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A SEWING machine does the work of twelve women.

THERE is a close relation between rheumatism and errors of diet.

LIFE is a quarry, out of which we are to mould, and chisel, and complete a character.

"As righteousness tendeth to life; so he that pursueth evil pursueth it to his own death." Prov. 11:19.

THE number of Indians who vote as American citizens is 24,600. The Indian race has diminished 60,000 since 1836.

A MAN'S heart gets cold if he does not keep it warm by living in it, and a censorious man is one who ordinarily lives out of his own heart.

ROEMER proved that the velocity of light was 200,000 miles per second; and as the sun is 97,600,000 miles distant from the earth, it takes a ray of light just eight minutes and eight seconds after leaving the sun to reach our planet.

WHEN we look into a mirror we rarely realize what it has cost others to thus minister to our comfort. The workmen are short lived. A paralysis attacks them within a few weeks after they enter the manufactory, and it is thought remarkable if a man escapes for a year or two. Its effects are similar to those of calomel.

PROPER DIET.

WITH reference to diet, or what we shall eat and drink, I read in one of our exchanges the following advice: "Accept the voice of the stomach, the brain, the nervous system, which speak to us individually with an authority superior to theory." As we read this we said to ourself, "very sound and wholesome advice, provided we get the voice of the stomach, brain, and nervous system in a normal condition, and do not accept their clamorings after having been long abused and perverted by wrong habits of eating and drinking. So long have mankind indulged in the use of improper food and drinks that the stomach speaks often with a perverted voice, the nerves give uncertain signals, and the brain is filled with confusion, instead of order and quiet. There is such a thing as the stomach being so abused by the use of stimulants, narcotics, and condiments, that the murmuring of this organ against their further intrusion may be taken by the individual as a demand for more of these same destructive elements.

When the stomach of an adult is in a healthful condition, and does its work properly, it requires about six hours to dispose of the meal and get all ready to welcome another. What then shall we call that clamoring that calls for food within an hour or two of the time of taking a full meal? The judgment would say, it cannot be real hunger, but is must be the voice of the stomach declaring against those things which have been improperly introduced into it, and which are unwelcome there; or else there is some diseased condition of the organ. How could the stomach reasonably demand food while disposing of a meal? The facts are, if the stomach is healthy, and not improperly intruded upon with those things which are pernicious, it does its work of digesting food without our having any tokens, by our feelings, that we have any stom-

ach. By the way some people treat their stomachs it is no wonder that they think they are hungry most all of the time, or that something marvelous is to pay with their stomachs. I will state a case which was related in our presence not long since which will illustrate this gross abuse.

Some parties were waiting at a railroad station where a bar was kept. While thus waiting another traveler stepped up to the bar and called for a glass of the highest proof brandy. Into this he put two or three teaspoonfuls of ground mustard. Then he called for pepper sauce. After putting in a like amount he swallowed the dose with the remark, "There, I guess that will touch the spot." Well I presume it did "touch the spot" if there was any spot in the stomach that had not already been made as lifeless as sole leather by such abuse. What ideas can people have of the nature of the human stomach? To put such a mixture into a healthful stomach would be almost like inserting fire. What then must be the condition of a stomach that required such a dose to arouse its sensibilities, or rather to get up a perverted sensation?

While stopping in Sacramento, a few weeks since, about ten o'clock at night our ears were saluted with the call of some street vender of some delectable article. We inquired of our host, "What is that man hawking about the streets at this time of night?" His cry was "Tomale! hot tomale!" What is hot tomale? It is chicken, olives, and meal, prepared by the cooking of the chicken, all being made very hot with ground red pepper. It is wrapped in corn husks, and neatly tied with ribbons. It is a dish much admired by the Spanish people, and many others. It seemed like a strange mixture to introduce into the stomach at that time of night. Just the time when the work of the stomach for that day should be all completed, and it, with the rest of the body, have an opportunity to rest. In fact those who live truly hygienically have no use for such food, choosing rather only those articles which stimulate in proportion to the amount of nourishment and building up properties which they contain. This is really the only and natural stimulant which the body in health requires. Any other stimulant should only be administered under the advice of a careful physician, and at such times as it may be said to be "a last resort."

Probably those who have accustomed themselves to eating sharp pickles, and making their food fiery with pepper and other condiments, will be ready, like the saloon man, to salute those refusing these articles with, "What do you live on?" It seems that a man had loaned a saloon keeper some money, and the publican wished to obtain an extension of the note. This the holder of the note granted. He was a temperance man, but it became necessary for him to go to the saloon to transact the business. Which being accomplished the German vender of tobacco, cigars, and various strong drinks, wishing to show his appreciation of the favor granted him, by treating his creditor, inquired, "Vill you have sum brandy?" "No," said the man, "I do not drink brandy." "Then some vine, or peer?" "No, I do not drink wine, nor beer." "Den you take vun zigar?" "No, I do not use tobacco." The Dutchman opened his eyes wide, and said, "Vot does you live on? No brandy! no vine! no peer! no zigar! vot does you live on?" Seeming to intimate that life might soon end with one deprived of such narcotics and stimulants.

In much the same manner are the uninitiated likely to look upon the fare of one who resorts only to the primitive and natural diet of mankind, namely, fruits, grains, and vegetables of the earth. The *West Middlesex Times* (England) in its issue of November 11, in the review of a work called the "Vegetist's Dietary," says:—

"An itinerant vender of winkles, after perambulating Mayfair from one end to the other without obtaining a single customer for his 'winks,' most dejectedly asked: 'Wot *do* the pore infortnit critturs live on 'ere?' And in much the same strain does the beef-eater put the question to the vegetist, 'What on earth *do* you live on? what *can* you find to eat?' As if life, health, and strength could not be maintained without recourse to flesh-meat. The questions are easily and usefully answered in the admirable work under notice."

Yes, and so it is answered in the lives of thousands who are maintaining life, health, and immunity from the prevalent diseases of the times, by following a diet free from the flesh of slaughtered animals. They not only live, but really enjoy life in a much higher sense than those who have the ups and downs of excitement and depression from the constant use of stimulating foods.

Those carrying out in their lives such a diet, "eating to live," not living simply to eat; or in Scripture phrase, "eating for strength and not for

drunkenness," have more opportunity to stand in the position of the one represented in the opening of this article, who can "listen to the voice of the stomach, the brain, and the nervous system," than one following the vain cravings of a perverted appetite. J. N. L.

THE NERVOUS SYSTEM.

THE nervous system is that part of the body which is composed of nerve tissue. It comprises the brain, spinal cord, and the delicate nerves which ramify to every part of the body. So interesting and important is this part of the human organism, that many physiologists have devoted their lives to its study.

Nerve tissue is of two varieties, known as cells and fibers. The nerve cells are very small. They are not scattered alone in different parts of the body, but are united in groups. It is said that there are about twelve hundred millions of these cells in the brain and spinal cord. The fibers are bound together in very slender, white cords, and are dispersed in branches through all parts of the body.

These cells and fibers, groups and branches, are all connected. Not a cell or fiber lives by itself, disconnected from the rest of the nerve tissue. The brain is the largest and most important mass of nerve tissue. It is the center of the nervous system, and has been likened to the central office of a telephone system with its network of wires running to all parts of the city. The spinal cord is but an extension, or continuation, of the nerve cells of the brain, and the nerves, which form a net-work in all parts of the body, are really branches of the spinal cord. Thus the nervous system is one continued whole, similar to the arteries and veins of the circulatory system.

It is said that the nerves are so woven in and around every organ of the body,—the heart, stomach, liver, bowels, and all the extremities,—that if all other tissues of the body were removed, "the nerves would still present an exact outline of the body."

The nervous system is equal in importance, if not superior, to any other part of the body. When we consider the functions of the various parts of the body, such as the bones, the muscular and nervous systems, the circulatory and digestive apparatus—when we consider the work performed by these parts, and how they are all mutually dependent one on the other, we feel a little delicate about making any distinction as to importance. But if allowed to make distinction, it would seem that the nervous system ranks first; for it is the governor of the whole body. All the sensations, impressions, and volitions experienced by man, are due to it. In other words, it is by means of the nerves that man has the power to see, hear, taste, smell, and feel. Without the nerves, no knowledge of the external world could be obtained.

Furthermore, it is the nervous system that prompts every muscle to action. The bones are so arranged and attached as to aid in producing the necessary motions; but they cannot move themselves. They are dependent on the contraction of the various muscles attached to them. But the muscles have not the inherent power to contract, and thus exhibit strength. They must be vitalized and energized by some force which they do not possess. This force originates in the nervous system. It is "generated in the living batteries,—the nerve cells of the brain and spinal cord." The nerves are connected with all the muscles of the body and conduct to them nerve force.

The principle of nerve action might be illustrated thus: A pin thrust into the finger causes pain. As quick as a flash a delicate nerve transmits this sensation to the brain. In an instant the brain sends down an impulse over another nerve to the muscles of the injured finger, which causes them to contract violently, and thus withdraw the hand. This is the work constantly going on in the body. One class of nerves are ever carrying sensations, either pleasant or painful, to the brain; and another class of nerves are carrying nerve force (impulses) to the different muscles of the body. What is true respecting the voluntary muscles is also true of the involuntary muscles. The respiration, the beating of the heart, the movements of the stomach and bowels in digestion, and the action of the liver in the manufacture of bile, are regulated by the nervous system.

But there is a higher work than any we have mentioned which is performed by the nervous system, and that is the work of thinking. Nerve tissue forms the brain, and the brain produces thought. It is the organ of thought. Dr. Maudsley of London says: "It must be distinctly laid down that mental action is as surely dependent on the nervous structure as the function of the liver

confessedly is on the hepatic structure ; that is the fundamental principle on which the fabric of a mental science must rest." As to the mechanism of thought, Dr. Kellogg states : "Explained in accordance with the scientific theory of mind, the mechanism of thought loses much of its complexity, as we may be able to see. According to this view, thought really originates in the external world. The eye, ear, organs of touch, smell, and taste, and other sense organs, receive impressions from the external world, each carrying to the brain the particular kind of impressions which it is fitted to convey. The special organs, or ganglia, which receive these impressions, transmit them through connecting branches to the intellectual part of the brain in the cerebrum, where they are recognized as light, sound, odor, etc., and this is thought. If this be true, it is difficult to appreciate the care and attention the nervous system should receive."

The nerves as well as the muscles require proper food and exercise for their growth and development. They are susceptible of great improvement or almost entire destruction. And inasmuch as the brain and nerves are the governors of the body, their condition must greatly affect the whole organism. Besides managing the muscles, the nerves regulate the beating of the heart and the circulation of the blood. They control the entire digestive apparatus. And more than all, they influence and mould the mind. How evident, then, that good muscular action, a healthy pulse, proper digestion, and a clear, vigorous mind, are all dependent on a healthy, strong, nervous system.

But the nerves are material, and are made of the material used for food. If that material is plain and healthful, containing the food elements required to make nerve tissue, the foundation of a healthy nervous system is laid ; but if the material is exciting and stimulating, it will sooner or later shatter the whole nervous system, and produce disease and premature death.

In this short article but little can be said in regard to diet. Grains, fruits, and vegetables, also such seeds as beans and peas, are unquestionably the most wholesome and nutritious articles of food. They contain all the elements necessary to build up the different tissues of the body ; and they are unexciting to the nervous system.

