harper's Bazar.*

INDIGESTION.

CARLYLE described his indigestion "like a rat gnawing at the pit of his stomach," and said his best physician was a horse. Someone has jocosely remarked that the outside of a horse was the best thing for the inside of a man. Calvin was a sufferer from indigestion, so was Emerson, so was Cowper, so was Darwin, so indeed were many of the great men of modern times. An old physician used to say: "Tell me how a man digests, and I will tell you how he thinks."—*Scientific American.*

TYPHOID fever is rapidly coming to cause in current life the dread caused by small-pox a century ago, and the *Medical News* in its last number points out that the International Congress for Hygiene, at Vienna, reached the conclusion that bad drinking water had more to do with causing this disease than any other source of contamination. The evidence of this is all but conclusive, the solitary missing link being the identification of the bacteria of sewage-contaminated water and that of typhoid. The general evidence of a connection between a sewage-infected supply of water and a prevalence of typhoid fever is practically overwhelming.—*Trained Nurse.*

THE necessity of more attention being paid to dietetics is apparent on every hand. At least one-half of all the sickness can be traced to errors of diet. A few of the most intelligent of the people are beginning to appreciate the importance of a knowledge of dietetics, and we predict, that the subject will receive still more attention in the future.—*Selected.*

PHILOSOPHY OF MARRIAGE.—A little lad of our acquaintance on seeing a very tall man said, "Ma, its a good thing that that man got married, for if he had'nt he would have grown so tall that he never could have got into a house."

It has been observed, that sewing-girls often develop ulceration of the stomach, caused, doubtless, by pressure from the stooping position.

AFTER bathing, persons who take cold readily should be rubbed thoroughly with cocoanut oil, olive oil, or vaseline.

LET sin have no dominion over thee.

Disease and its Causes.

IN THE GARDEN.

FANNIE BOLTON.

HUSH! dear. We are past the high willows,
We have come into circles *elite*.

Here are royal roses and princely lilies,
And pink pages close at our feet;
And the air is a ladence of subtile fragrance,
Like thoughts that are rare and sweet.

God thought of these beautiful flowers
Long ago, and he loves them yet;
Sends down his dew with his ministering hours,
And his winds to caress and pet;
Sends down deep folden, his sunshine golden
For the daises and mignonette.

It is good to go into the garden,
Good to be here with the meek.
Good to bow low where the soft flowers blow,
And listen and hear them speak;
And learn to be tender to things that are slender;
For the Lord himself cares for the weak.

One's always gentler and truer,
More tender of heart for an hour
Spent with God's thoughts, high and pure,
And revealed in the heart of a flower.
Each flower is a sign of the One divine,
And a garden's a sacred bower.

The roses speak of the rose of Sharon,
The lilies of Christ of the vale;
And every sweet flower unfolds his power
And his love that never can fail,
And tell how tender he is to things slender,
For God himself cares for the frail.

THE APOSTASY OF SOLOMON.

The Lesson of His Life.

BY MRS. E. G. WHITE.

THE book of Ecclesiastes was written by Solomon in his old age, after he had fully proven that all the pleasures earth is able to give are empty and unsatisfying. He there shows how impossible it is for the vanities of the world to meet the longings of the soul. His conclusion is that it is wisdom to enjoy with gratitude the good gifts of God, and to do right; for all our works will be brought into Judgment.

Solomon's autobiography is a mournful one. He gives us the history of his search for happiness. He engaged in intellectual pursuits; he gratified

his love for pleasure; he carried out his schemes of commercial enterprise. He was surrounded by the fascinating splendor of court life. All that the carnal heart could desire was at his command; yet he sums up his experience in this sad record:—

“I have seen all the works that are done under the sun; and, behold, all is vanity and vexation of spirit. That which is crooked cannot be made straight; and that which is wanting cannot be numbered. I communed with mine own heart, saying, Lo, I am come to great estate, and have gotten more wisdom than all they that have been before me in Jerusalem; yea, my heart had great experience of wisdom and knowledge. And I gave my heart to know wisdom, and to know madness and folly; I perceived that this also is vexation of spirit. For in much wisdom is much grief; and he that increaseth knowledge increaseth sorrow. I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure; and, behold, this also is vanity. I said of laughter, It is mad; and of mirth, What doeth it? I sought in mine heart to give myself unto wine, yet acquainting mine heart with wisdom; and to lay hold on folly, till I might see what was that good for the sons of men, which they should do under the Heaven all the days of their life. I made me great works; I builded me houses; I planted me vineyards. . . . So I was great, and increased more than all that were before me in Jerusalem; also my wisdom remained with me. And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy; for my heart rejoiced in all my labor; and this was my portion of all my labor. Then I looked on all the works that my hands had wrought, and on the labor that I had labored to do; and, behold, all was vanity and vexation of spirit, and there was no profit under the sun.”

The errors and follies of the present time are an exaggerated repetition of those of past ages. One generation after another give themselves up to the vain pursuit of peace and happiness in the world, a pursuit which ends in disappointment, and too often in despair. The way of true happiness remains the same in all ages. Patient continuance in well-doing will lead to honor, happiness, and eternal life.

Solomon sat on a throne of ivory, the steps of which were of solid gold, flanked by six golden lions. His eyes rested upon highly cultivated and beautiful gardens just before him. Those grounds were

visions of loveliness, arranged to resemble, as far as possible, the garden of Eden. Choice trees and shrubs, and flowers of every variety, had been brought from foreign lands to beautify them. Birds of every variety of brilliant plumage flitted from tree to tree, making the air vocal with sweet songs. Youthful attendants gorgeously dressed and decorated, waited to obey his slightest wish. Scenes of revelry, music, sports, and games were arranged for his diversion at an extravagant expenditure of money.

But all this did not bring happiness to the king. He sat upon his magnificent throne, his frowning countenance dark with despair. Dissipation had left its impress upon his once fair and intellectual face. He was sadly changed from the youthful Solomon. His brow was furrowed with care and unhappiness, and he bore in every feature the unmistakable marks of sensual indulgence. His lips were prepared to break forth into reproaches at the slightest deviation from his wishes. His shattered nerves and wasted frame showed the result of violating nature's laws. He confessed to a wasted life. An unsuccessful chase after happiness. His is the mournful wail, "All is vanity and vexation of spirit." "Woe to thee, O land, when thy king is a child, and thy princes eat in the morning. 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! By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through. A feast is made for laughter, and wine maketh merry; but money answereth all things."

It was customary for the Hebrews to eat but twice a day, their heartiest meal coming not far from the middle of the day. But the luxurious habits of the heathen had been grafted into the nation, and the king and his princes were accustomed to extend their festivities far into the night. On the other hand, if the earlier part of the day was devoted to feasting and wine drinking, the officers and rulers of the kingdom were totally unfitted for their grave duties.

Solomon was conscious of the evil growing out of the indulgence of perverted appetite, yet seemed powerless to work the required reformation. He was aware that physical strength, calm nerves, and sound morals can only be secured through temperance. He knew that gluttony leads to drunkenness, and that intemperance in any degree

disqualifies a man for any office of trust. Gluttonous feasts, and food taken into the stomach at untimely seasons, leave an influence upon every fiber of the system; and the mind also is seriously affected by what we eat and drink.

The life of Solomon teaches a lesson of warning, not only to the youth, but also to those of maturer years. We are apt to look upon men of experience as safe from the allurements of sinful pleasure. But still we often see those whose early life has been exemplary, being led away by the fascinations of sin, and sacrificing their God-given manhood for self-gratification. For a time they vacillate between the promptings of principle and their inclination to pursue a forbidden course; but the current of evil finally proves too strong for their good resolutions, as in the case of the once wise and righteous King Solomon.

But Solomon addresses himself especially to the young in this urgent appeal: "Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them." He concludes thus: "Let us hear the conclusion of the whole matter: fear God, and keep his commandments; for this is the whole duty of man. For God shall bring every work into Judgment, with every secret thing, whether it be good, or whether it be evil."

Dear reader, as you stand in imagination on the slopes of Moriah, and look across the Kidron Valley upon those ruined pagan shrines, take the lesson of the repentant king home to your heart, and be wise. Make God your trust. Turn your face resolutely against temptation. Vice is a costly indulgence, its effects are fearful upon the constitution of those whom it does not speedily destroy. A dizzy head, loss of strength, loss of memory, derangements of the brain, heart, and lungs, follow quickly upon such transgression of the rules of health and morality.

Genius and crime make a sad combination, which we too frequently see in those who have given up God in pursuit of the world. Many of our youth who are highly gifted, go astray. Falling under temptation, they become the slaves of appetite and passion. Virtue and integrity are destroyed in them; vice becomes a tyrant, driving its victims from one excess to another, until reason, self respect, family affection, and eternal interests, plead in vain for reform. It is not easy to regain the

reins of self-government, when they are once surrendered to the baser passions.

Parents may learn a lesson from the history of Solomon. Their course of action in training their children for the duties of life, will remain as a living testimony of them when they are in their graves. There is no surer way to ruin children, both in body and soul, than to surround them with luxuries, provide them with plenty of money, allow them to frequent billiard tables, theaters, festivities, and other demoralizing scenes of amusement, to drink wine, and spend their time in delicate idleness. Reared in this way they do not feel the necessity of being able to support themselves, are devoid of energy in useful employment, avoiding systematic labor, having no respect for parents, or attachment for home. What will be the future of society and the State, if such men are chosen to offices of responsibility and trust? With no proper balance of conscience or principle, they will become the leaders and instigators of iniquity in high places, or the tools of other unprincipled and more daring men. The interests of the community will not be held sacred by them; and they will sacrifice everything to their ruling desire.

Parents, let us rear our children in such a manner that our memory will not be to them a mount of offense, as they look back upon a misspent life, the result of their injudicious training at our hands. Let them rather look back upon a parental home where vice of any sort was not tolerated, and where the law of kindness and right ruled, and the fear of the Lord was taught to be the beginning of wisdom.