This cannot be said, however, of many of the condiments and drinks used by the majority of people at the present time. Pickles, spices, pepper, and pepper sauces, also alcoholic drinks, tobacco, tea, coffee, and chocolate, are articles which affect the nervous system very differently. Their tendency is to excite and stimulate the system to unnatural action, which results in various diseases, and cuts life short. Some of these articles, although very popular, are rank poisons, and are condemned by the ablest physicians living.

Alcohol retards digestion, poisons the blood, and destroys the tissues of the body. The oil of nicotine, the active principle of tobacco, is one of the most deadly poisons known. There is but one more deadly, and that is prussic acid. Tea contains theine, an active poison. It is indeed strange that articles so destructive to the human body are cherished as the dearest idols. They are mowing down their devotees like a "simoon from the heart of hell."

From what has been stated in this article, it will be seen that there is a constant strain on the nervous system. It has more to do than any other part of the body. It regulates all. Its condition affects every part of the system. It is to be hoped the reader will see sufficient importance in these facts to lead to further inquiry and investigation. —*A. G. Daniells, in Bible Echo, Australia.*

VENTILATION.—An old writer says : "When men lived in houses of reeds, they had constitutions of oak ;when they live in houses of oak, they have constitutions of reeds. Evidently the truth inculcated is that the better the air and more bountiful its supply. the healthier is the inmate of a house, be it palace or cottage.—*American Analyst.*

AN eminent historian says, that for a thousand years not a man, woman, or child in all Europe took a bath. During this period plagues and scrofulous diseases destroyed nearly half of the entire population.

THE COMPLEXION.—Out-door air and exercise are essential to beauty and health. Sitting indoors is almost as ruinous to the complexion as the use of cosmetics.—*Laws of Life.*

MANY persons suffer from a form of dyspepsia caused by simply eating too frequently, or in other words because the interval is too short between meals.

BEAUTY AND BATHING.

So much has been said about bathing, perhaps there is little new to be told. Yet, in its connection with beauty, too much cannot be said.

Bathe intelligently, bathe conscientiously. We hear discussed the relative merits of cold and warm baths. I think the warm bath, properly taken, the greatest promoter of a clear, soft, rosy skin. An eminent physician recommends the warm bath to be taken twice a week.

After carefully drying the body with soft linen, apply rose-water and *pure* glycerine, using them in a mixture of equal parts well shaken. Rub into the skin, then put on the night-robe warm. It is hoped that no one desirous of a beautiful skin will wear any garment at night that is worn during the day. Allow no cold surface to come in contact with the body after a warm bath, but get immediately into bed. The good effect of such a bath, followed by a night's rest wherein an even temperature is kept up for eight or nine hours, will be felt at once. Add to this formula a sweet temper and a mind at peace with all the world, and a silken rose-petal may not outvie a woman's skin.

But what if the general health is imperfect? you ask. Then it will be at once apparent that the foregoing suggestions are most effectual aids in restoring the whole system to its normal condition. We all know that to successfully win the fickle dame Beauty, we must first court the goddess Hygeia.

The highest beauty is but the outward or physical expression of spiritual harmony. So intimately connected is the face with the soul, the temple with the high priest within, that one cannot long be greatly at variance with the other. And certain it is that a fretful state of mind, habitually indulged, will spoil the fairest face. Especially is the skin affected by the mind. Overtaxing the nervous system seriously endangers its beauty. Anything which creates an inward discord leaves its impress on the face.

When we remember that every emotion calls into action a different set of muscles, we have no cause for surprise that those most in use should become most prominent, and that in this wise we are betrayed by the very sentinels at the door.

So long as absurd and fallacious ideals of beauty exist, so long will true beauty be sacrificed to the false god set up by ignorance. The pity of it is, that not only is beauty sacrificed, but with it health, happiness, and usefulness. I am sadly reminded of this by seeing, but failing to readily recognize, one whom I had exceedingly admired but two years before. Nature had blessed her with perfect health, a figure full and richly developed, yet supple and responsive, a face like a clear spring in the sunlight—all flash and sparkle. But this sweet child of nature was as innocent of true culture as a wood-nymph, and so fell a ready prey to false teaching and example. Now my Hebe has given place to a hollow-eyed, sallow-cheeked woman, very stylish, and much admired for her slender waist and languid grace. Ah! what a price to pay for a gain so doubtful.

The faded, "frayed-out" appearance of your women after a few years of wifehood and motherhood is proverbial. To our sorrow we learn that if we *will* trespass we *must* pay the fine. The bright lights of our young girls are kept trimmed and burning to the utmost for a few short years—only to grow dim a little later on. The beauty which won the lover vanishes from the husband's embrace, and he, true child of Adam, looks about him for solace in his disappointment. If this loss of attractivenes was due to cares and duties alone, then cry out upon the man who does not the more tenderly cherish the flower now that its first loveliness is flown; but if, as is often the case, this transformation is but the natural outcome of folly and ignorance, then we have only ourselves to blame—nay, more, much to answer for to God, who has given into woman's keeping the moulding of every human life.—*E. E. Norris in "Dress."*

PURE WATER.

MUCH has been said in the public prints concerning the hygienic value of pure water both for drinking and culinary purposes. The public have been scientifically warned of the danger of disease from the use of impure water, still there seems to be, among some of our American cities, a failure in correcting these difficulties by supplying the pure article. Before me lies the *Pacific Medical Journal* of San Francisco, containing an article from Winslow Anderson, M. D., relative to the water supply of that city. Speaking of the Spring

Valley water, from which the city is supplied, he says :—

"Our water supply in San Francisco is not as wholesome as it is desirable it should be. From the following comparative table of analyses of the different drinking waters used in some of the larger cities in America, it will be observed that Spring Valley is about the poorest, or the most impure, containing, as it does, over eleven grains of inorganic and organic ingredients to each gallon of water.

"The purest water on the coast, and one of the best sources of water supply in the United States, is that of Lake Tahoe, situated among the snow-capped mountains, 6,250 feet above the level of the sea. The lake is about twenty miles long by twelve wide, and in many places over 1500 feet deep. This water supply is almost inexhaustible, and it would not be a great engineering feat to bring it down to San Francisco and surrounding cities on the coast. But what a treat to have pure Lake Tahoe water with only three grains of ingredients to the gallon of water instead of over eleven grains, as we now have!"

The Doctor gives an analysis of the waters of different cities in the United States. After saying that one gallon of water contains 231 cubic inches he says of solid ingredients found in the water used in these cities that that used for drinking purposes contains the following number of grains to the gallon of water supplied:—

Lake Cochituate, (Boston)	3.00
Lake Ontario, (Rochester)	4.00
Mill River, (New Haven)	3.37
Jamaica Pond { Brookline / Boston }	4.40
Schuylkill River, (Philadelphia)	5.50
Ohio River, (Cincinnati)	6.74
Lake Michigan, (Chicago)	8.01
Detroit River, (Detroit)	5.72
Hudson River (Albany)	7.24
Croton River, (N. Y. City)	10.60

Spring Valley water, that used in San Francisco, analyzed in May, 1889, 11.20.

After giving this list he says, "Let us have water from Lake Tahoe by all means." The water of that lake as analyzed in 1888 shows only 3.00 grains of solid ingredients to the gallon. I have not at hand analysis of the water used in the City of Oakland, but from the complaints of the families using it I think we voice the sentiment of the people when we say let Oakland have a share also in the Tahoe water.

We give the following suggestions in regard to water that may be of service to our readers:—

The *American Magazine*, in "Suggestions for August," advises parents who take their children to country homes, or summer resorts, to give some intelligent attention to water supply and drainage, to guard against the danger of malarial poison. Take in the dressing bag, it says, an ounce vial of saturated solution of permanganate of potash, which any druggist will prepare for a few cents, and put a half dozen drops into a tumbler of drinking water that is supplied. If it turns brown in an hour it is not fit to drink; if not it is not especially harmful. If a country hotel's sewerage system is confined to cesspools within a hundred feet of the house and near a water supply, take the next train to a point further on. These matters should force themselves on one's personal attention quite as much as the undertaker's bills that occasionally follow neglect.

In reference to testing wells, and other waters we read in *Good Health:*—

"Look at it holding a clear glassful to the light. Taste it, taking care that the mouth is free from anything else. Smell of it, shaking a portion in a closed can, then smelling the air of the can by placing your nose at its mouth. Pure water is free from taste, color, or odor. To be sure, apply this test: Get at a drug store a solution of three grains of permanganate of potash and twelve grains of caustic potash in an ounce of distilled water. Add one drop of this to a glassful of the water to be tested. If the pink color produced remains for half an hour the water is pure; if not, it is open to suspicion. Water not known to be pure should be boiled and filtered before using. Many savage tribes escape injury under most insanitary conditions by invariably boiling their water before drinking it."

With reference to cooking water, the *Journal of Chemistry* says:—

"Peas and beans cooked in hard water, containing lime of gypsum, will not boil tender, because these substances harden vegetable caseine. Many vegetables, as onions, boil nearly tasteless in soft water, because all the flavor is boiled out. The addition of salt often checks this, as in the case of onions, causing the vegetables to retain the peculiar flavoring principles, besides much nutritious matter which might be lost in soft water. For extracting the juices of meat to make a broth or soup, soft water unsalted and cold at first, is best, for it much more readily penetrates the tissues; but for boiling where the juices should be retained, hard water or soft water salted is preferable, and the meat should be put in while it is boiling, so as to seal up the pores at once." J. N. L.

A SPECIAL commissioner was sent over from Japan to report upon the condition of England under Christianity, and, owing to the intemperance he witnessed, advised his people not to adopt the English religion.

NEW METHOD OF VENTILATION.

THE first thing to be considered in ventilating any apartment is the introduction of fresh air. But while a room is already filled with air, an additional volume cannot be brought into it, unless it is forced in by machinery. Motion is essential to perfect ventilation. All the air in a room must be removed every few hours, and an equal quantity of fresh air introduced. So long as there is no draught to draw out the foul air, and to introduce fresh air, a room may remain filled with an atmosphere that is poisonous to animal life.

The large room in Cooper Institute, where the Polytechnic Society and the Farmers' Club are accustomed to hold their weekly sessions, was formerly so badly ventilated that people who always want pure air recoiled from attending the meetings of those societies. But that room may now be filled with an audience to its utmost capacity for a day, and no one will be able to preceive any impurity in the atmosphere; neither will a person sitting in any part of the room perceive a draught of either cold or warm air. The ventilation is as complete as could be desired. About every hour the entire volume of air in the room is changed by the following arrangement: The rostrum, or platform, was raised bodily about three inches above the main floor, and a large aperture was made in the chimney, through which the foul air could pass out. Then one outside window was raised a few inches, and a box tube, about one foot square, made of boards, was extended from the window to the "nest" of steam heating-pipes, employed to warm the room. The tube allowed a stream of pure air to flow directly to the nest of steam-pipes, where every particle was warmed. Of course the warm air would rise to the wall overhead, and flow to the further side of the room. By this means a movement in the air is obtained, and the equilibrium of the atmosphere is disturbed. Consequently a current of foul air must be started immediately out of the flue beneath the rostrum.

Carbonic acid gas, which is destructive to animal life, is generated in every apartment where men or animals live and breathe. Of course this gas is not free, but mingled with the atmosphere. As it is heavier than atmospheric air, the apertures through which this foul air is to escape should be made near the floor.