Abraham pitched his tent, and by its side erected his altar. The tent was afterward removed, but the altar was enduring. Those memorable stones remained as a monument of his righteousness and devotion, and commemorated in the minds of his children, and children's children, the integrity of their father Abraham. There he had prayed and made his vows to God. There angels had visited him with messages of mercy. Sacred spot indeed, where the weary pilgrim might send up his cry to Heaven for purity and holiness of heart. Mark the contrast between those memorials and the ruins upon the Mount of Offense, which testified for many generations to the apostasy of Solomon.

Christian parents, shall the testimony of your lives in the persons of your children, speak honorably of you when your voice is silent in the grave?

or shall your mistakes and sins be perpetuated in your children as a warning to others, and a blot upon your memory?

INTERESTING TRIFLES.

BEAUTY and health are closely related, and hygiene is the mother of both, although the word is terrible to many who have been the victims of a hygienic *régime* which made life barren of comfort and joy. Perhaps the best way to establish the most healthful conditions is to talk but little about them. The majority of persons who regulate their lives by the grimmest rules are frequently the sickliest and sallowest of mortals.

Health is a coquette. Whenever anyone regularly sets about courting her favor she grows coy and illusive. Don't think and talk too much about "living hygienically." Don't be too severely plain in diet. Don't live in houses through which the air whistles mercilessly night and day, where fierce draughts strike the weak places in your body, under the hallucination that you are enjoying the benefits of healthful ventilation.

Pure air and plenty of it is essential to well-being; but pure air is not necessarily an Arctic temperature or cold winds whistling where they list.

All the pure air of the universe blowing about you will be of but little help unless you know how to breathe it properly. The art of breathing is yet to be acquired by many who are learned in other ways. Never breathe through the mouth. If you do you invite pneumonia and help to break down your general health.

Deep inhalation is said to be the key to health and beauty. Breathing, like learning, is a dangerous thing taken in small draughts. Breathe as well as think deep if you would be refreshed. Men of science frequently assert that if we breathed properly we should have no impure blood. Besides, the art of breathing properly will keep any one in a natural and graceful attitude while standing sitting, or walking. Treat your lungs with respect, and your entire body, as well as the mental part of you, will respond with gratitude. You will have health and good spirits.

A writer on this subject says, "Few of us ever thoroughly fill the lungs with air, except while gaping." Doctor Kitchen, in one of his works, remarks that the majority of people are born, live, and die without ever knowing that they have a

diaphragm. The ancients considered it so important that they supposed it to be the seat of the soul.

Singers usually have better health than almost any other class of people, simply because they have been taught to breathe properly. They can't sing if they don't understand the art of breathing. The breath is the physical life. The air capacity of the human body is spoken of as the "vital capacity," and they who have the largest vital capacity have the most life, the best health; therefore the most happiness.

The occultists speak of the "divine inward breath," through which all blessings and high knowledge are obtained. Perhaps the simplest rule for keeping well is, "Respect your lungs." whoever does this keeps his chest up, his back straight, his head well-poised—in short, keeps on good terms with grace as well as health.

How is this deep breathing done? Frank H. Tubbs says: "Simply thus. Stand, inhale deeply, fully, completely. As you do, so let the waist expand, and don't be afraid to have the abdomen protrude. At the last of the inhalation let (don't *make*) the chest expand. Let the air out gradually, and repeat the operation five to ten times. He who thinks he must begin inhalation by *making* the chest spread falls into a serious error, because this course *prevents* complete inhalation. Thirty or forty deep inhalations every morning in as pure air as possible will do more to keep the circulation of the blood good, the blood itself pure, the lungs well and strong, and the movement of the secretions active, than all the medicine any one can take."

Ladies who encase themselves in corsets which narrow their waists to painful proportions, or no proportions at all, cannot practice deep inhalation. Neither is it for the tailor-made girl; she has all she can do to breath at all and stagger under the weight of the heavy skirts which hang upon her bustle.

Pure air and deep breathing have a share in making that coveted possession—a good complexion. Fresh air and exercise will work wonders. Yes, and a cheerful temper will help the good work along. Very truly has it been said that to cultivate it means an increase of vitality. The skin is quick to reflect the exaltation or depression of the spirit.

Speaking of the complexion reminds me that both men and women, the world over, abhor a red

nose. Such of them as have this undesirable possession would like to know how to get rid of it—not the nose but the redness thereon. The ounce of prevention in this case is said to be cheese, eaten frequently and in large quantities. Red noses on men are usually attributed to tarrying at the wine. This is often a cruel cavil. There are many causes for this affliction not at all disreputable. Exposure to excessive heat or cold, violent emotion, and grief will redden the nose. Tight-lacing is frequently to blame for the red nose among women; yet even this, doubtless, is often saddled with more than its share of blame. All stomach disorders affect the nose unpleasantly. Indigestion is as bad as an excess of alcohol for coloring noses. Gluttons must expect enlarged and highly colored noses.—*Naomi Trent, in Dress.*

INGROWING TOE NAILS.

WHEN from pressure of the boot, or injudicious paring of the nails, they grow into the flesh, a simple remedy is as follows: Put a very small piece of tallow into a spoon and heat it over a lamp till it becomes very hot, and pour it on the granulations. The effect is almost magical. Pain and tenderness are at once relieved, and in a few days the granulations are all gone, the diseased parts dry and destitute of feeling, and the edge of the nail exposed so as to admit of being pared away without any inconvenience. The cure is complete and the trouble never returns. This plan has been tried repeatedly, with the same satisfactory result. The operation causes but little pain if the tallow is properly heated. Repetition in some cases might be necessary, but we have never met with a case that did not yield to one application.—*Selected.*

THE roughest and hardest hands can be made soft and white in a month's time by doctoring them a little at bedtime, and all the tools you need are a nail-brush, a bottle of ammonia, a box of powdered borax, and a little fine white sand to rub the stains off, or a cut lemon, which will do even better, for the acid of the lemon will clean anything.

It has been observed that people who suffer from nerve exhaustion drink but little water. It is suggested that such persons drink more.

BE ready to hear, careful to contrive, and slow to advise.

Temperance.

DESTINY.

WE shape ourselves the joy or fear
Of which the coming life is made,
And fill our future's atmosphere
With sunshine and with shade.
The tissue of the life to be
We weave with colors all our own,
And in the field of destiny
We reap as we have sown.

—Selected.

BEER DRINKING.

WE are fast becoming a beer-drinking nation, and it is well sometimes to ask ourselves whether the increased consumption of beer is a blessing or otherwise.

According to the census of 1880, the consumption of beer in the United States equaled four hundred and forty million gallons, or an average of 8.80 gallons per annum for every man, woman and child.

The reports of the Internal Revenue office show that since 1880 the consumption has nearly doubled, and, allowing for the increase of population, it is safe to say that twelve gallons is about the amount which every two-legged human being, from the baby one day old to the centenarian, manages to get rid of.

What is beer? This has been answered variously.

The Egyptians called it barley wine. M. Pasteur, the French chemist, says: "Beer is an infusion of germinated barley and hops which has been caused to ferment after having been cooled. It is an alcoholic beverage, vegetable in its origin—a barley wine, as it is sometimes rightly termed."

Dr. Pereira, professor of chemistry and materia medica at the English College of Physicians, answered the question by saying: "Beer is a thirst-quenching, refreshing, intoxicating, slightly nutritious beverage."

Having arrived at the knowledge that beer is a compound decoction of barley, malt, and hops, we are at once met with the question—

"Well, is not beer good? Are not hops beneficial? Is not barley a food?"

To each of which we answer: "Perhaps so, but do we get malt and hops in our beer?"

That is the serious part of the question. The United States Department of Agriculture recently published a bulletin on the subject.

The assistant chemist of the department (C. A. Crampton) says: "It is a well-known fact that very few beers are made in this country without more or less malt substitution." In other words "barley wine" is made without the barley.

What is used in place of the malt?

The department proved that beers are made today from rice, corn, bran, oats, potatoes, parsnips, turnips, pea pod, carrots, etc.

The New York State Board of Health tells us that large quantities of glucose is used in place of malt. What is glucose? It is a substance made from the starch of corn by boiling it with dilute sulphuric acid. Fancy that! A man deliberately putting sulphuric acid in his stomach!

But this is not all. Lager beer should be at least six months old, but the most of it sold is less than fourteen days old. The brewer puts a lump of bicarbonate of soda in each barrel, and often adds a little tartaric acid, cream of tartar, etc., to give the *beer a head* when it is drawn.

But the State Board of Health found nearly every beer to be salted. Why not? The salter the beer the more will be needed to quench thirst. No wonder a second glass is liked better than the first!

Mr. Crampton furthermore informs us (*American Analyst*, March 15, 1888) that "the use of artificial preserving agents not only introduces foreign matters into the beer, which are more or less injurious, but also covers up the results of unskilled brewing or unfit materials, giving to the public for consumption a liquor which, if left to itself under natural conditions, would have become offensive to the senses and putrid with corruption long before it is offered for sale."

Do our readers wish to know what substances are used for this purpose? Here is a partial list: boracic acid, bisulphate of lime, salicylic acid, etc. The latter acid is so deadly in its effects that several foreign governments have prohibited its use.

Dr. Englehardt, in a report made by order of the New York State Board of Health, as far back as 1882, says he found adulterations in nearly every beer, and he mentions as some most frequently met with: *Coculus indicus*, a very strong narcotic poison, causing giddiness, intoxication, convulsions, and even death; pirric acid, sulphuric

acid, quassia (to give the bitter flavor and so save the use of hops), guinea pepper, opium, salt, and tobacco. We have merely stated facts, have given no opinions. It has been our desire to give the truth about beer and leave the readers to draw their own conclusions. Read these facts carefully, and then if you continue beer drinking and suffer from Bright's disease, congestion of the kidneys, heart complications, syncope, delirium, fullness of the head, partial blindness and deafness, don't call it malaria, but acknowledge you are suffering from the use of an adulterated compound of glucose, salicylic acid, bicarbonate of soda, coculus indicus, quassia, etc., which the saloon-keeper has sold to you at five cents a glass.—*Household Companion*.