One of the cheapest and most effectual ways to ventilate a school-room would be to have perforated base-boards, so that the foul air could enter the large spaces between the joists, and thence pass away through a large chimney flue. Then a current of fresh air could be conducted in a pipe to the stove, or heater, so as to produce a current. By this simple and cheap arrangement every pupil in a large room could always be supplied with pure air of an agreeable temperature. In case there is no flue or ventilating shaft, a wooden flue, about 18 inches square, could be erected at one end of the building, having an aperture in the side for the foul air to escape. But it is always more satisfactory to open a passage into a large chimney, as the heat and smoke will promote a draught from the room to be ventilated. If fresh air can be forced into a room by any means, when there is no flue, the lower sash of every window may be lifted an inch or more, to provide passages for the impure air to escape. By this means any living room can always be supplied with pure air at small expense.—*Selected.*

FIFTY YEARS A VEGETARIAN.—Hon. J. E. Weeden, of Randolph, New York, is undoubtedly the oldest vegetarian in the country. From a letter recently received from this gentleman, we glean the following interesting facts, some of which are stated in his own words: Mr. Weeden is a lawyer, and although eighty years of age, still goes regularly to his office, and attends to the business of his profession. At thirty, he found himself with a strong tendency toward consumption. He abandoned the use of flesh food, tea, coffee, and tobacco, and took but two meals a day. He has continued in this course of life ever since. He was the oldest of thirteen children, all of whom, with the exception of himself and the three youngest, are now dead. He has not had a sick day for thirty years. Mr. W. ascribes, and no doubt correctly, his wonderful vigor to his simple habits of life.—*Good Health.*

FOR sprains apply cloths wrung out of very hot water until the inflammation and pain have subsided. For black and blue spots, an ounce of muriate of ammonia to a pint of lukewarm water makes a good application to keep constantly on.

COMBAT vice in its first attacks, and you will come off conqueror.

Disease and its Causes.

WHERE DO YOU LIVE?

I KNEW a man whose name was Horner,
Who used to live on Grumble Corner;
Grumble Corner in Cross-Patch Town,
And he never was seen without a frown.
He grumbled at this; he grumbled at that;
He growled at the dog; he growled at the cat;
He grumbled at morning; he grumbled at night;
And to grumble and growl were his chief delight.

He grumbled so much at his wife that she
Began to grumble as well as he;
And all the children, wherever they went,
Reflected their parents' discontent.
If the sky was dark and betokened rain,
Then Mr. Horner was sure to complain;
And if there was never a cloud about
He'd grumble because of a threatened drouth.

His meals were never to suit his taste;
He grumbled at having to eat in haste;
The bread was poor, or the meat was tough,
Or else he hadn't had half enough.
No matter how hard his wife might try
To please her husband, with scornful eye
He'd look around, and then with a scowl
At something or other begin to growl.

One day, as I loitered along the street,
My old aquaintance I chanced to meet,
Whose face was without the look of care
And the ugly frown that it used to wear.
"I may be mistaken, perhaps," I said,
As, after saluting, I turned my head;
"But it is, and it isn't the Mr. Horner
Who lived so long on Grumble Corner!"

I met him next day; and I met him again,
In melting weather, in pouring rain;
When stocks were up, and when stocks were down;
But a smile somehow had replaced the frown.
It puzzled me much, and so, one day,
I seized his hand in a friendly way,
And said, "Mr. Horner, I'd like to know
What can have happened to change you so?"

He laughed a laugh that was good to hear;
For it told of conscience calm and clear,
And he said, with none of the old-time drawl,
"Why, I've changed my residence, that is all!"
"Changed your residence?" "Yes," said Horner,
"It wasn't healthy on Grumble Corner,
And so I moved; 'twas a change complete;
And you'll find me now on THANKSGIVING STREET."

Now every day as I move along
The streets so filled with the busy throng,
I watch each face, and can always tell
Where men and women and children dwell;
And many a discontented mourner
Is spending his days on Grumble Corner,
Sour and sad, whom I long to entreat
To take a house on THANKSGIVING STREET.

—*Josephine Pollard.*

A LESSON FOR THE TIMES. NO. 2.

BY MRS. E. G. WHITE.

ENTIRE abstinence from every pernicious indulgence, and especially tobacco and intoxicating drink, should be strenuously taught in our homes, both by precept and example. Upon no consideration should wine be placed upon our tables. Our children should grow up to consider it a deadly evil, leading to misery and crime.

The youth of to-day are the sure index to the future of society; and as we view them, what can we hope for the future? These young men are to take a part in the legislative councils of the nation; they will have a voice in enacting and executing its laws. How important, then, it is that the voice of warning should be raised against the indulgence of perverted appetite in those upon whom such solemn duties will rest. If parents would zealously teach total abstinence, and emphasize the lesson by their own unyielding example, many who are now on the brink of ruin might be saved.

What shall we say of the liquor-sellers, who imperil life, health, and property, with perfect indifference? They are not ignorant of the result of their trade, but they become callous of heart. They listen carelessly to the complaints of famishing, half-clad mothers and children. Satan has no better agents by which to prepare souls for perdition, and he uses them with most telling effect. The liquor-seller deals out his fiery draughts to men who have lost all control of reason and appetite; he takes their hard-earned money and gives no equivalent for it; he is the worst kind of robber.

We find in the special precepts given by God to the Hebrews, this command: "If an ox goad a man or a woman that he die, the ox shall be surely stoned, and his flesh shall not be eaten; but the owner of the ox shall be quit. But if the ox were wont to push with his horn in time past, and it hath been testified to his owner, and he hath not kept him in, but that he hath killed a man or a woman, the ox shall be stoned and his owner also shall be put to death. If there be laid on him a

sum of money, then he shall give for the ransom of his life whatsoever is laid upon him." "And if a man shall open a pit, or if a man shall dig a pit, and not cover it, and an ox or an ass fall therein, the owner of the pit shall make it good, and give money unto the owner of them, and the dead beast shall be his."

The principle embodied in this statute holds good in our time. The liquor-seller compares well with the man who turns a vicious ox loose upon his neighbors. The liquor-seller is not ignorant of the effects of the fiery draught which he deals out unhesitatingly to husbands, fathers, youth, and aged men. He knows that it robs them of reason, and in many cases changes them to demons. The liquor-seller makes himself responsible for the violence that is committed under the influence of the liquor he sells. If the drunkard commits murder, under the effect of the maddening draught, the dealer who sold it to him, aware of the tendency of its effect, is in the sight of God equally responsible for the crime with him who did the deed.

The liquor-dealer digs a pit for his neighbor to fall into. He has seen the consequences of liquor-drinking too often to be ignorant of any one of their various phases. He knows that the hand of the man who drinks at his bar is likely to be raised against his own wife, his helpless children, or his aged father or mother. He knows, in very many instances, that the glass he hands to his customer will make him a raging madman, eager for quarrel, and thirsting for blood. He knows that he is taking bread from the mouths of hungry children, that the pence which fall into his till, and enable him to live extravagantly, have deprived the drunkard's children of clothes, and robbed his family not only of the comforts, but of the very necessaries of life. He is deaf to the appeals of weeping wives and mothers, whose hearts are breaking from cruelty and neglect.

Crimes of the darkest dye are daily reported in the newspapers as the direct result of drunkenness. The prisons are filled with criminals who have been brought there by the use of liquor; and the blood of murdered victims cries to heaven for vengeance, as did the blood of Abel. The laws of the land punish the perpetrator of the deed, but the liquor-seller, who is also morally responsible for it, goes free; no man calls him a murderer; community looks calmly on his unholy traffic, because justice is fallen in the streets, and equity cannot enter. But God who declared that if a man owned a dangerous ox, and knew it to be so, yet let it loose upon his neighbors, if it caused the death of any man or woman, he should pay the penalty with his own life,—that just and terrible God will let fall the bolts of his wrath on the liquor-vender, who sells violence and death to his fellow-men, in the poisonous cup of the inebriate, who deals him out that which takes away his reason, and makes him a brute.

Oh, if men formed in the image of God, would let reason hold sway in their minds; if they would remember that cursed is he that putteth the bottle to his neighbor's lips, and that no drunkard shall inherit the kingdom of heaven; if they would count the cost before of creating an appetite which has no foundation in nature,—how much misery, crime and disease might be spared the children of men!

Parents who freely use wine and liquor leave to their children the legacy of a feeble constitution, mental and moral debility, unnatural appetites, irritable temper, and an inclination to vice. Parents should feel that they are responsible to God, and to society, to bring into existence beings whose physical, mental, and moral characters shall enable them to make a proper use of life, be a blessing to the world, and an honor to their Creator. The indulgence of perverted appetite is the greatest cause of the deterioration of the human race. The child of the drunkard or the tobacco inebriate usually has the depraved appetites and passions of the father intensified, and at the same time inherits less of his self-control, and strength of mind. Men who are naturally calm and strong-minded not infrequently lose control of themselves while under the influence of liquor, and, though they may not commit crime, still have an inclination to do so, which might result in the act if a fair opportunity offered. Continued dissipation makes these propensities a second nature. Their children often receive the stamp of character before their birth; for the appetites of the parents are often intensified in the children. Thus unborn generations are afflicted by the use of tobacco and liquor. Intellectual decay is entailed upon them, and their moral perception is blunted. Thus the world is being filled with paupers, lunatics, thieves, and murderers; and disease, imbecility, and crime, with private and public corruption of every sort, are making the world a second Sodom.

For the sake of that high charity and sympathy for the souls of tempted men for whom Christ died, Christians should come out from the popular customs and evils of the age, and be forever separated from them. But we find in the clergy themselves the most insurmountable obstacle to the promotion of temperance. Many are addicted to the use of the filthy weed, tobacco, which perverts the appetite, and creates the desire for some stronger stimulant. The indifference or disguised opposition of these men, many of whom occupy high and influential positions, is exceedingly damaging to the cause of temperance.

The safety of society, and the progress of reform, depend upon a clear definition and recognition of fundamental truth. The principles of God's law must be kept before the people as everlasting and inexorable as the character of God himself. Law is defined as a rule of action. Civil law represents the supreme power of the State, regulating the actions of men, and restricting them from doing wrong under penalty of punishment. The good of society and the safety of man require that the law be respected. All enlightened law is founded in the law of Jehovah, given on Mount Sinai. To the inebriate, both the law of God and the law of man are meaningless. His senses are benumbed, he cannot comprehend the language of Sinai, and he tries to bring the law down to meet his debased standard rather than elevate himself to meet the exalted standard established by the rule of God's government.

If Christian men would protect their homes from the horrors of vice, let them respect the laws of God. Let them be jealous for the sanctity of the ten precepts given for the government of mankind. Let them thus purify themselves, and decide to obey God at any cost to themselves, then will they understand the mystery of godliness, and exclaim with David, "How love I thy law. It is my meditation all the day." "Open thou mine eyes, that I may behold wondrous things out of thy law."

UNAPPRECIATED GENIUS.—If you have the gift of poesy, and cannot write it, live it. If you have, a gift, however small, appreciate it, cultivate it and share it with all who are within your reach. Don't go down to your grave burdened with a useless package hermetically sealed, and labelled, "Unappreciated Genius."—*Vegetarian Messenger.*

UNCERTAINTY OF LIFE.

THE young men or women who have commenced the year 1889 with a string of good resolutions and a perfect health are not bothering themselves much about the undertaker. But that useful citizen should not be ignored for a minute. Our chances of life are more limited than one would suppose. The mortality tables answer the question with reasonable accuracy. It is estimated that the earth contains 1,000,000,000 people, the males and females being about equally divided. Of these, one-fourth die before they reach the age of seventeen. The average length of life is thirty-three years. One person in 1,000 lives to be 100, six in 100 reach the age of sixty-five, and not more than one in 500 lives to see eighty. Every year 33,033,033 persons die; 91,824 die every day, 3,730 every hour, sixty every minute, and one every second. Each tick of the clock should remind us that a human life is ended.

In addition to these facts there are others of equal interest. A married person lives longer than one who is single, and tall men live longer than short ones. Before the age of fifty, women have more chances of life than men, and fewer after that age.

With these points before him, the young man who has sworn off and resolved to capture his share of the world's good things this year will have something to think about. There are many chances that he will see this year go out, and there are also many chances that he will go out first. His very determination to join the rush for the prizes most desired by all men is against him. Haste, worry, and disappointment are filling our asylums and graveyards. The contented worker, whose ambition is moderate and whose habits neither injure him or anybody else, has a better chance of reaching old age than his competitor who wants the earth.

Tick! goes the clock. One man dead! Who will be the next? Perhaps the man who heard the clock!—*The Mercury.*

A LITTLE exercise before bathing and a good deal after bathing is very essential, says a household note. It will sometimes be found that some exercise while bathing will not be altogether useless.

THE VALUE OF BEEF TEA.

IT has long been understood by those in the forefront of the medical profession that the beef tea so dear to popular prejudice is a delusion and a snare. Indeed, at the very time when "Liebig's extract" was invented by Liebig, its nature was quite understood by students of organic chemistry. Nevertheless, its use is to this day often encouraged, and almost always sanctioned, by the medical profession. We do not know that they are much to be blamed for that, as the medical profession are often obliged to humor the prejudices of patients and their relatives, as in the familiar instance of the decoction of bitter aloes and water, which is commonly given to dispensary patients when they will not obey the health rules laid down for them unless emphasized by a bottle of something that tastes nasty. Moreover, beef tea, in the hands of the old-fashioned amateur nurse, often replaces alcohol. Dr. Thomas Laffan, in a paper read before the last meeting of the British Medical Association, and now published in the *British Medical Journal* emphasizes the uselessness of the ordinary beef teas; pointing out that Liebig's extract consists, as the chemists of his day knew very well, of material almost of the nature of an excretory product, stimulating in its nature, and not unlike tea or coffee, and in large quantities distinctly deleterious in its action, Dr. Laffan concludes by recommending the substitution of milk for beef tea in the majority of cases. It is curious that this article should have appeared just when there is an extensive movement in favor of beef tea as a substitute for alcoholic liquors at refreshment bars. This, no doubt, is an improvement so far as the diminution of the consumption of alcohol is effected. Vegetarians might with advantage press the advisability of providing a nourishing vegetarian soup—say lentil soup—at coffee taverns and coffee stalls, instead of the beef tea.—*Vegetarian Messenger.*

TOSSING THE BABY.

THE throwing of a baby into the air and catching him again is always a risky practice—certain though the tosser may be of his quickness of eye and sureness of hand. A sudden and unexpected movement of the child in his mid-air flight may result in a cruel fall.

A gay young father snatched up his baby boy one morning and tossed him to the ceiling. Twice the little fellow went flying through the air and came down safely into the waiting arms. The third time the excited child gave a spring of delight as his father's hands released him, plunged forward, and, pitching over the father's shoulder, fell head downward to the floor. When the poor baby came out of the stupor in which he lay for hours it was found that, although no bones had been broken, the brain had sustained an injury that would in all probability, render the child an imbecile.

Another baby snatched from the floor and tossed into the air received a fatal wound in the top of the head from the pointed ornament of a chandelier. Still another child slipped between the father's hands as he caught her in her downward flight, and, although his frenzied grasp on the baby's arm saved her from falling to the ground, it wrenched muscles and sinews so cruelly that the girl's arm was shrunken and practically useless to her all her life. These are extreme cases, but the fact of their occuring at all should be enough to warn one from the habit of relinquishing one's hold on a child when tossing it.—*Harper's Bazaar.*

POISONED BY TOBACCO.

A CASE of poisoning by nicotine occurred lately in Paris. The victim, a man in the prime of life, had been cleaning his pipe with a clasp-knife; with this he accidentally cut one of his fingers, but as the wound was of a trivial nature he paid no heed to it. Five or six hours later, however, the cut finger grew painful, and became much swollen; the inflammation rapidly spread to the arm and shoulder, the patient suffering such intense pain that he was obliged to betake himself to bed. Medical assistance was called, and ordinary remedies proved ineffectual. The sick man, questioned as to the manner in which he cut himself, explained the use to which the pocket-knife had been applied, adding that he had omitted to wipe it after cleaning the pipe. The case was understood, and the doctors decided amputation of the arm to be the only hope of saving the patient's life, and this was immediately done. His life was barely saved. No wonder smokers so often have sore and poisoned mouths, cancer of the lips, and like troubles.—*Sel.*

Temperance.

THE HAND OF GOD.

LOOSE not thy hold, O hand of God!
Or utterly we faint and fall.
The way is rough, the way is blind,
And buffeted with stormy wind;
Thick darkness veils above, below,
From whence we come, to what we go:
Feebly we grope o'er rock and sand,
But still go on, confiding all,
Lord, to thy hand!

In that strong hold salvation is;
Its touch is comfort in distress,
Cure for all sickness, balm for ill,
And energy for heart and will.
Securely held, unfaltering,
The soul can walk at ease, and sing,
And fearless tread each unknown strand,
Leaving each large thing, and each less,
Lord in thy hand!

—*Selected.*

"STRONG DRINK."

WHILE Parliament is making appropriations for coast defenses to repel possible invasion, temperance workers are battling with a foe already in the land, far more deadly than any that can come to us across the water. Dr. Chadwick, Dean of Armagh, at a recent temperance meeting said:—

"Strong drink was the ruin of Babylon and Assyria, and both their last kings were slain by the enemy when drunk. Persia was shattered by strong drink; Greece fell by strong drink; and Rome herself, the grandest civilization that ever was, outside Christianity, fell through self-indulgence in strong drink. It is an evil that is hereditary. It affects the nation as well as the individual. Again, in the Peninsular war what a hairsbreadth escape the British army had through the effects of strong drink, because of the bearer of a most important despatch getting drunk and losing his despatch, and the army had to march back. At Villafranca, later on in the Peninsular war, the French might have ridden over our rearguard, who were drunk, only the French were more drunk still. During the Sepoy war or the Indian mutiny, the first attack of the army on Lucknow failed, but it was renewed, and the army broke into Lucknow and took it, but three days after it was taken the army, as an army, was hopelessly paralyzed in the midst of a foreign nation.

"We are told that there is no place in the who world where the extremes of wealth and poverty meet each other to the same extent as in Britain. We hear of $300,000 being given for flowers for decoration at an evening party. This is the extreme of wealth. Then we have the extreme of poverty, which is apparent to all, but is it the fault of wealth? Take all the grain—enough to add one acre in three to all in the country goes away in distillation, or what would make the whole acreage of four British counties as an addition to the productive power of the country—and what is spent upon it in money? We hear of what is spent on missions; but if we take all the bread, butter, and cheese, and eight times over what is given to all the missionary societies, it would hardly reach it. And then, again, if we take the working power of this great nation of ours, which might have stood against the world, one-fifth of the working and manufacturing power is used in making strong drink, in selling strong drink, in going to jail for strong drink.

"Oh! what a terrible waste of power, and what a terrible thought it is that when we claim so much that we should be so squandering our powers and degrading in the dust the energies God has given us. And well might we ask ourselves, "What do the angels feel when they look down upon this world of ours and see it drunk—drunk? And then the deaths attributable to it. One coroner alone holds 1,000 inquests in the year traceable to strong drink, and there are 15,000 more that never come to the cognizance of any coroner at all. Lord Bacon has said that not one in a thousand dies a natural death."—*Present Truth, London.*

FUME OF TOBACCO.

Which Very Many, in These Dayes, Doe Too Licentiously Use.

BY TO. VENNER.

Doctor of Physick in Bathe, 1637.

BEFORE I passe to deliver mine opinion concerning the use and faculties of the fume, I muste clear an objection of our vulgar Tobacconists, which I seeme to heare them make against the noysome qualities that I have averred to be in *Tobacco*, saying, that upon the taking thereof they find no tortures and violent ejections, or stupify-

ings of their members and senses. To whom I may answer, that the immoderate use of *Tobacco* hath made them *Insensibles*, without sense. But let it be admitted, that upon taking of the fume, they find not those malignant effects; yet it convinceth not my assertion, because that by long use and custome, it becommeth familiar to their bodies. And thus much by the way to our licentious Tobacconists, who spend and consume, not only their time, but also their health, wealth, and witts, in taking of this loathsome and unsavorie fume. Now I come to speak of the smoakie fume and faculties thereof, which is taken through a pipe for that purpose, into the mouth, and thrust forth againe at the nostrils, and is of some also sucked into the stomack and breast, against all diseases, especially such as are gotten by cold, or that proceed from a cold and moyst cause.

The *Indians*, from whom we received this manner of taking *Tobacco*, were (at the first) only wont to take it at such times, as they felt their bodies wearied with much labour and exercise, or would presage of things to come: for the fume procuring first a drunkenlike lightnesse of the head, and thereupon sleep, with sundry phantasmes or visions, was the cause that upon their awaking they found themselves (through their sleep) greatly eased, and refreshed, and could, by reason of the somnorine visions which this fume doth greatly occasion, presage (as they fondly conceived) the event of any businesse, or matter of importance, that they desired to know, or were delighted in.

First they took the dried leaves of *Tobacco*, and cast them on the coales, then they received the smoake of them at their mouth and nose with a kane, and continued the taking thereof so long, till that they fell into a drunken trance and sleep, wherein they continued as dead three or foure houres, according to the quantity of smoake that they had taken. The fume having done his work, they awakned out of their sleep, and found themselves eased and lightned, in such sort, as that they were able to returne to their labour or exercises, as lustily as before: and this they did alwayes when they found themselves wearied, or were (as I have said) desirous to fore-know, what might be the successe of their businesse, by meanes of the vaine dreames and visions, which this fume suggesteth.

But this custome of taking the fume, hath so farre bewitched them (as also it hath and daily doth many of our people) as that they also oftentimes, take it for wantonnesse and delight, wherein they have so great a pleasure, as that they desire nothing more than to make themselves drunken and drowsie with *Tobacco*. And thus much for the originall of the fume. I will now leave the *Americans*, and come to our *Europeans*, who (well-neare) use the fume of Tobacco with as much excesse as they doe.—*Selected.*

SCIENTIFIC TEMPERANCE.