I WANT TO VOTE FOR MY PA.

"GOOD morning, my little man; and who will you vote for to-day?"

So said a neighbor to little Jimmie Lambert, a brave five-year-old. It was village election day, and the neighbor was on his way to the polls. Jimmie straightened himself up and was puzzled but for a moment; a bright thought struck him.

"I—I'm going to vote for my pa," he said, as if there could be no doubt about the propriety of that.

"I guess you are hardly big enough," replied the man laughing; "but you might try."

Jimmie's old plays suddenly grew stale. Here was a new thing that men were doing, and he wanted to do the same; for all play is but an imitation of real life, whether it be the play of children in the nursery, or of grown-up people on the stage. But he was sorely puzzled how to do it, and after trying several things and calling them voting, he said to his little sister, fourteen months* younger than himself:—

"Mamie, let's go and vote down town;" and off they went. But mamma saw them. Now Mrs. Lambert was somewhat out of temper that day; for Mr. Lambert, while fuddled with beer at the saloon, had just made a peculiarly unfortunate bargain. He had traded his cow, one main support of his family, for a washing machine, which some smooth-tongued guzzler assured him would do their washing before breakfast—meaning, of course, if they commenced early enough. Mrs. Lambert was kneading bread and brooding over the matter, when she spied her two children just turning into the street.

"Jimmie!" she cried; "James Henry? Do you hear me? Come into the house."

James Henry obeyed, but reluctantly. "I'm goin' to vote for pa," he said by way of apology.

"I wish you would vote for him," retorted Mrs. Lambert, as she went into the pantry after some flour, "that he would'n't have any saloon to go to."

This was taken at once by Jimmie as his mother's permission to do the voting forthwith, and slipping out of the door he was soon on his way to the hall, carefully leading Mamie by the hand.

The usual question of license or no license was before the people, and as the contest was expected to be very close, the excitement ran high. Each side had computed its forces, and was seeing that its last man had been brought in. The large room was full of men looking on, passing tickets, keeping tally of voters, or discussing the situation in loud tones. Jimmie, still holding Mamie's hand, timidly twitched a man's coat, and looked up in his face.

"I want to vote for my pa," he said.

"You're too small my little man, to—"

"Who is it?" cried a second.

"Sam Lambert's children," responded some one.

"Lobbying for a new candidate?"

"Give him a vote!"

"Give the boy a chance!"

So ran the exclamations around the room.

"Give us a speech," said a brawny gunsmith. "What office does your pa want?" and so saying he stood the children side by side upon the judge's table. All were hushed for a moment in expectation of something to cause fresh merriment. Some who had just come in stood with their ballots in their hands enjoying the diversion with the rest.

"Poor little things!" said one in a sympathetic whisper, as if to suggest that the play had gone far enough. Jimmie's lips trembled, but he managed to say:

"I want to vote for my pa."

"Shimmie's doin' to fote for our pa," repeated Mamie in a prompt clear voice, "so 'e won't do to s'loon!"

The merriment was over. An almost painful awe crept over that assembly of men, as if in the voice of helpless childhood they had heard the voice of God.

"Won't none of yez help these babies?" cried an Irishman. "Sure an I've a moind to help 'em meself."

"Give 'em some tickets shouted a voice. It was a happy thought and no sooner said than done.

"I'll count for yez, my little man," continued the Irishman, and he took a ballot from Jimmie's hand, folded and voted it. Then what a wild hurrah went up from that crowd! An officer rapped for order.

"The boy has voted now; who will vote for the little girl?" cried the gunsmith.

"That's me!"

"I'm another!"

"I'm your man, little one!" And three hands were outstretched for ballots, drawing them from Mamie's closed fist.

Another cheer went up.

"You must remove the children, gentlemen, and stand back a little," commanded one of the judges, rising. As they were lifted down another cheer arose, with cries of "Good!" "That's it!" and all eyes were turned to the cornet-band teacher's blackboard, on which a local artist was sketching in outline the two children with an inscription over and under like this:

"VOTERS, ATTENTION!"
PLEASE VOTE FOR OUR PA, SO 'E
WON'T GO TO S'LOON."

In vain did the other side try to dampen the enthusiasm. The children triumphed, and the Prohibition Board was elected by thirty-one majority. And so Jimmie did vote for his pa and won.—*Selected.*

TOBACCO AND THE BLOOD.

"THE blood is the life." This fluid is the essence of the food, that from which all parts of the body, solid or fluid, must be constructed. Upon its purity and richness, the purity and health of the body must correspondingly depend. This blood is constantly being made more or less impure by the waste of the system, and is as constantly being purified, naturally, by the air.

If the inhaled air is chemically impure, or if it contains foreign substances, its purifying power will be just to that extent diminished. If to the natural character of foreign matters in the air we add a poisonous element, the harm is much enhanced. The smoke of tobacco, minute particles of it, is the poison, carried to the lungs in the act of breathing, there mingling with the blood currents, this fluid constantly passing to the lungs for purification, for vitalizing. In this way, the poi-

son reaches every part of the body, poisoning every tissue, measurably paralyzing every nerve, every fibre.

On this point the following from the pen of one of the ablest temperance authors (if not the ablest), Dr. B. W. Richardson, is very significant, and worthy of careful thought:—

"On the blood, the prolonged inhalation of tobacco produces changes which are very marked in character. The fluid is thinner than is natural, and in extreme cases paler. In some instances the deficient color of the blood is communicated to the body altogether, rendering the external surface yellowish white and puffy. The blood, being thin, also exudes too freely, and a cut surface bleeds for a long time, and may continue to bleed inconveniently, even in opposition to remedies. But the most important influence is exerted over those little bodies which float in myriads in the blood, and are known as the red corpuscles. These bodies have naturally a double concave surface, and at their edges a perfectly smooth outline. The absorption of fumes of tobacco necessarily leads to rapid changes in them; they lose their round shape, becoming oval and irregular; and instead of having a mutual attraction for each other and running together, a good sign of physical health, they lie loosely scattered before the eye, and indicate to the learned observer, as clearly as though they spoke to him and said the words, that the man from whom they were taken is physically depressed and deplorably deficient both in muscular and mental power."

It is manifest, therefore, that the blood is not only poisoned, every part of the system more or less paralyzed, but the blood, which naturally has the power of self-purification, is so violently attacked by this poison that it is practically paralyzed in its efforts to nourish and build up the system. If, therefore, the important element from which the body must be constructed is poisoned, practically crippled, it cannot be true that the use of tobacco, in any form, not only does not ward off disease, but is a prominent and fearful cause of the deranged states of the body known as disease.—*Dr. J. H. Hanaford, in St. Louis Magazine.*

Miss Kate Field—"I have called to see the religious editor. As the great American champion of California wines as a solution of the temperance problem, I sent him a case of the wines, with request for a strong article on the subject in the religious department, but the article has not appeared.

Office boy—No, mum. He's drunk yet.—*Philadelphia Record.*

LADIES (?) SMOKING.

WE have now gone this far down in the matter of tobacco smoking: "The best cigarette made, especially for ladies." Of course there would not be a supply advertised in a public car unless there was quite a considerable demand.

We had begun to get somewhat accustomed to cigarette smoking among boys—lamentable as such a habit is. But we know that boys are thoughtless, that they want to appear "big and manly, like men" (?); but there does seem to be a deeper degradation in the bare thought of a cigarette in the mouth of a "lady"—not a true woman, for she would not be guilty of such a pitiable frailty.

Alas for our poor, fallen humanity—already too far gone from original righteousness—if the sisters, wives, and (must it indeed be so?) mothers shall set the example in so low an offense against all decency and propriety, virtue and religion!

When "ladies" (?) take to cigar smoking, tobacco dipping and chewing, and drinking intoxicating liquors, farewell to the charm of the home circle, to the loveliness of female modesty, to the safeguards of purity, to the restraints of morality, and to the awful sanctions of our holy religion. Lord, save us from this nethermost hell on earth! —*Christian Standard.*

DRINKING A FARM.

My homeless friend with the chromatic nose, while you are stirring up the sugar in the ten-cent glass of gin, let me give you a fact to wash down with it. You may say you have longed for years for the free, independent life of the farmer, but have never been able to get enough money together to buy a farm. But this is just where you are mistaken. For several years you have been drinking a good improved farm at the rate of one hundred square feet a gulp. If you doubt this statement, figure it out yourself. An acre of land contains 43,560 square feet. Estimating for convenience the land at \$43.56 per acre, you will see that it brings the land to just one mill per square foot, one cent for ten square feet. Now pour down the fiery dose and imagine you are swallowing a strawberry patch. Call in five of your friends and have them help you gulp down that 500 foot garden. Get on a prolonged spree some day, and see how long a time it requires to swal-

low a pasture large enough to feed a cow. Put down that glass of gin; there's dirt in it—100 square feet of good, rich dirt, worth \$43.56 per acre.—*Bob Burdette.*

A VICTIM TO THE MORPHINE HABIT.

THE son of a late prominent Chicago lawyer was recently picked up unconscious in the street from the effects of morphine. He said at the station house the next day that his life had been wrecked by following his physician's advice. Six years ago he was recommended to take morphine as an antidote for his appetite for drink. The habit grew upon him until he became wholly a slave to it. He has spent one year in the Washingtonian Home without being cured of the appetite. It is possible that the unfortunate young man told the truth, but it is probable that he did not. One can scarcely imagine a physician so ignorant of therapeutics or so devoid of moral sense as to substitute the morphine for alcohol habit—unless he were a charlatan of the most disgraceful sort.—*Ex.*

A BAR KEEPER'S CONSCIENCE.