SPEAKING honestly, I cannot by the argument yet presented to me admit the alcohols through any gate that might distinguish them apart from other chemical bodies. I can no more accept them as foods than I can chloroform, or ether, or methylal. That they produce a temporary excitement is true; but as their general action is quickly to reduce animal heat, I cannot see how they can supply animal force. I see clearly how they reduce animal power, and can show a reason for using them in order to stop physical pain or stupefy mental pain; but that they give strength—*i. e.*, that they supply material for the construction of fine tissue, or throw force into tissues supplied by other material—must be an error as solemn as it is wide-spread. The true character of the alcohols is that they are agreeable temporary shrouds. The savage, with the mansions of his soul unfurnished, buries his restless energy under their shadow. The civilized man, overburdened with mental labor, or with engrossing care, seeks the same shade; but it is a shade after all, in which, in exact proportion as he seeks it, the seeker retires from perfect natural life. To resort for force to alcohol is, in my mind, equivalent to the act of searching for the sun in subterranean gloom until all is night.

That gives my argument in a nutshell, and every day I live I am more convinced of its truth. I am as sure of it as that two and two make four, and I arrive at it by a chain of logical reasoning and scientific research which has never yet been successfully disputed. My feet are planted on the rock of truth in this matter.—*Dr. B. W. Richardson.*

A DISTILLERY in Massachusetts is said to have contracted to supply the Congo district in Africa with 3,000 gallons of rum daily for seven years.

THE sum of eleven millions sterling is spent annually for intoxicating drinks in Ireland.

WORK AND WINE.

SIR WILLIAM GULL says: "I think that instead of flying to alcohol, as some people do when they are exhausted, they might very well drink water, or that they might very well take food, and would be very much better without the alcohol. If I am fatigued with overwork, personally, my food is very simple; I eat the raisins instead of drinking the wine. I have had a very large experience in that practice for thirty years. This is my own personal experience, and I believe it is a very good and true experience. I should join issue at once with those who believe that intellectual work cannot be so well done without wine or alcohol. I should deny that proposition and hold the very opposite. It is one of the commonest things in English society that people are injured by drink without being drunkards. It goes on so quietly it is even very difficult to observe. There is a great deal of injury done to health by the habitual use of wines in their various kinds, and alcohol in its various shapes, even in so-called moderate quantities. It leads to the degeneration of the tissues; it spoils the health, and it spoils the intellect."—*Laws of Life.*

OPIUM.

THE victim of the opium habit is one of the most wretched of human beings. There are more hopes for a drunkard than there are for a confirmed morphine eater. Drunkenness is to most persons less horrible than the morphine habit. The asylums for morphine eaters are well attended, and their inmates are objects of pity. The majority of drunkards begin drinking of their own free will while enjoying good health. But the taste for morphine is usually acquired while out of health, through the prescription of a physician. The true homeopathic physician, however, will never have to answer for the sin of making a morphine eater. The physicians of the "scientific regular" school, who regularly prescribe morphine for every pain, must shoulder the responsibility of causing the great army of morphine eaters, which are the skeletons in the closet of many a home. The well-educated homeopathic physician rarely, if ever, finds it necessary to resort to opiates. As a rule a resort to opiates may be considered as a confession of ignorance or want of skill on the part of the physician.—*Selected.*

ROAD-SIDE STATIONS IN NORWAY.

HAPPILY for the people, there are no inns, no public-houses, no beer shops, no shebeens, no whiskey shops, or any other places where the country folks can muddle their brains and fritter away their hard earnings. Their evenings are all spent at home; and in the long winter time, when there is little else but evening or night all day long, they visit each other and make up merry domestic parties. This absence of any sort of regular hostlery would present a serious obstacle to traveling but for the admirable system of road-side stations, which are organized by the government in the most systematic manner conceivable. Throughout the country, from the Naze to the North Cape, every highway, and even every byeway where wheels can run, is divided into stages of about eight or nine English miles in length; and at each end of every stage is a farm house, which by government appointment and under government regulations, is bound to supply travelers with horses, vehicles, bed, and board, at certain fixed charges. The majority of these stations are arranged and adapted to native Norwegian requirements; and as the "hardy Norseman," even in these degenerate days, does not belie his old reputation, they subject the manhood of modern Englishmen to a very severe test.—*Picturesque Europe.*

STIMULATION.

WITH but few exceptions, the exhilarating, the damaging ingredient of all the so-called stimulating drinks is alcohol. It matters not whether they be in the form of spirituous liquors, cordials, still wines of high or low grades, the most delicate champagnes, ales or beers. Independent of the effect of alcohol in disturbing the function of the liver, its presence in the blood and actual contact with the delicate structures of which the body is composed, does injury which aids in the production of the changes which finally result in the wearing out of the heart.—*Prof. F. W. Dowling, M. D.*

NOVA SCOTIA shipped 53,795 barrels of apples to Great Britain last year; they were valued at $165,360.

FIFTY districts in Queensland have decided to exclude public-houses from their boundaries.

CIGARETTES.

THIS journal has many times called the attention of smokers to the thoroughly injurious effects of using cigarettes. Professor Delafontaine, a competent and well-known chemist has been subjecting a great variety of brands of cigarettes to scientific analysis. He found that the cigarettes he tested were generally made of tobacco "imperfectly fermented," which means that an unusually large amount of nicotine was present in them. He found that nearly all had an unnatural proportion of insoluble ash, that several kinds were steeped in an injurious substance, and were impregnated with dirt in varying proportions. Yet these deleterious and mischievous cigarettes are not only used in large quantities by habitual adult smokers, but they are sold to the pupils of our public schools, and are the cause of the broken health and stupid intellectual condition of many a lad, whose case puzzles the teacher and parent unacquainted with his doings. To be sure there is a law against selling such stuff to children, but as long as grown-up people set a bad example, and venders realize that nobody cares whether the law is obeyed or violated, there is little hope of abating this cigarette evil. Possibly, though, when the knowledge of the active poison in it gets fairly abroad, adults themselves will both take and give warning.—*Christian at Work.*

COST OF LIQUOR.

"I THINK I have reason to be opposed to the use of liquor, for it has been an expensive affair to me." Such were the ideas expressed to us, a few days since, by one of our patients at the Rural Health Retreat. He proceeded to explain on this wise: "A few years since my only sister, who was traveling in Italy, in company with three others, made the ascent of Mt. Vesuvius in a carriage. While up there the driver indulged quite freely in the use of liquor. As the result, when they began the descent of the mountain, his head was so confused that he drove his horses and carriage off the grade. The driver and horses were killed as they were crushed under the carriage. This also prevented as severe a shock as would otherwise have been the lot of the passengers. So they supposed themselves unhurt, except the fright of the runaway and fall. Shortly after, my sister began to grow quite stout, and in six weeks from the time of the accident she was dead. She died of dropsy, occasioned by heart disease brought on as the effect of the fright at the time of the runaway. "So," said our friend, "you see that a glass of liquor was very expensive to me, as it deprived me of my only sister." J. N. L.

WHAT ALCOHOL WILL DO.

THE *Sanitarian* tells what alcohol will do, thus: "It may seem strange, but is nevertheless true, that alcohol, regularly applied to a thrifty farmer's stomach, will remove the boards from the fence, let the cattle into his crops, kill his fruit trees, mortgage his farm, and sow his fields with wild oats and thistles. It will take the paint off his building, break the glass out of the windows, and fill them with rags, take the gloss off his clothes and polish from his manners, subdue his reason, arouse his passions, bring sorrow and disgrace upon his family, and topple him into a drunkard's grave. It will do this to the artesian and capitalist, the matron and the maiden."

A PROHIBITIONIST calculates that the amount of liquor made and imported into the United States in 1882 would fill a canal ten feet deep, twenty feet wide, and seventy-six miles long. The money it represents would have built a $1,000 house for the family of every mechanic in the land; would have paid for 3,664 steamships at $250,000 apiece; would have purchased 336,400 farms of 100 acres each, or would have fed and clothed all the children in the States under five years of age for two years, allowing a dollar a week for each one of the ten million children. Instead of doing this, it has gone down American throats.—*Baptist.*

NEW YORK, April 4.—Edwin Booth arrived tonight. His physician met him with a carriage. Booth was in good spirits, though a little weak. The doctor said after an examination, that he suffered a partial stroke of paralysis, which was due to excessive smoking. He directed his patient to remain quiet for a few days, when he thought Mr. Booth would be able to resume his engagements.

Query. Would he still "*engage*" in smoking?

IF you would kill a slander let it alone.

Miscellaneous.

FIT FOR ANY KING.

TAKE a humble cottage,
Banish strife and resentment;
Let love abide within it throughout the livelong year;
Picture its walls with gladness,
Paint them o'er with contentment,
Brighten it with home sunshine and plenty of right good cheer;
Let the tenderest memories around its threshold cling,
And you will have a palace fit for any king.

Take a portion of kindness,
And a brimful measure of neatness,
Stir them well together with plenty of strong good will;
Season it all with laughter
And love's enduring sweetness,
Add kisses and pleasant words enough the dish to fill;
Serve with other fare —'most any simple thing,
And you will have a dinner fit for any king.

—*Ada Simpson Sherwood, in Housekeeper.*

PITCAIRN ISLANDERS.

WHAT do non-smokers, teetotalers, and vegetarians say to this?" asks the *Sheffield Telegraph*. "At the present time there are forty-seven men and fifty-nine women, descendants of the mutineers of the *Bounty*, who live on Pitcairn Island. These people, who live in one of the healthiest climates of the world; who neither drink, nor smoke, nor eat the flesh of beasts; who live quiet, well-conducted lives, are not a healthy people." They say, that, if the writer in the *Sheffield Telegraph* will take the trouble to turn to the "Encyclopædia Britannica," he will find the statement that the Pitcairn Islanders are "healthy, hospitable, and virtuous." This is confirmed by the latest news from Pitcairn. Captain Smith, of the barque *Firth of Clyde*, from San Francisco, has supplied the following report: "On February 9, 1889, twenty-eight days out from the Golden Gate, I lay to off Adamstown, Pitcairn Islands, and Mr. M'Coy, chief magistrate, and five men, came off in their whale boat. They brought pumpkins, cocoanuts, pineapples, bananas, eggs, and a beautiful bunch of flowers. Mrs. M'Coy also sent half a cooked fowl, and a piece of pudding made from sweet potatoes and Indian corn, for the captain's dinner, whoever he might be. Captain Smith had the greatest difficulty to get them to accept aynthing, it being their Sabbath-day. The only thing Mr. M'Coy would accept was some wine for communion purposes and some medicine. Captain Smith supplied them with all the latest newspapers, both American and English, which were thankfully received. Religious books were eagerly sought after. Mr. M'Coy held divine service on board, and a number of Moody and Sankey's hymns were sung. There are one hundred and seventeen souls on the island—forty-five males and seventy-two females; thirty-eight of this number are children. *They were all in good health.* They take a lively interest in the doings of the outer world, and were well posted in American politics. After remaining for about two hours, the islanders took their leave, and we bade adieu to one of the brightest spots in this dreary waste of waters."—*English Vegetarian Messenger.*

On reading the above, it occurred to me that a near neighbor in the city of Oakland, Cal., had spent some little time in the islands of the Pacific and that in his voyage he had visited Pitcairn. By request he has kindly furnished the following, which may be of interest to the readers of this JOURNAL. He says:—

"The question is asked, Are the people of Pitcairn Island healthy?" In the summer of 1886 I visited the capital city of Tahiti, hoping, if possible, to find transit to this far, and justly famed isle. I had waited but a few weeks when her Britannic majesty's ship *Pelican* came in and anchored, on her way to Pitcairn. Through the courtesy of her commander, Captain R. W. Hope, I was permitted, though an American, to go with them. After visiting a number of charming tropical islands we reached this gem of the South Pacific on the morning of October 18. Soon two whale boats came out to meet us, having on board the magistrate and twelve or fifteen robust, smiling, diffident men. These soon came over the gang-way receiving a true English welcome from the officers and crew of the man-of-war *Pelican.*

Through the consent of the magistrate and principal men of the island, and the good-will of the ship's company, I was permitted to remain, while the good steamer, with her white wings and breath of steam started on for Coquimbo, taking with them my best wishes for all on board, and for her generous government.

Fears were entertained on the ship that I would fare slim on the island, should I live as the island-

ers did. But I had not the least trouble in this respect. I remained just five weeks with this most interesting people, visiting nearly every house during my stay. I asked Rosa Young one day if they ever had any sickness among them. She replied that "several years ago a vessel had touched there on board of which some had colds." I understood that it was a sort of influenza. She said, "We caught it, and it went the round of the people, but since that time we have had no other sickness."

The islanders are industrious, and I may say a hard-working people. I saw nothing of that lazy indolence so common in South Sea islanders. The facts are they have to work to live. They have neither horse, mule, or jack to plow with. There is not a cow on the Island. Bread-fruit and fei—pronounced fa-ee (a sort of a wild banana), so common in Tahiti, is very scarce. They have to cultivate, as best they can, a worn-out soil, to raise their taro, yams, sweet potatoes, etc.

One day I noticed one of the minister's daughters pick up, and place on her shoulders, a bundle of fire-wood cut from one to two feet in length, and bound around with a string. I judged it to be at least two feet in diameter. It surprised me to see her carry it with so much ease, and I told her so. She replied that some visitors said the women on the Island were as strong as men, and that the men were as strong as horses.

The girls and boys play ball together. I looked on with amazement to see the grace and vim with which even the former would hit the ball. I never saw them get angry or quarrel. Even the young children are expert swimmers. They, too, stand with perfect unconcern on the very edge of cliffs hundreds of feet high, or with their bare feet go along wave-like ridges, perhaps not more than two or three feet wide at the top, at an altitude of more than a thousand feet. They do not seem to have any fear. The men are ingenious, and use tools well. Their houses are built of lumber, mostly of hard wood, that they saw out with a whipsaw. This is no easy work in their practically tropical climate.

The women braid the palm leaves into neat, pretty baskets or hats which they give away, mostly to passing ships. The men go out fishing sometimes for codfish in two hundred fathoms of water. They live on two meals a day. Breakfast, say from 7 to 8 A. M., and dinner all the way from 4 to 9 P. M. They choose these hours that all may be home at the meals. To be brief, they are, as a whole, the most unselfish, gentle, kind-hearted, uncomplaining, and I will add, what sums up all goodness, real commandment-keeping Christians. When I went to the islands I was a stranger, but when I left them it was like leaving mothers, sisters and brothers. JOHN I. TAY.

And now in the form of the query of the *Sheffield Messenger* we might inquire, "What do our smoking, tippling, flesh-eating advocates say to this" specimen of the results of plain living without disease, giving the strength of horses for men and the strength of men for the women?

J. N. L.

SELFISHNESS.

IF it were announced that for a certain price, no matter how high, any woman could procure an infallible secret for making herself attractive, the advertiser would have applicants beyond number. Yet there is a bit of knowledge of this order, and it is infallible; but it is not sought for because it is not advertised as a secret, and is not selling at a high figure; it can be put into these three words, "don't be selfish." Remembered and acted upon daily, hourly, they furnish the keys to the highest pleasures of life, the true beauty of the soul which attracts and pleases as no mere physical beauty can. We find a little story floating about upon the newspaper sea which contains the secret which all are searching and few find, though it has never been concealed. It is only the searchers' eyes that are holden. Read it: "One great source of pleasing others lies in our wish to please them," said a father to his daughter, discussing on the small, sweet courtesies of life, "I want to tell you a secret. The way to make yourself pleasant to others is to show them attention. The whole world is like the miller at Mansfield, 'who cared for nobody —no, not he—because nobody cared for him, and the whole world would do so if you gave them the cause. Let people see that you care for them by showing them what Sterne so happily called the small courtesies, in which there is no parade, whose voice is too still to tease, and which manifest themselves by tender, affectionate looks and little acts of attention, giving others the preference in every little employment, at the table, in the field, walking, sitting, and standing."—*Dress.*

COMMON SENSE PUNCTUATION LESSON.

THERE are fully as many different ways of punctuating, as there are different persons to punctuate. We say "fully as many," because every writer has his own particular way in punctuating his sentences, and the same person even, sometimes has several ways of doing it.

There are very many good rules to be found in the books, but they do not always meet all cases, so that in some instances the writer is obliged to exercise his good sense.

The period and comma are the only two marks in general use in declarative sentences, the semicolon and colon being but seldom used, and by some writers, never.

The period marks complete sense, the end of a sentence, or is used as an abbreviation mark. Writers differ in the use of the period, some using it less frequently than others. It cannot well be used too frequently, since short sentences are always the clearest and most expressive. Instead of dividing members of a sentence by semicolons, make them shorter and more of them and use the period.

Commas are used for omissions, parenthetical and explanatory clauses, phrases and words, and separating the members of compound and complex sentences. We have now stated in brief, plain terms the general principles of punctuation.

The following will serve as illustrations:—

John went to school. (Period, because a sentence.) She loves her child; she bathes it in tears. (Better make two sentences. Place a period after child.) Per cent. Period, because an abbreviation, per centum.)

When he comes, we shall go home. (Comma to separate the two members of the sentence.) John walks, but Harry rides. (Comma for the same reason.) Horses run, birds fly. (Same reason.) John, the beloved disciple, died a natural death. (Commas, to separate the explanatory phrases. Commas, to separate the clauses.) (The comma is used here after *commas*, because there is an omission of words, as *commas are used to separate*, etc.) Insects, too, have wings. (Too is parenthetical, and, hence, the commas.) Why are there three commas in this last sentence?

The apostrophe is an important punctuation mark. It always indicates an omission, and should hence be placed where the letters are omitted. E'er is right, because *v* is omitted where the apostrophe is placed. Do'nt is wrong because the omission is between *n* and *t do not*, don't. Tho' is right, as *ugh* is omitted. Should'nt is wrong and should be shouldn't. It's (pronoun) is wrong, because there is no abbreviation, so is our's, their's etc. It's for it is, is right. There's is right, as, there's no other way about it, for there is no other way, etc. A *boy's book* is right, for *a boy his book* was the old expression.

John's mark. for John X. Boys' school is right, for

his
mark

boys', means boys their school.

Punctuation is not so difficult, after all, if studied and practiced from a common sense standpoint.—*Nat'l Educator.*

DR. JOSEPH GARRETSON.

THE *Cincinnati Enquirer* of January 22 says: "One of the most remarkable characters Cincinnati ever saw died yesterday. It was Dr. Joseph Garretson, of West Eighth Street. For sixty-two years of his life he never drank a cup of coffee nor sipped a little tea. For fifty years of his life he ate no meat. For twenty-six years of his life he never took so much as a pinch of salt. He came of English stock, and was born in this country of long-lived people, at York, Pennsylvania, February 27, 1808. His ideas were very simple, but on the subject of diet he believed strictly in a vegetarian diet. Nature, he used to say, has supplied this food, and it is against nature when man eats meats. To those who would eat meat, however, he insisted that it should be eaten boiled. He used to point to the Indians as proof of this, claiming that they were never sick unless from wounds. He trusted to no cook to prepare his food, but did it himself. When he went on a journey he took his food with him, and only a few weeks before his death was in New York City, going the entire distance with his food. He claimed that everything greasy was injurious to the human system, and most of all things horrible was a piece of meat fried. Dyspepsia and all the ghosts and nightmares of indigestion he attributed to frying. His only drink during his long life was water, or sometimes lemonade. He

was continually experimenting on the subject of diet, and attributed his long life entirely to his diet and habits."—*Vegetarian Messenger.*

LEND A HAND.

WHEN? Where?

To-day, to-morrow, every day, just where you are.

You have heard of the girl who sat down and sighed the morning hours away, longing to be a missionary and help somebody, while her mother was toiling away in the kitchen and looking after three little children at the same time. Perhaps your mother has servants in the kitchen, but you can lend her a hand all the same. You can find a place to help brother or sister or friend, and you can help everybody in the house by your patient, kind, obliging spirit, "in honor preferring one another," self-forgetful and mindful of others.

It seems a very little thing to "lend a hand" in those quiet home ways, but if you could see the record the angels make of such a day you would see that it was a very great thing.

Boys, girls, watch eagerly your chance. Do not be cheated out of your happy privilege. It is a great, noble, blessed thing to be able to "help little," no matter how little it may be.—*Christian Commonwealth.*

VEGETARIANS IN CHINA.

THE Rev. J. Macgowan, of the L. M. S., reports with reference to Amoy and its district: "In one district that I visited where these men (the colporters of the Bible Society) have done a large amount of work, I was particularly struck with the friendliness of the people towards Christianity. They mostly belong to a sect of the "Reformed Buddhists," and call themselves Vegetarians. They are dissatisfied with the prevailing forms of worship and are striving by strict observance of ritual and abstention from animal food, to obtain happiness. Christianity has a special attraction for many of these people. They find in it precisely what they had been unconsciously longing for. . . . Some of the brightest names to-day in our churches once belonged to this sect. It is confidently predicted that the whole of this region will erelong become Christian."—*The Eighty-second Report of the British and Foreign Bible Society. London, 1886.*

MILK BETTER THAN BRANDY.

Dr. CLAUSTON, in the annual report of the Royal Edinburgh Asylum for the insane, writes: "The greater my experience becomes, I tend more to substitute milk for stimulants. In very acute cases, both of depression and maniacal exaltations where the disordered working of the brain tends rapidly to exhaust the strength, I rely more on milk and eggs made into liquid custards. One such case this year got eight pints of milk and sixteen eggs daily for three months, and recovered under this treatment. I question if he would have done so under any other. He was almost dead on admission, actually delirious, absolutely sleepless, and very near pulseless."—*Ex.*

BREAD MAKING.

BREAD making is at once the easiest and the most difficult branch of the culinary science. Easy, if only sufficient interest be taken to master a few elementary principles and to follow them always, using the judgment of the best authorities until experience furnishes a sufficient guide; difficult, if there be any neglect to use the proper care and materials. It should be regarded as one of the highest accomplishments; and if one-tenth part of the interest, time, and thought that are devoted to cake and pastry and fancy cooking were spent upon this most important article of food, the presence of good bread upon our tables would be invariably secured.

"THERE is a fashionable way to leave a carriage," said a lady who conforms to all the fads of fashion. "You must never lean forward getting your head out first. The properly trained woman retains her seat till one foot is above the carriage-step, then, slightly rising, sinks her weight upon it and glides easily and gracefully to the curb."—*Sel.*

SWEET potatoes require nearly twice the time that Irish potatoes do either to bake or boil.

BAD books are the public fountains of vice.

A BLITHE heart makes a blooming visage.

THREATENING a bad habit does not kill it.