HERE's a temperance lecture that has the merit of being true; A *Sun* reporter met a man the other day who for years kept a well-known uptown grog-shop. "I've given up the business; sold out and quit for good," said the ex-saloon keeper. "I couldn't stand drunken men. Oh, I could handle them all right—I wasn't afraid of them, but the idea of taking so much money that deprives women and children of necessities and comforts was too much for me. I used to see poor fellows who got \$10 or \$12 a week come in of a Saturday and blow in half of their earnings, and I knew that it meant distress for hard-working women and innocent children. I couldn't keep on taking their money. It broke me up."—*New York Sun.*

A LADY of beauty and refinement, the sister of one of the most famous lawyers in Montreal, and a member of one of the oldest families in Canada, was sent to an inebriate asylum in Chicago the other day. The drink demon is impartial—he picks his victims from the top of the social ladder as well as the bottom.—*The Mercury.*

CATER frugally for the body, if you would feed the mind sumptuously.

Miscellaneous.

STEP BY STEP.

WHEN we stop to view the ladder
 That we mount toward the skies,
 Counting o'er the rounds before us
 To the heights where our goal lies;
 Weary grow our feet and falter,
 With earth's heavy sandals pressed,
 Till our lips will frame the murmur,
 "Where, oh! where can I find rest?"

But we must not count the steppings,
 We have but one day to live,
 And the steps we leave behind us
 Are not ours to e'er retrieve.
 Neither must we count before us
 To the heights we hope to gain,
 But with steady, patient footsteps
 Tread our paths of joy or pain.

Toward that blissful isle of Sometime
 Tread we all with hopeful eye,
 Trusting that the goal we covet
 May be our station by and by.
 But, though near the bright air-castle
 To our eager vision seems,
 Step by step we near the summit,
 To the haven of our dreams.

So each step we must guard closely,
 Nor o'er-reach the day that's given;
 To perform the daily duties,
 Is a sacred law of Heaven.
 Gaze not, then, within to-morrow,
 Nor the future's misty shore,
 But be faithful in thy little,
 Then thy strength for great is more.

Do thy nearest duty ever,
 Trivial though the task may be;
 'Twill but make thy heart the stronger,
 Then, to bear what comes to thee,
 Look not back, then, nor before thee,—
 Past and Future are not thine;
 But with patience tread each footstep,
 Up the heights that thou would'st climb.

Selected.

WHAT SHALL WE EAT.

BY M. G. KELLOGG, M. D.

WHAT was said in a previous article concerning the constituent elements of the human body, and of the ability of its structures to transform them into food elements, is equally true of all animal beings; not one of them has the power of transforming either oxygen, hydrogen, nitrogen, carbon, or any other simple element, into flesh tissue

These elements must first be united and constructed into various combinations before they can serve for food for either man or beast. In the inorganic world the various elements are found in both a simple, uncombined condition, and also in a very great variety of combinations. Indeed, so numerous are their combinations, and so unlike are the substances produced by them, that we would (without a chemical analysis) naturally suppose that these simple elements were numbered by thousands instead of being limited to some sixty-five or sixty-eight kinds.

Between the inorganic world and the animal kingdom there is interposed the vegetable kingdom, whose special function it is to transform inorganic substances into food elements for the various members of the animal kingdom. It may be considered a curious fact, nevertheless it is true, that every member of the animal kingdom, from man down to the smallest insect, feeds either directly or indirectly upon food which has been formed in the vegetable kingdom. In the process of vegetative growth the vegetable cells do not make use of the ultimate elements in a free state, but they make use of certain chemical compounds which are prepared in the inorganic world. These chemical compounds, as such, can be of no more service in the animal economy than can the ultimate elements of which they are composed, but must be first organized into living cells. Every living being in the entire animal kingdom subsists upon vitalized structures which have been produced by something that had life. As in the animal kingdom, the bodies of all its individual members, whether man or beast, are composed very largely of the four elements, oxygen, hydrogen, nitrogen and carbon; so also in the vegetable kingdom these four elements constitute the principal substance of the various plants, herbs, and trees. In a certain sense the world may be said to be a vast chemical laboratory in which is produced by natural chemical action a great variety of chemical compounds. Among these naturally produced chemical compounds there are three which enter very largely into the food of all plants, and which constitute the principal substance of the entire vegetable world. These three compounds are known as water, ammonia, and carbonic acid. Oxygen and hydrogen combine to form water, hydrogen and nitrogen combine to form ammonia, Oxygen and carbon combine to form carbonic acid. The vegetable cell has the power to organize these

three compounds, together with a few other elements or substances, into cell structures like themselves and thereby cause the plant to grow, but they have no power to form water, ammonia, or carbonic acid. In the transformation of water, carbonic acid, and ammonia into vegetable cells, these substances are first organized into a low form of living substance, known as protoplasm. This is a product of vegetable vital action, and varies somewhat in its composition, within certain limits, having more or less of one or the other of these elements. As a consequence of this variation in the constituent elements of protoplasm, there is a corresponding variation in the vital properties and manifestations of protoplasmic bodies formed, some having the power to combine within their bodies certain other elements. These varying protoplasmic bodies, are only produced within the living vegetable cell and are used by it as building material. Protoplasm is also the building material of all animal bodies. Let the following points be well understood. There are four prime elements which form the principal constituent elements of every organic body, whether animal or vegetable. These elements are oxygen, hydrogen, nitrogen, and carbon. These exist in a free state in nature, but are never used in a free or uncombined state as food or building material by any member of either the animal or vegetable kingdom. Before being used as such food they must enter into the combinations known as water, carbonic acid, and ammonia. These three substances are all results of chemical action, and all are produced in the inorganic world. Plants use these three substances as food and convert them into protoplasm, and then form the protoplasm into their own substance. When plants of all kinds undergo decomposition, the first step in the decomposition is the breaking up of the cell structure into the water, carbonic acid, and ammonia. The decomposition may stop here, or there may be a still further breaking up of the water, carbonic acid, ammonia, etc., into their ultimate elements. In the animal kingdom every living being, man included, is built up from the very same protoplasm which has been produced by the plant cells and used by them in building up the various parts of the plants. It does not matter from what source man or other animals obtain their food, nor whether they subsist wholly upon a vegetable diet or an animal diet or a mixed diet, all the virtue the food possesses is in the proto-

plasm it contains, and this protoplasm has its origin only in the vegetable kingdom. In the process of decomposition of an animal body similar changes take place to those in the decomposition of plants. Animal cells break down, and the elements of which they are composed are set free. We thus have a continuous circle; inorganic substances are taken up by plants and converted into living substances, animals partake of vegetables and animal cells are produced and animal life manifested. Animals and plants die and decompose into chemical compounds, which may again be used by plants, then by other animals as food, and so on perpetually. Now, inasmuch as no substances can possibly contain any other food elements except protoplasm, and as protoplasm is only produced in plants and vegetables, it follows that whatever virtue flesh meat possesses as food is not by virtue of being a product of the animal kingdom, but by virtue of the organization received in the vegetable kingdom by the food upon which the animal fed which it has not lost in passing through the animal structures.

Query.—Can such food be as nutritive as that taken directly from the plant? But more anon.

HYGIENE IN THE HOME.

As the home is the place where man is born, where the first dangerous five years of life are chiefly passed, and the majority of the hours up to puberty; as it is the place where the woman spends the most of her time, and where all eat and sleep, it is naturally to this place that our attention is first directed, when we consider where our zeal will bear the most important fruits. For as some one has said, "Health in the home is health everywhere." Well, then, given a home, what is the most important feature? How do most of the people proceed who are going to rent or even buy a home? Why, in eight cases out of ten, they walk into the parlors, observe the size, inspect the windows as to the style of drapery, the dining-room and kitchen as to convenience, count the bedrooms, glance at the attic, and before going, open the cellar door, sniff a little of the air, possibly descend a few steps, and, especially if it is dark and cold, hastily return.

Another woman, more scientifically inclined, looks to see if the wash-bowls and closets are trapped. "And the gentleman said the cellar was all right, and so I suppose it was." This was the

remark of an average intelligent woman who had been house hunting all day, and who had finally found one which she thought was suited to an invalid husband. It is the opening sentence of a book entitled, "Women, Plumbers, and Doctors," and which I can gladly recommend to those in search of a small and readable book which contains a deal of information. It starts out with the proviso that women are naturally more interested in *preventive* medicine and household hygiene than men, hence that they should understand sanitation, which is the practical application of sanitary science to the maintenance of health. The elements of the great invisible ocean in which we live, move, and have our being, are as necessary to our life and health as the food and drink to which we are apt to give more attention. We eat a few ounces, possibly twenty to thirty, of food a day; we drink as much more liquid, but we take into our lungs from one to two thousand gallons of air daily! If we could once become permeated with the idea that the purity of this air is of as much importance to the proper nutrition of the body as the purity of our food and water, we would be taking a long step in knowledge of correct sanitation.

This brings us back to the cellar. Soil moisture and ground air are comparatively new subjects as applied to healthful homes. Yet now we know that we must get rid of them. This we must do by subsoil drainage, both inside and outside the cellar, through the laying of tile drains. Then we must dig our cellar all out to a proper depth, and cement the bottom and sides with water-tight cement. Finally, if we wish to render it as nearly impervious to evaporation as possible, we should cover the bottom with a layer of asphalt. When we remember that the ground beneath our feet teems with animal and vegetable life, upon which moisture and heat act to draw out and develop their poisons, we see how it is that by draining out the water and sealing up the residue we get a healthy and harmless building lot.

This description, which applies of course to a city and not to a country lot, is the result of the study of years by practical sanitarians, who have written numberless books whose conclusions are practically the same. Now, if upon this well-drained cellar, whose walls are of solid stone cemented inside, outside, and between with good cement, we superimpose a well and carefully-built house, what is there to fear? Why, those

dreadful plumbers' pipes. Aye, truly! The subject of plumbing is so large that one fears to dogmatize. Still there are certain broad rules that one may state in a few words. We have two objects in view—to bring water into the house and to take liquid and semi-liquid matter away. From the defective removal of these products come a host of evils which people are apt to attribute to the climate, the weather, nerve-prostration, and, last but not least, to *malaria*, that scape-goat whose burdens must be as intolerable as those of Hercules when he took the world from the shoulders of Atlas. To secure the perfect removal of sewage products, and perfect ventilation of the house system of pipes, and to obviate leakage—to quote—"Have the pipes of proper material, properly trapped, properly joined and laid, and sufficiently flushed with air and water." Each pipe should not only be trapped, but there should always be a trap between the house and street system, and this trap should be thoroughly ventilated through a pipe running up to the roof. This is a common omission. It is not enough when we build our house that we secure the services of a competent plumber. If our time is valuable and our income large, we can pay a sanitary engineer to draw our plans and superintend our plumber. But, if our income is small, it pays to be informed, to read the newest and simplest books on this subject—finally, if possible, to stand over and see each joint in place and cemented. Do not cover pipes or traps by wooden casings, but wherever practicable have them open to view and inspection.

As one's own personal experience is often interesting, here is ours: When we bought our home it was assumed to be in excellent condition. It had been largely rebuilt, the cellar said to be tile-drained, the plumbing put in new. Everything that we could see looked fairly well, except that the front cellar was not all dug out and only a small portion of the floor cemented. Further investigation revealed very serious drawbacks. There was an arrangement which I hope will soon be rejected absolutely. I refer to the practice of gathering the air from the halls of a house which has been partially contaminated by use, passing it into the air-chamber of the furnace, reheating it, passing it through the flues into the house, and so on *ad nauseam*. This little device was at once discarded, and air for the furnace admitted through an air-box (*tightly sealed* with tarred paper) from

the sunny side. Almost at once we noticed that when the house was more or less shut up, as in winter, there was a sort of musty odor strongly suggestive of impure cellar air, and that members of the family on the ground floor constantly suffered from an unusual amount of dull headache, dyspepsia, listlessness. Determined to know the worst, we decided, as soon as spring came, to overhaul the cellar and plumbing thoroughly. This was done, the earth completely removed from the cellar, the plumbing exposed. It was found that no tile drains were present, that the soil pipe leaked into the ground where it joined the house sewer, that all the joints of all the drains were defective, in short, that almost as bad a state of things existed as could exist. And this in a house which was supposed to be in perfect order! We spent seven hundred dollars in rectifying mistakes and reckless omissions. Among other things, we lathed the ceiling of the cellar and plastered it throughout.—*W. H. Elliot.*

HOW PINS ARE MADE.

FIRST, a reel of brass wire is taken, of suitable thickness. The wire passes over a straightening board, after which it is seized by two jaws, and a cutter descends and cuts it off, leaving a projecting part for a head. On the withdrawal of the cutter a hammer flies forward and makes a head on the pin; then the jaws open and the pins drop on a finely-ground metal plate, with the heads upward, until the end to be pointed comes into contact with a cylindrical roller with a grinding surface, which soon puts a fine point on the pins. They then drop into a box ready to receive them, and are ready for the second stage. After they are yellowed or cleaned, they are tinned, or whitened, as it is called. The pins are now ready to be placed in papers. One girl feeds a machine with pins, and another supplies the machine with paper. The pins fall into a box, the bottom of which is made of small, square steel bars, sufficiently wide apart to let the shank of the pin fall through, but not the head. As soon as the pins fall through the bottom of the box and the rows are complete, the bottom detaches itself, and row after row of pins is sent at regular intervals to be placed in the papers.—*Home Knowledge.*

CARNAL sins proceed from fullness of food and emptiness of employment.

CANCER.

CANCER is on the increase. Its real cause is still among the things unknown, and its prevention, and cure, are necessarily uncertain. Could we have a complete history of every person in the United States who is to-day suffering from cancer, we might be able, by comparison, to discover some common factor which would solve the problem of the cause of cancer. If the reader of these lines will send us the name and address of any person known to him, who is thus afflicted, we will make a legitimate use of the information and endeavor to develop some useful knowledge. If successful, our readers shall have the benefit of it.—*The People's Health Journal.*

VINELAND, N. J., is a no-license colony founded in 1861, and it has prospered as no rum colony ever did. It contains thirty-two square miles and its population was in 1880 about 10,000. It never has had a jail or lock-up. Its one policeman gets \$25 a year for his services. Its taxes on property are about one-fourth of one per cent. on the cash value. There is not a known bad character of either sex there; such people cannot live there. Every family owns its own home, and the example of Vineland has made Millville, Bridgeton, and several other townships temperance towns, and the same policy prevails there and is spreading all around.

HERE is a curious advertisement from a South African paper: "Wanted, a gentleman as overseer of a wine and brandy farm. Total abstainer preferred." Evidently the Africanders are no believers in the proverb. "Who drives fat oxen should himself be fat," or in the commandment, "Thou shalt not muzzle the ox that treadeth out the corn." We shall hear of a blue ribbonite butler next; many a master and mistress would devoutly wish to see him.—*Japan Gazette.*

FEMALE ECONOMY.—The woman who pays twenty dollars for a new bonnet will reach down a lamp chimney for five minutes and nearly burn her nails to the quick to light a piece of folded paper and save a match.—*Mercury.*

"CAN'T you make any allowance for a man's being drunk?" "Certainly!" said the judge, "I'll allow you thirty days in the work-house."

Household.

MY MOTHER'S HYMN.

LIKE patient saint of olden time,
 With lovely face almost divine,
 So good, so beautiful and fair,
 Her very attitude a prayer;
 I heard her sing so low and sweet,
 "His loving kindness—oh how great!"
 Turning, beheld the saintly face,
 So full of trust and patient grace.

"He justly claims a song from me,
 His loving kindness—oh how free!"
 Sweetly thus did run the song,
 "His loving kindness," all day long;
 Trusting and praising day by day,
 She sang the sweetest roundelay,

"He near my soul hath always stood,
 His loving kindness—oh how good!"

"He safely leads my soul along,
 His loving kindness—oh how strong!"
 So strong to lead her on the way
 To that eternal, better day,
 Where, safe at last in that best home,
 All care and weariness are gone,
 She'll sing with rapture and surprise
 His loving kindness in the skies." — *Selected.*

CHRISTIAN COURTESY.

LORD CHESTERFIELD defined good breeding as the result of "much good sense, some good nature, and a little self-denial." The Spirit of Christ does *really* what this sort of courtesy only does outwardly. Love gives the true Christian a delicate tact which never offends, because it is full of sympathy, and is capable of exercising not a little but a great deal of self-denial.

True courtesy is "the beauty of the heart." How well it is that no one class has a monopoly in this kind of beauty; that while favorable circumstances undoubtedly do render good manners more common among persons moving in higher rather than in lower spheres, there should nevertheless be no positive hindrance to the poorest classes having good manners. Here is an illustration of true politeness exhibited by both classes of society. One day, in hastily turning the corner of a crooked street in the city of London, a young lady ran with great force against a ragged little beggar boy, and almost knocked him down. Stopping as soon as she could, she turned round

and said, very kindly, to the boy, "I beg your pardon, my little fellow; I am very sorry that I ran against you." The poor boy was astonished. He looked at her for a moment in surprise, and then taking off about three-quarters of a cap, he made a low bow and said, while a broad, pleasant smile spread itself all over his face, "You can have my parding, miss, and welcome; and the next time you run agin me, you may knock me clean down, and I won't say a word." After the lady had passed on he turned to his companion and said, "I say, Jim, it's the first time I ever had anybody ask my parding, and it's kind o' took me off my feet."

One very cold day the American preacher, Henry Ward Beecher, bought a paper from a very ragged little boy. "Poor little fellow!" said he, "ain't you very cold?" "I was, sir, before you passed," replied the boy, with natural good manners.—*Sel.*

MANAGING CHILDREN.

CHILDREN not only imitate our faults, and suffer by our carelessness, but govern us through our weaknesses. A friend came to visit me, and brought a generous, frank, and manly boy four years old. But he disturbed our whole circle by his constant crying. This habit was not in keeping with the brave, proud, independent character of the child; I therefore felt a curiosity to find the cause. My first discovery was *he never shed a tear.*

His mother wished to take a trip, but could not take her boy.

"Leave him with me."

"He'll torment the life out of you."

"I don't think so."

"I will, indeed, be most grateful. You may whip him as often as you please."

"I should not strike a child, except in a most extreme case."

"Then you can do nothing with him."

She has gone. The next morning after breakfast Willie asked,

"May I go and play in the yard?"

"It rained last night, and it's too damp now. You may go at ten, not before."

"Boo, whoo, whoo," rest. I kept quietly sewing. "Boo, whoo, whoo," bass. "Boo, whoo, whoo," tenor. I sewed on. "Boo, whoo, whoo," double bass. "Boo, whoo, whoo," falsetto, rest.

"Now may I go?"

"You may go at ten o'clock."

Concert repeated, I silently sewing the while.

"Ain't your head 'most ready to split?"

"No."

"Mayn't I go out now?"

"Not until ten o'clock."

Concert resumed; rest.

"Ain't you 'most crazy?"

"No, not at all."

Concert resumed, with the addition of throwing himself on the floor, and knocking his feet up and down. After a while:

"Ain't you 'most crazy yet? Why don't you shake me, and call me the baddest boy that ever was, and send me out of doors?"