Household.

BE BRAVE.

It isn't worth the while to fret, dear,
To walk as behind a hearse,
No matter how vexing things may be,
They easily might be worse;
And the time you spend complaining
And groaning about the load,
Would better be given to going on,
And pressing along the road.

There are vexing cares enough, dear,
And to spare when all is told;
And love must mourn its losses,
And the cheek's soft bloom grow old;
But the spell of the craven spirit
Turns blessing into curse,
While the bold heart meets the trouble
That easily might be worse.

So smile at each disaster
That will presently pass away,
And believe a bright to-morrow
Will follow the dark to-day.
There's nothing gained by fretting;
Gather your strength anew,
And step by step go onward, dear,
Let the skies be gray or blue.

—*Selected.*

CONFIDENCE BETWEEN MOTHER AND DAUGHTER.

There is no relation more beautiful than that which may exist between mother and daughter. The mother can completely control the tastes of the child, if she first proves worthy of her trust and confidence; and there is no one to whom a child would rather confide her secrets than to such a mother. By no means should the confidence be all on one side. The mother, too, should have her secrets which she can intrust to the youthful ears.

Make your daughter feel that she is necessary to the comfort and happiness of the family and tell her how greatly she is missed when absent. Ask her advice, sometimes, and follow it as far as possible; it will make her very happy to know that, at last, she is getting old enough to be a real help to mother. She will begin to cultivate her tastes, taking you as a model, so that she may the more readily offer suggestions in the future. Unconsciously, she will adopt your ideal as her own, and when that point is reached, there is no knowing to what extent she will ever after trust to your advice.

I know a family where the daughter is now a young woman of excellent judgment. She has always been the confidante and "chum" of her mother, who is her dearest and most intimate friend. In the same family the boys also feel that nearness and love toward mother.

It is well to give a daughter something which she may call her own, and that will bring in spending money, as well as to give it to the son. She should be made to feel that she is not dependent but that her share in the work entitles her to a share in the profits.

A family I have in mind raises a great number of chickens every year. One year the mother tends to them and has the proceeds. Next year the daughter has them and so on, each person doing whatever he pleases with the earnings. But let me say here, it always goes for a "family present," —something which will gladden each member of the household.

I know instances where the daughter would be far better off had the mother no influence whatever over her. Shame, that such a state of affairs should exist! The mother seems as greatly pleased over the daughter's success in catching new fortnightly beaux, as other mothers feel when their daughters receive prizes for efficient work in school. They proudly exhibit the packet of love-letters the daughter has received in one week—not from *one*, but from half a dozen young fellows.

How careful we should be as to the company our daughters keep! Look out upon the street of any town, from about sundown till nine o'clock, often later, and what do you see? Young girls, dressed in their best, walking two and two, or in groups, up one street and down another, or standing chatting with some youth upon a street corner. These are all somebody's daughters. Are they yours? Perhaps some mothers will ask, "What harm so long as there are other girls with her"? Ah, yes! But who are the other girls, and for what purpose do they walk there, anyway? Usually for a chance conversation with some young man, or for looks of admiration from those who cannot find an excuse to talk.

Do you suppose these daughters are the confidential companions of their mothers, or that they

repeat to them even half of the conversation which passes between them and their girl friends or between them and their favorite young men?

For some reason there is a sad lack in child training nowadays; we need more of the Spartan discipline. Where does the trouble lie? Mostly, I believe, in the mother's failure to secure the loving confidence of her child.

The mother, like the American people generally, is in too much of a hurry. At the time when the future looks so large and mysterious, when there are a thousand questions arising in the daughter's mind which she wishes someone could answer, and she hardly knows that she is stepping from childhood into a new sphere, who is better fitted to settle all the doubts, answer the questions, and point out the beauties of a pure and perfect womanhood, than mother?

If you have not previously secured your daughter's confidence, however, be sure that it will not be given you then; for her timidity and bashfulness will be greater at that time than ever before. If she does not go to you, she gathers a little information from one young friend, a little more from another, and very likely none of it correct, and much of it harmful; but it helps to form that character which at that age, grows more stable and life-lasting.

Half of the girls we meet to-day, between the ages of thirteen and seventeen, are going out in company without either mother or father accompanying them. Either they go alone, or with a young girl or a young man as easily influenced as themselves. These young people have an idea that their parents are growing old and are of a different generation from themselves, and therefore they neither understand nor sympathize with them; so they seek suggestions from those whom they think will coincide with their views, and with the times generally. To get married early, is often their chief aim, "for what" they say "is more disagreeable than an old maid!"

This reminds me of the last verse of a poem I read long ago and which, I think, forms the foundation of too many girl-marriages.

> "And now I'm in haste for my wedding,
> I'm in earnest and can't be denied;
> 'Twill be such a *beautiful romance*,
> To be called 'the little girl bride.'"

But soon the "little girl bride" grows into a heart-sore, discontented mother who vainly questions, "Why didn't mother teach me to wait until I was old enough to understand what marriage means?"

What nobler calling than that of wife and mother! But how sad when the mother is but a child herself and wholly unfit for the care of God's pure blossoms.

Dear mother, where is your girl to-night? Is she bound up in your love and influence, and is that influence born of God? If not, then do not blame her if, some day, she brings shame upon your family name.—*B. P. Englet, in Housekeeper.*

ECONOMICAL WORK.

THE number of American women who study intelligently how to reduce the wear and tear incident to housework, as to all kinds of labor, whether manual or mental, is comparatively small. Take, for example, the single item of kitchen utensils. The old-fashioned iron tea-kettle, weighing, when empty, from six to ten pounds, still holds its own in a multitude of homes, against the light granite ware, with an average weight of three pounds. The iron utensil is clung to tenaciously on the ground of economy. This, say housekeepers, 'comes with the stove;" but they fail to estimate the cost in strength and temper consequent upon frequent lifting of so ponderous an article. Then, in how many kitchens do delicate and serviceable wooden spoons, with their smooth, rounded handles, take the place of clumsy iron spoons, whose sharp edges irritate any but the most callous palm? The same principle holds in relation to methods of work. How many women laboriously pick over rice, beans, berries, etc., by taking a few at a time into the hand. How much quicker and easier to spread them on a broad surface like a dinner plate. It pays to apply brains even in small matters like these.—*The Home.*

CRUSH the soul of a woman and you extinguish her life and shed darkness on all who surround her. She cannot rally from pain, or labor, or misfortune, if her higher nature is ignored."—*John Lord, LL.D., in "Beacon Lights of History."*

BRIDGET GRAFFORT, in 1700, gave a plot of ground for the first public school in the United States, but her own sex was denied admission.—*History of Woman Suffrage.*

ECONOMICAL BILLS OF FARE.

Breakfast.—Cerealine mush with cream; graham bread; corn meal puffs; cream toast; baked sweet apples.

Dinner.—Dried bean soup; mashed potatoes; baked sweet potatoes; boiled beets; apple tapioca pudding.

Dessert.—Grapes and pears.

Cerealine is prepared from the pure white maize, and for a quickly and easily made mush we know of no cereal that is better. To one pint of boiling water, take one and a half cups of cerealine, sift through the fingers into the water, stirring constantly. Cook from five to eight minutes. Add salt if desired.

Corn Meal Puffs.—One scant cup of wheat flour, one scant cup of corn meal thoroughly mixed together. One cup of sweet milk, two teaspoonfuls of baking powder, and a little salt if desired; the yolk of one egg well beaten, and lastly add the white beaten to a stiff froth and stirred briskly together. Bake at once in heated gem pans.

Cream Toast.—To every quart of new milk add one teacup of cream, heat the milk to scalding, then thicken with three tablespoonfuls of flour previously dissolved in a little cold milk. Let simmer until the flour is cooked. Have ready slices of stale bread, cut about one-fourth of an inch thick, toasted to an even golden brown. As soon as the slices are toasted, dip into boiling water, removing immediately to a deep, heated dish in which it is to be served. Pour the cream over the toast lifting the slices that the cream may run between; cover closely and serve at once.

Just before pouring the cream over the toast, the salt, if used, should be added. The whites of three eggs beaten to a stiff froth and stirred briskly into the scalding milk is a great improvement.

Dried Bean Soup.—For one quart of soup, take half a pint of cooked beans, mash them thoroughly, and boil until they are well mixed with the water, then strain to remove the skins. Thicken with a little flour, and season with salt if desired.

Some prefer a pint of beans instead of half pint, and one cup of cream, in that case omit the flour; but to our taste we prefer the soup made rich with beans.

Apple Tapioca Pudding.—Before breakfast take a teacupful of tapioca, put it into a quart of warm water and set it where it will keep warm for three or four hours; stir from the bottom two or three times and keep covered. Pare five or six medium-sized, tart apples, cut in thin slices, and lay them in the bottom of the pudding dish, add a teacup nearly full of sugar dissolved in hot water to the tapioca, stir well together and pour over the apples; bake slowly for one and a half hours. It is very nice with whipped cream, and is good either hot or cold.

MRS. A. M. LOUGHBOROUGH.

MAKING THE WORLD HAPPIER.

"TRIFLES make perfection, and perfection is no trifle." So the little things done or said day by day make habit, and habit is no little thing. The habit of making one's self useful can be developed into splendid proportions by little things such as the following told in an exchange: "As I was starting out one day for a walk with my three little children, the eldest, not quite five years of age, stopped and picked up a stone that lay in the path, saying, as he threw it aside, 'I'll get that stone out of the way, so as to have the sidewalk all clear when Bessie Brigham's papa comes along on his bicycle.' I said to myself, 'You have caught that trick of thoughtfulness from your papa.'"

INDEPENDENCE.

A VERY profitable lesson for children to learn early in life is to be independent enough to wait on themselves. Have nails driven low enough for the little hands to reach, and teach them to hang up their own hats and bonnets, every time they take them off. Teach them habits of order and neatness, just as soon as they are old enough to be taught anything, and you will be saved many steps. It is a great trouble to get children ready for school in homes where everything is thrown down where last used, and where combs, books, towels, soiled aprons, papers, and dozens of other articles must be turned over every time some needed article is wanted, that cannot be found in its proper place. The tired mother, grown impatient over the "nervousness of it all," must take many steps after the little ones are off that might have been saved her, had she only taught her children to be orderly.—*Marion Maine.*

BOY-CHARACTER.

IT is the greatest delusion in the world for a boy to get the idea that his life is of no consequence, and that the character of it will not be noticed. A manly, truthful boy will shine like a star in any community. A boy may possess as much of noble character as a man. He may so speak and so live the truth that there shall be no discount on his word. And there are such noble Christian boys; and wider and deeper than they are apt to think is their influence. They are the king boys among their fellows, having an immense influence for good, and are loved and respected because of the simple fact of living the truth.—*Selected.*

THE mother who is also her own housekeeper has greater opportunities for doing good than can be found by women in any other sphere of labor. In the enlightenment of modern thought, drudgery assumes a very different coloring. It is shorn of its degrading features; it is drudgery no longer. Do not think that a fine education unfits a woman for the duties of a housekeeper; think, rather, that no education is too good for the woman who is to fill the grandest sphere that the world has to give.—*Selected.*

DON'T find fault, that is, in the flaw-picking, grumbling way. It not only makes you look and seem and feel disagreeable at the time but it permanently mars beauty. About the mouth there is certain to come a cluster of lines to tell the world at large of the peevishness of its owner. It makes the eyes smaller, because they contract at the time, and the lips grow extremely sensitive from continual biting.