"Because you are not going out until ten o'clock."

Concert resumed, with the addition of bumping his head as well as his toes; rest; a pause. Then picking himself up, he stood erect before me, with his hands in his pockets.

"Why don't you whip me, and send me off to get rid of my noise?"

"Because you are not going out until ten o'clock."

He stood a moment.

"If I bump my head, ain't you afraid it will kill me?"

"Not in the least."

"But it does hurt me awfully."

"I am happy to hear it."

He drew a long breath.

"What *can* I do next? I's done all I knows how."

"See if you cannot think of something else."

"May I take my blocks?"

"Certainly."

At nine he started up.

"Now may I go?"

"That's nine."

He went back to his blocks without a murmur.

At ten he went out.

He had been used to kneel by his mother, say his prayers, and hop into bed. I wished him to kneel with me, by the bed, and say his prayers slowly, and then I would make a short prayer for him. The arrangement did not please him; so the third night he gave battle. Being tired, my head did feel as if it couldn't, or rather wouldn't, bear it. Out of all patience, I determined to give him a good whipping. But never having struck a child, I was not quite hardened enough to take my

slipper, and couldn't see anything else. As I looked around, a voice, my God speaking through my conscience, asked, "What? whip in anger? Whip a little boy because he cannot govern his spirit, when *you* cannot govern your own? Another than the boy needs to be prayed for." And, kneeling, I asked my Father to give me his strength, his grand patience, with a disobedient, self-willed child.

As I kneeled, Willie crawled under my arm, and commenced to say his prayers very slowly, and kept still while I prayed a few words, and then asked,

"Now, may'nt I pray my own self?"

"Yes, darling."

And these were his words: "I's a real mean little boy. She won't do nothing ugly a bit, and I's made her head 'most split. O God, don't let me be a mean little boy any more at all."

The splendid little fellow had had a fair trial of strength, and was conquered, and surrendered manfully; and I had no further trouble or annoyance during the seven weeks he staid with me.

But how nearly I had lost my vantage ground! If we would *rule our own spirits*, how easy it would be to rule our children and our servants.—*Congregationalist*.

TO COOL A ROOM IN HOT WEATHER.—A correspondent of the London *Carpenter and Builder* gives a very useful hint as to how to make a room tolerably cool during hot weather. The great cause of heat in a room is, of course, the glass, which, under the sun's rays, will become too hot to bear pressing with the fingers. It is shown that those who cannot enjoy the luxury of an outside sun blind can extemporize a very good substitute by simply lowering the upper half of the window frame and turning the curtain outside. This not only screens the window, but creates a strong draught between the panes and the linen, and thus absolutely makes the glass cold.

THE greatest mortality of all climes and among all nations is due to the lack of mother's milk. The question *par excellence* arising above all others is infant diet.—*Dr. Earle*.

THE death rate of infants on farms is very small in comparison with the frightfully large infant mortality in cities.

THE easiest way to mark table linen: Leave a baby and a blackberry pie alone at the table three minutes.

ECONOMICAL BILLS OF FARE.

Breakfast.—Crushed wheat mush with cream; Graham bread; minced potatoes; boiled eggs; Bartlett pears.

Dinner.—Potato soup; summer squash; green corn; whipped potatoes; raw ripe tomatoes; desert, watermelon and Crawford peaches.

Minced Potatoes.—Chop cold boiled potatoes fine; while chopping add all the salt desired; put them into a fryingpan with butter enough to prevent their sticking to the pan. Pour over them rich cream and let them thoroughly heat, stirring lightly, and serve at once.

Boiled Eggs.—Place the eggs in water a little warmer than milk warm. In four or five minutes pour off the water, and immediately pour on boiling water to cover the eggs; let them remain in this hot water five minutes and they will be sufficiently cooked. If boiling water is poured on cold eggs in a cold dish, it will be so suddenly cooled that the eggs will not be cooked, but treat them as above directed, and you will find them thoroughly cooked, and yet soft and palatable. Eggs cooked in the usual way, put into boiling water and boiled three minutes by the watch, come out with the central or yellow part soft, while the white is hard, unpalatable, and difficult of digestion.

Potato Soup.—Take from eight to ten medium-sized potatoes, pare and cut into small strips or blocks; boil three-fourths of an hour in three-quarts of water, then add a pint of rich cream; put a small table-spoonful of butter into a plate where it will soften, and stir into it two table-spoonfuls of flour, add to the soup, and boil five minutes. A large sprig of parsley may be used if desired. Drop dumplings made with flour and cream, with a little baking powder is an improvement. The dumplings can be made with milk and yeast, and are good. Salt to taste. When dumplings are used omit the flour.

Summer Squash.—Peel, seed, and slice fresh summer squashes. Lay in cold water ten minutes, put into a steamer over boiling water and steam until tender. Twenty minutes will suffice if the squash be young. Before mashing, press as much water from them as possible. Season with salt and thick cream.

Green Corn.—Put the nicely prepared ears into enough salted boiling water to cover them. Boil ten minutes by the clock. The corn should be

out of the kettle when the ten minutes are up. At once dash cold water over it and immediately pour it off; then cover closely until the meal is ready. A little longer cooking will harden it and render it indigestible. This is the reason why green corn, as usually cooked, causes so much sickness.

Whipped Potatoes.—Instead of mashing in the ordinary way, whip with a fork until light and dry; then whip in some rich cream and a little salt, whipping rapidly until creamy. Pile as lightly and irregularly as you can in a hot dish.

Tomatoes.—Dr. Holbrook says, "The simplest and one of the most wholesome modes of preparing tomatoes is to remove the skins by scalding, cut them in slices, and season to the taste. To our taste powdered loaf sugar makes the best seasoning. The tomatoes should be solid, like the torphy, and perfectly ripe. As a substitute for fruit they answer a good purpose. Some prefer the ripe uncooked tomatoes with a little salt only.

MRS. A. M. LOUGHBOROUGH.

BREAD MADE FROM WHEAT.

BREAD is made principally from wheat flour. Rye and corn meal is sometimes used, but better results are obtained when there is a mixture of wheat with one or more of these grains. Rye alone makes a close, moist, sticky bread; while corn meal alone makes too dry and crumbly a loaf.

Wheat is an annual grass of unknown origin, cultivated more extensively in the northern hemisphere. There are said to be over one hundred and fifty varieties of wheat. They are classified as red or white in reference to the color of the grains; as winter or summer, winter wheat being sown in the autumn, and summer wheat in the spring; as soft or hard, soft wheat being tender and floury or starchy, and hard wheat being tough, firm, and containing more gluten.

THE NUTRITIVE VALUE OF GLUTEN.

A MORE general use of gluten is urged by Dr. Woltering, both on account of its great nutritive value and its cheapness. Pure gluten bread, according to this author, is about three times as nourishing as meat. Bread prepared with forty per cent. of gluten is said to contain more albumen than chick en.—*Dietetic Gazette.*

RARE as true love is, true friendship is rarer.

MOTHS.

THE destruction of moths is one of the greatest vexations which careful housekeepers have to contend with, and their depredations are not to be remedied after they have once made inroads. Houses heated by furnaces are especially predisposed to have moths, but every housekeeper must be on the watch for them, for from the time that the windows begin to be left open the trouble begins. Heavy carpets sometimes do not require taking up every year, unless in constant use. Take out the tacks from these, fold the carpets back, wash the floor in strong suds with a tablespoonful of borax dissolved in them. Dash with insect powder or lay with tobacco leaves along the edge and retack. All moths can be kept away and the eggs destroyed by this means. Ingrain or other carpets, after shaking, are brightened by sprinkling a pound of salt over the surface and sweeping carefully and thoroughly. It is also an excellent plan to wipe off the carpet with borax water, using a thick flannel cloth wrung tightly, taking care not to wet it, but only to dampen. Open the windows and dry the carpets before replacing the furniture. Other woolens, including blankets and wearing apparel, must be beaten and brushed and folded smoothly. Be careful to clean every spot with ammonia and water not too strong, and a dark woolen cloth. Tie pieces of camphor into little bundles and put one in each article. Wrap the article in newspaper, as printer's ink is a great preventive of moths, and sew them up in strong sheeting bags, labeled, so that it will not be necessary to open them during the summer except for use. This is a good way for those who do not possess cedar boxes, and the articles need have no other care if every spot is treated as directed and the garments are not left hanging in the closet too long before putting away for the season.—*Good Housekeeping.*

NEVER give an unreasonable command, or expect too much from children. Speak plainly and distinctly to them, and teach them to do the same. See that they obey promptly. Tardy obedience can be made very like disobedience. Speak only the truth before them and quickly discourage even little falsehoods. Observe your children carefully to see for what business in life they seem to show the greatest ability, then help them to prepare for it.—*Selected.*

HELPFUL HINTS.

A PROPER diet will do more for the complexion than all the cosmetics in the market.

BREAD toasted through and through to a golden brown, is not likely to sour on the stomach.

GREEN WHITewASH.—Chrome green will tint whitewash nicely and it contains no arsenic.

DAMPENED newspapers torn in bits and scattered over the carpet will take up dust better than salt or tea-grounds.

TIE a piece of stale bread in a white muslin cloth, and drop it into the kettle with your boiling cabbage. It will absorb all the offensive smell.

IF the fruit burns to the bottom of the kettle while cooking it, put in the kettle a spoonful of ashes and a cup of water, and let it stand a little while, when it can be cleaned easily.

IF a burn is immediately covered from the air and kept covered until it heals, no scar will be left. Bad burns have been dressed under cover of a blanket, both physician and patient being covered to keep out the air as much as possible.

To keep cut flowers fresh, in the evening lay them in a shallow pan or bowl, with their stems in a very little water, and cover the dish with a damp towel, one just wrung out of water. In the morning the flowers can be arranged in vases for the day. Flowers treated in this manner can be kept from one to two weeks, and sometimes even longer.

SOMETIMES it is difficult to distinguish between a green and a ripe water-melon. The ripe melon has a rougher appearance, cracks when pressed, and gives off a dull heavy sound when tapped, while some contend that the drying-up of the "curl" at the connecting end is also a sign of ripeness. The green melon is smooth and bright, and gives out a loud, clear sound when tapped with the fingers.

LACE CURTAINS.—Shake the dust out of the lace, put in tepid water in which a little soda has been dissolved, and wash carefully with the hands in several waters; rinse in water well blueed, also blue the boiled starch quite deeply, and squeeze, but do not wring. Pin some sheets to the carpet in a vacant room, then pin down the curtains stretched exactly to the same size as before they were wet. In a few hours they will be ready to put up.

Healthful Dress.

THE FURBELOWS.

O WOMEN! with brothers dear,
 O women! with husbands and sons,
 'Tis not alone these trappings you wear,
 Ye gay and thoughtless ones;
 While stitch! stitch! stitch!
 Too hurried to stop;
 Is sown in your hearts, while sewing your gowns,
 The seeds of a bitter crop—
 Of selfishness, folly, and pride;
 Bankruptcy, ruin, and crime—
 (Each to the other so closely allied!)
 Harvest unfailingly gathered in time;
 While work! work! work!
 With never a moment to spend;
 Except as you go through frivolity's show,
 And come to mortality's end.

MARY C. WEBSTER.

THE GOSPEL OF PHYSICAL IMPROVEMENT.

FROM an interesting and instructive paper on the "Physical Development of Women," by D. A. Sargent, in the February number of *Scribner's Magazine*, we take the following extracts: "At the time of the worship of the beautiful by the Greeks, women quickly discerned the harmonious curves and symmetrical lines that received the approval of the men of that age, and they fashioned themselves accordingly. The ideals predominating at that time have been transmitted to us in marble and bronze, and illustrate the highest ideals of feminine beauty and loveliness of figure. As soon as the moral fibre of the Greeks grew lax the courtesans set the fashion, and in order to make the hips more prominent the graceful curve of the pelvis was gradually increased by constricting the waist with a many-layered girdle. This custom was then carried to such an extent that, according to Cerviotte, Hippocrates 'vigorously reproached the ladies of Cos for too tightly compressing their ribs and thus interfering with their breathing powers.' The custom was imitated by the Romans, and the works of Martial and Galen frequently allude to the unnaturally small waists of the women of their times. In fact, stays and breast-bands were regarded by Galen as the cause of many of the evils attributed to them at the present day.

"This art of constricting the waist has flourished at different periods in different ages for the past three thousand years. The reason of the masses has been so wrapped and twisted on this subject in times gone by, that women have laced their children, and men, yes, even soldiers, the athletic defenders of a nation's welfare, have worn corsets to enhance the elegance of their figure. In thinking over the origin of this custom and the moral significance of it, we simply marvel at its prevalence in a civilized community."

"When we reflect that woman has constricted her body for centuries, we believe that to this fashion alone is due much of her failure to realize her best opportunities for development, and through natural heritage to advance the mental and physical progress of the race. We are the more firmly convinced of this fact from the rapid advancement that women make in health, strength, and physical improvement under favorable circumstances. This would seem to indicate that their bodies had been held in arrears and were pining for freedom of movement and exercise."

"As to skirts—what shall we say of them? They have hampered the progress of civilized women for three thousand years. If they must be worn let them be reduced to the minimum in number if not in thickness, so as to restrict the free movement of the limbs as little as possible. The lower garments should be fastened to a waist so that the support shall come from the hips at the rim of the pelvis, and not from the shoulders. If the waist jacket is properly made it will support the abdominal walls in front, and not allow the weight of the garments to drag on these parts, as is generally the case in garments supported from the waist.

"The common-sense garments that are now being worn by young ladies throughout the land who are practicing and teaching physical exercises, are having a great influence in bringing about the much-needed dress reform. The girl of athletic taste finds much enjoyment in garments that allow her plenty of air to breathe and freedom of movement."

"At the present time women as a class have more leisure than men for self-improvement, and we must look to them to help on the higher evolution of mind and body, not only in perfecting themselves, but in helping to perfect others. Already three-fourths of the school-teaching force in the United States is composed of women, and they will soon be in the majority as instructors in physical training. The gospel of fresh air and physical improvement is being slowly imbibed by our best families, and the stock of fine specimens of physical womanhood is slowly and steadily improving. When the young women throughout the land shall have felt the influence of this new religion, and become thoroughly aroused to the importance of making the most of themselves in body as well as in mind we shall not only elevate the average mental and physical condition of the masses, and so raise the athletic standard, but we shall be much more likely than at the present time to produce a few of the intellectual giants that are needed to grapple with the great problems of our complex civilization."—*Dress*.

A CORRESPONDENT has what he calls an excellent remedy for persons who do not hold their shoulders properly. It is this: Let the victim of bent shoulders take a corner of a room, and place a hand on either side of the wall; then bend the body backward and forward, keeping the feet firm. The hands should be placed about sixteen or eighteen inches from the corner, so as to give room for the figure, and they should be placed firmly. If this operation is faithfully gone through with every morning, commencing with, say, twenty-five movements, and increased every day one or two, the roundest shoulders, where there is no deformity, will become straight, and a suppleness and grace given the arms from the exercise and free movements of the muscles.—*Selected*.

THE CORSET.

"O DEAR! I don't know what is the matter with me. I am so tired all the time I can't stand anything; I can't walk three blocks. I have neuralgia every little while. I'm good for nothing, and yet there seems to be no disease about me. I wish you'd tell me what ails me."

The speaker was a beautiful girl about nineteen years old. Nature had intended her for a magnificent specimen of womanhood. She was not less than five feet seven inches in height, but with shoulders and hips broad in proportion; she measured but twenty-two inches around the waist.

Of course she asserted that she did not dress tight; but when told that in order to have good health she must leave off her corset she rebelled. "Why, how would I look without a corset?" she exclaimed; "I'd be a perfect fright." What reply was there to be made to so convincing a statement? But by the light of science her whole body was illuminated, and to the understanding vision she was a perfect fright as it was. I never see such a figure that I am not reminded of Hiram Powers' query in regard to a fashionably-attired lady, "I wonder where she puts her liver?"

It is easy enough to prove that the breathing capacity is actually lessened by the corset, even when not worn tight. Anyone who wishes to try the experiment can sit down and begin to draw in the deepest breath possible. When the limit of the corset is reached unclasp it and see how widely its clasp can be separated by the action of the lungs alone. Then if you bear in mind that these muscles have been weakened by non-use, and that with full liberty they would increase in strength, you will be able to imagine how much the corset has lessened the vital capacity. I saw a fine illustration of this a few days since. I called upon a lady whose literary labors are wonderful. She received me in a neat but loose dress, in which every organ of the body had full play. She rejoiced in her physical freedom. She ran up and down stairs with the lightness of a child, and felt no palpitations of heart or oppression of lungs. Later in the day she dressed to go out upon the street with me and put on a corset. "I do it in deference to the opinion of my friends," she explained. "They complain if I outrage their sense of propriety by appearing without one, but I do penance all the time I wear it."

We started off at our usual brisk pace, but in a very little while she said to me: "I can't walk so fast when I've a corset on. I can't breathe, you see." And so to accommodate her diminished powers of breathing we slackened our pace, and soon she commenced to look weary, her cheery laugh became less frequent, her face began to wear an anxious look; her vital capacity was lessened, and her whole system felt the effects of it. "I could accomplish nothing at all," said she, "if I were compelled to wear a corset at my work."

I asked a young lady to sing for me the other day. With some hesitation and blushes she excused herself, saying, "Really, I shall be obliged to decline; the fact is, I am just breaking in a new corset, and it hurts me so I can hardly live." "Why do you wear it then?"

"O, I'd look so without a corset."

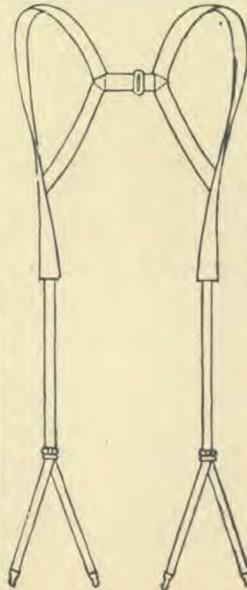
To me she would look far better, for I could see that her health was failing, her cheeks paling, her nerves starving for

the vital breath of God's pure air, which the corset was shutting out of her lungs.

"We girls are always glad to undo our corsets and draw a long breath at night," said one frank girl to me. "We don't wear them tight, we can put our hands up under them always, but—it does seem so good to get them off and breathe just as big as we can."—*Mary D. Allen M. D., in Herald of Health.*

TIGHT LACING.

MR. RICHARD A. PROCTOR, the well-known lecturer on astronomy, once tried the experiment of wearing a corset, and thus describes the result: "When the subject of corset wearing was under discussion in the pages of the *English Mechanic*, 'I was struck,' he says, 'with the apparent weight of evidence in favor of tight lacing. I was in particular struck by the evidence of some as to its use in reducing corpulence. I was corpulent. I also was disposed, as I am still, to take an interest in scientific experiment. I thought I would give this matter a fair trial. I read all the instructions, carefully followed them, and varied the time of applying pressure with that 'perfectly stiff busk' about which correspondents were so enthusiastic. I was foolish enough to try the thing for a matter of four weeks. Then I laughed at myself for a hopeless idiot, and determined to give up the attempt to reduce by artificial means that superabundance of fat on which only starvation and much exercise, or the air of America, has ever had any real reducing influence. But I was reckoning without my host. As the Chinese lady suffers, I am told, when her feet-bindings are taken off, and as the flathead baby howls when his headboards are removed, so for a while was it with me. I found myself manifestly better in stays. I laughed at myself no longer. I was too angry with myself to laugh. I would as soon have condemned myself to using crutches all the time, as to wearing always a busk. But for my one month of folly I had to endure three months of discomfort. At the end of about that time I was my own man again.'"



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RURAL HEALTH RETREAT.

GUESTS on coming to the Retreat are lavish in their praises of the "delightful scenery," and the "beauties of the place;" many of them saying on their arrival, "Oh! I wish I had found this place before." Pleasant and cheerful surroundings, combined with proper application of hygienic agencies, make the recovery of invalids much more certain. The bearing of such conditions upon health must have been in the mind of Solomon when he wrote, "A merry heart doeth good like a medicine; but a broken spirit drieth the bones." Prov. 17:22.

The following is from a patient who has just left the institution.—M. C. Wilcox, one of the editors of the *Signs of the Times*. In the issue of that paper for July 8, he says:—"Nestling in a grove of deciduous and evergreen trees, on the southwestern slope of Howel Mountain, overlooking the beautiful and fertile Napa Valley, near the village of St. Helena, Cal., stands the main building of the Rural Health Retreat (sometimes known as Crystal Springs), surrounded by its cottages, which stand like so many sentinels to give warning of the approach of enemies. But the enemies come, and the derelict sentinels utter no warping; for diseases of all kinds are enemies, and many there are that make their way to the Retreat, generally to be completely routed and slain, or much weakened by the destruction of a part of their forces, before such odds as the skillful physicians, Doctors J. S. Gibbs and M. G. Kellogg, the good treatment, the wholesome diet, the pure, soft water (uncontrolled by water companies), and the pure air (uncontaminated by city smoke or gases). It is a delightful place for a well man with plenty of leisure, or for one who is weary, and a good place for the sick. Not the reputation of the Retreat, but a three-weeks' sojourn there has convinced me of this. Many of our readers would find themselves greatly benefited by a few weeks' or months' sojourn at Crystal Springs. The institution is well worthy of the increasing patronage it is receiving."

It is the determination of the managers, physicians, and helpers at the Retreat to do all in their power to maintain surroundings of brightness and good cheer, that those coming to the institution, and who avail themselves of nature's potent remedies here used for the recovery of their health, shall have its elevating influence, which may do them as much good "as a medicine," and without which all other remedies might be of no avail.

During the month of June the institution enjoyed the largest share of patronage it has ever had in any one month since it was opened. As patients and guests have come in and call for room the helpers have cheerfully vacated their rooms that all who come may have accommodations, and none be turned away. To accomplish this the helpers have either "doubled up" or taken tents. We are pleased to see the spirit of general satisfaction that seems to pervade his "home on the hill-side."

A CHAPEL AT THE RETREAT.

IN the June number of this Journal is a report of the doings of the stockholders of the Rural Health Retreat Association, in its meeting held April 25. Among the resolutions passed was the following, "*Resolved*, That we advise the immediate erection, at Crystal Springs, of a commodious chapel for religious meetings, and to be used as a class-room for the school of temperance and hygiene."

In the Board meeting of the directors this matter was considered still further, and it was decided that the said chapel should be two stories in height, of the size of 30x60 feet. The lower room to be 11 feet in height in the clear, and the auditorium 15 feet. It was further decided that it was not the duty of the directors to increase the debt of the society in building a chapel, but that those inclined to aid such an enterprise be requested to make donations for the purpose. A committee was appointed to secure estimates of the probable cost of the building, and to raise means for the same.

That committee report that to erect such a building, all complete with seats and heating coils, will require the sum of \$3,000. The Board are only waiting, before commencing the work, to ascertain the minds of the friends of the institution throughout the State. The chapel is a building that is greatly needed on the hill-side, not only the chapel itself as a place for meetings and lectures, but the ground floor could be used for a gymnasium, as well as being employed for the purpose for which it was first named.—To accommodate the school of temperance and hygiene. This would also liberate the present gymnasium which has really become too small for such purpose, and which could be turned to a much better account for the Retreat as wards for patients.

If any of the readers of this journal can favor this enterprise in the way of donations or the taking of shares of stock in the Rural Health Retreat Association we would be pleased to hear from them. Shares of stock are \$10 each, and persons can hold as many shares as paid for. There is no dividend on stock taken, but any accumulations in profit on the workings are used in adding to the facilities of the institution. Each share of stock entitles the holder to one vote in the business meeting of the stockholders. These votes he can cast in person or by proxy, all taking stock may have the satisfaction of helping a worthy and philanthropic enterprise. Are there not many of our readers who wish to place from one to ten, or more shares, of stock in the chapel of Crystal Springs Health Retreat?

IMPROVEMENTS AT CRYSTAL SPRINGS.

ON visiting Crystal Springs we see that the managers of the *Rural Health Retreat* are constantly improving the premises and adding to the facilities of the place; making it more and more attractive as a resort for both summer and winter. We observe that since our last visit the main buildings have received a fresh coat of paint which adds greatly to their naturally cheery appearance.

In the laundry we find that a small engine has been placed in position with a patent steam washer. This machine, as

also the wringers, and mangle, are now run by steam, thus enabling the laundry hands to do their work with much greater dispatch.

We note upon the grounds another improvement which adds greatly to the comfort and pleasure of the guests. And for this the thanks of all are due to our friend and neighbor, Mr. R. G. Lockwood, a resident of the hill-side. He has kindly, and at his own expense, constructed a walk, from the point where the fourth floor landing touches the hill-side (see view of the building as given on our circulars), in a sort of semi-circle, along the edge of the hill, through the fir tree grove, around to the "upper cottage." This spacious walk, its entire length, is very nearly level, and at a half-way point in the shady grove is a commodious seat. The walk is fast becoming one of the popular promenades for patients and guests.

HEALTH LECTURES.

It has been arranged with the physicians that, for the present, about three lectures per week be given at the Retreat on important topics relating to good health, how to gain it, and how to preserve it; nursing, or how to care for the sick; what is food, and how to prepare food, etc. These lectures will be filled with just that information those need who wish to learn how to properly relate themselves to the laws of nature in them and around them, so as much as possible to escape the ravages of disease.

Not only is it desired by those managing the Retreat that a recovery of afflicted ones coming there shall be effected as rapidly as possible, but that these patients on returning to their homes shall have received more or less information that will enable them to preserve the health regained. If they thus return to their families and friends, they will in after life enjoy a richer blessing themselves than before, and be made a blessing to those in whose pathway they may be enabled to disseminate some rays of hygienic truth. There will be no extra charge to our patients and guests for the lectures they may choose to attend.

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We are prepared to furnish all the back numbers of the PACIFIC HEALTH JOURNAL in two bound volumes, with leather backs and corners, cloth sides, and gilt title upon the back. One book contains Volume 1 and 2, the other Volume 3. They will be sent by mail, post paid, for the sum of \$2.25 per volume, or \$4.00 for the two volumes. These books contain a vast amount of reading of the greatest importance to those who wish to learn how to regain or preserve health, also just the information needed for those who wish to make a home healthful, agreeable, and attractive. You will never regret investing the price of these volumes. Please send your orders accompanied with the price for either one or both the volumes, and they will be promptly sent to your address, direct to PACIFIC HEALTH JOURNAL, Oakland, Cal.

It is our bounden duty to ennoble ourselves and others. This demands work, but neglect is a crime.

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Oatmeal Biscuit.—These are about twice the thickness of an ordinary cracker, are slightly sweetened and shortened, and made light by yeast, exceedingly palatable. They are recommended for constipation, if the person is not troubled with acidity or flatulence; per lb. 12 cts.

Medium Oatmeal Crackers.—Made about the same as the above, only they are not fermented; per lb. 10 cts.

Plain Oatmeal Crackers.—These are neither fermented, shortened, nor sweetened. They have an agreeable, nutty flavor, and are crisp and nice; per lb. 10 cts.

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No. 2. Graham Crackers.—Shortened, but not sweetened. Very palatable; per lb. 10 cts.

Plain Graham (Dyspeptic) Crackers.—These crackers contain nothing but the best graham flour and soft water, yet by the peculiar preparation of the dough they are as crisp as though shortened. If by exposure to dampness they lose their crispness it may be restored by placing them in a hot oven for ten or fifteen minutes; per lb. 10 cts.

White Crackers.—These are made of the best patent flour shortened. But they are not mixed with lard or any other deleterious substance; per lb. 10 cts.

Whole Wheat Wafers.—Composed of flour and water. Made especially for dyspeptics, and those of weak digestion; per lb. 10 cts.

Gluten Wafers.—Especially good for those troubled with acid or flatulent dyspepsia, or those suffering with nervous exhaustion, and who wish to restore nerve power speedily. Such as have to live largely on meat, because they cannot digest vegetable food, will find in these wafers a valuable substitute; per lb. 30 cts.

Anti-Constipation Wafers.—Composed of rye-meal and whole wheat flour. Crisp and palatable. Persons suffering with painful dyspepsia, or tenderness at the pit of the stomach, should use whole wheat crackers in preference to these. For all other forms of dyspepsia or constipation, these are just the thing; per lb. 12 cts.

Fruit Crackers.—The best varieties of foreign and domestic dried and preserved fruits are used in the preparation of these crackers. They are exceedingly wholesome for those

of normal stomachs, but are not recommended for confirmed dyspeptics; per lb. 20 cts.

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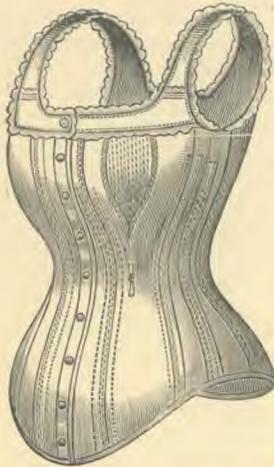
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