"IT is the little rift within the lute
That by and by will make the music mute,
And ever widening slowly silence all."

TAKE your place modestly at life's banquet and ask for nothing not in the bill of fare.

FAME is like a river—narrowest where it started, and broadest afar off.

CHEERFULNESS is perfectly consistent with piety.

BACCHUS has drowned more than Neptune.

HELPFUL HINTS.

KEEP a brick on the back of your stove. You will find it nice to set food on when you wish to keep it warm.

A TEASPOONFUL of pulverized alum mixed with stove polish will give the stove a fine lustre, which will be quite permanent.

LAMP chimneys are easily cleaned by holding them over the steam from a teakettle, then rubbing with a soft cloth, and finally polishing with paper.

BATHE a sprain with arnica, diluted with water, and bandage with soft flannel moistened with the same. A sprained wrist thus treated will grow well in a few days.

PLUSH goods, and all articles dyed with aniline colors, faded from exposure to light, may be made to look as good as new by sponging them carefully with chloroform.

SAVE the egg-shells, dry them in the oven, then roll them fine and mix them with the food you prepare for young chickens, and it will make them strong and healthy.

BEFORE buying pins, try them with a magnet, or a magnetized pocket-knife. If they adhere to it, don't buy them, for they are not good. A large proportion of the pins sold are but brassed iron, which rusts and ruins clothing.

INTO a solution of gum-arabic, stir plaster of Paris until the mixture assumes the consistency of cream; apply with a brush to the broken edges of China and join together. In three days the article cannot be broken in the same place.

CHEAP DISINFECTANT.—A good disinfectant is made by dissolving half a drachm of nitrate of lead in a pint of boiling water, then dissolve two drachams of common salt in eight or ten quarts of water. When both are thoroughly dissolved, pour the two mixtures together, and when the sediment has settled, you have a pail of clear fluid, which is the saturated solution of the chloride of lead. A cloth saturated with the liquid and hung up in a room will at once sweeten a fetid atmosphere. Poured down a sink, water-closet, or drain, or on any decaying or offensive object, it will produce the same result. The nitrate of lead is very cheap, and a pound of it would make several barrels of the disinfectant.—*Selected.*

Healthful Dress.

RELEASED.

AT softly rounded, sweet sixteen,
There dawned the saddest of sad days
That my short life had ever seen;
My sisters said, I "needed stays!"

In spite of struggle, moan, and gasp,
My slender form they snugly sheathe,
And pull the strings, make sure the clasp,
Nor give the victim room to breathe.

Ah, never knight in coat of mail
Bore half the tortures I endured:
My feeble flesh did shrink and quail
Until to torment 'twas inured!

The muscles, once so strong and free,
Grew helpless, and there came a day
When I, the corset's enemy,
Was glad to have it come to stay!

But now, a fearless Millerite.*
All corsetless, new strength I seek;
My sister says I look a fright,
My husband says, "A modern Greek."

The weakened muscles soon regain
Their wonted strength and proper place,
And freed from half-unconscious pain,
The form resumes its girlish grace.

A woman's form *au naturelle*,
Believe me, doubting sisters mine,
God made, who maketh all things well,
In fashion, but for wings, divine.

—*R. C. L. M. in "Dress."*

PAST AND PRESENT OF PETTICOATS.

WE are in the habit of calling this a high civilization. We boast much of our progress in culture, commerce, the arts, sciences, and inventions; but in the matter of women's dress we are still slaves to the foolish fetich fashion. Let any one hint that women are improperly, unhealthfully, and unbeautifully dressed, and a howl goes up from the throats of both sexes that said writer wants to turn all the women into men. To inveigh against the petticoat is to draw sneers from simpletons and provoke the twaddle of fools.

The skirts of women make all the trouble. Their shape, dimensions, and trimming keep their wearers in continual slavery keeping up to the mark. That was a wise Frenchman who defined woman as "the trimmed animal." He might also have added that she was owned by her trimmings.

The French costume of 1795, adopted by Madame Beauharnais (afterwards the Empress Josephine) and Madame Tallien was a Greek gown of delicate, soft falling material. With it was worn digitated stockings and sandals. Their effort was to revive simplicity. The comment upon it was that they had accomplished immodesty. But that is always said of any innovation in dress which reduces her load. The lady who gathers crusts from the ash barrel frequently wears a trained gown, so anxious is she to avoid "revealing the outlines of her figure."

The bell hoop which reigned in France fron 1863 to 1867, and pervaded in this and other countries was an atrocity in dress which for downright indecency could not be improved upon. It operated on the wearer like an open umbrella set on the floor to dry out. If anything touched it on one side, it reared extravagantly on the other. When it came to exposing the leg, the graceful costume of Mme. Beauharnais was modesty itself beside it. Yet so powerful was the hideous fashion that no woman, rich or poor dared keep out of hoops. If one here or there refused to don them, she was the object of ridicule everywhere, and was even looked upon with suspicion where she was unknown.

Finally the hoops died the death of all evil things. The pull-back came in; fashion would not let it live. It was banished to make room for bustles, which have grown and grown, until they now extend from the rear of a woman like a huge annex to a building.

And the worst of it is that hoops, genuine old-fashioned hoops, are threatened. Whether sane American women will put them on I know not.

Mrs. Jenness Miller, formerly of Boston, now of Washington, is already widely known as the advocate of a new style of dress, which she appropriately calls "a system of correct dress for women." If universally adopted, this system would, it is believed, lift the burden of ill-health and the curse of deformity from womankind forever. It discards both corsets and petticoats, and is entirely free from ligatures and bands. Think of what a mercy to women such a style of dress would be. More than that, it is beautiful, far more beautiful than the clumsy things ordered by fashion, and what a time saver as well as strength and work saver in this new style of dress!

Next the body is a union garment of silk or wool for winter wear, covering it completely, clinging jersey fashion, and making no bulk. Over that is a muslin garment, also following the figure. Then come what Mrs. Miller calls "leglets." In plain English these are trousers, made for winter, of warm cloth. They extend a trifle below the knee, and fit snugly over the lower part of the body. They supply all the needs of petticoats, and more. Over them is worn the gown, which is cut princess fashion, consequently hangs no weight on the hips. Its lines follow the lines of the body, which are, or ought to be, more beautiful and graceful than fashion can devise. Mrs. Miller's theory, which is unmistakably correct, is that we should be clothed in all respects as our natural structure demands.

On this princess or tea gown foundation a woman can pile all the trimming she wants to; but the wise ones don't want to spoil all the lines with furbishings.

For the street Mrs. Miller's gowns are short. She recommends that ladies shorten their skirts little by little until they at last reach a degree of brevity which shall enable them to walk or perform any other work with ease as men do.

* A follower of Jenness Miller.

Mrs. Miller is such a Juno in appearance, that many a woman who would like to get into comfortable apparel looks at her and sighs in despair, "Oh, that woman can wear anything and look lovely in it." But the lady has designs for thin women, and fat women, and all shapes of women.—*Selected.*

HEALTHFUL DRESS FOR WOMEN.

THE great trouble with our feminine mode of dress is that the warmth is unevenly distributed over the surface of the body. The waist, hips, and lower back are much overheated by the lapping of the upper and lower garments, while the head, throat, and extremities are usually only half protected. To this cause alone can be traced a great part of the ill-health of American women. Women often break down from over-work; but working at a disadvantage in corset and heavy skirts has a great deal to do with it. We cannot do so much nor do it as well as we could if public sentiment permitted women a hygienic mode of dress. Skirts reaching to the feet are an undoubted hindrance to free and easy motion; but as the petticoat is here, and has come to stay for a long time at least, we must study ways and means for making it as little harmful as possible. Everybody knows that men owe much of their good health and success to their natural and suitable style of dress. Now what women want is to secure the benefits of men's general mode of dress in their undergarments, using over these the ordinary dress, in its most sensible form, as the badge of womanly modesty.

To specify—the first garment put on should be some kind of a knit union suit with long sleeves, which is elastic and covers nearly the whole body. Unless this is very heavy and warm it should be surmounted by another flannel union suit of cloth, at least in this northern climate. Then should follow a light flannel skirt, made in princess style without any heavy trimmings. In moderate climates, there is nothing better for this purpose than Jersey cloth; and for cold climates eider-down flannel. Both wash well, and have a knitted web, which enables them to be fitted perfectly and yet give every muscle of the body full play. If the dress is in one piece, so much the better; if in two pieces, sew short, strong tapes to the seams of the waist just above the waist line, make buttonholes in them, and place corresponding buttons on the loose yoke or band of the light-weight dress skirt. The idea is to have the whole body evenly covered, with few, if any bands around the waist, and all the weight depending from the shoulders. Let the clothing be as light as consistent with perfect warmth.—*Household.*

HOW TO DRESS WARMLY.

THE whole body should be clad in soft flannel, from neck to wrists and ankles, nearly the year round. It is better to have the under-clothing for the upper part of the body, and that for the limbs, combined in one garment. If arranged in two garments, they should only meet, and *not* overlap, as this gives too much heat over the abdominal organs.

A woman's limbs should be covered with as many thicknesses as a man's, and a garment which fits the limbs closely will afford four times the protection given by a loose skirt. Thick shoes, or boots with high tops, and heavy woolen stockings drawn up outside the under-flannel, complete the provision for warmth. Leggins should be worn in cold weather.—*Musical Messenger.*

WHAT SOME GREAT MEN THOUGHT OF THE CORSET.

THE *Medical Record* tells us that Napoleon Bonaparte said to Dr. Corvisart, speaking of the corset: "This wear, born of coquetry and bad taste, which murders women and ill-treats their off-spring, tells of frivolous tastes, and warns me of an approaching decadance." Joseph II. of Austria was very severe upon the corset, and made a law confining its use to abandoned women. The last king of France embodied his opinion of this abomination in this stinging epigram: "Once you met Dianas, Venuses, or Niobes; nowadays only wasps." The great naturalist Cuvier was walking one day with a young lady, who was a victim of tight lacing, in a public garden in Paris. A lovely blossom upon an elegant plant drew from her an expression of admiration. Looking at her pale, thin face, Cuvier said: "You were like this flower once; to-morrow it will be as you are now." Next day he led her to the same spot, and the beautiful flower was dying. She asked him the cause. "This plant," replied Cuvier, "is an image of yourself. I will show you what is the matter with it." He pointed to a cord bound tightly around the stem, and said: "You are fading away exactly in the same manner under the compression of your corset, and you are losing by degrees all your youthful charms, just because you have not the courage to resist this dangerous fashion."

A MODEL INSECT.—Admirable as a wasp may be in his humble capacity as an insect, there seems to be no legitimate reason for a young woman's modeling herself upon his figure.—*Youth's Companion.*

Publishers' Department.

AT THE RETREAT.

In a former number we called attention to the necessity of erecting a chapel at the Retreat. Since the publication of that article the directors have received so favorable responses from the friends of the institution in the line of taking stock, making donations, and letting them have the use of money for a year without interest, that they have already laid the foundation for the chapel, secured the lumber, and carpenters are rushing ahead, as fast as possible, with the erection of the building. Here is a grand chance for the liberal to judiciously invest means in a laudable enterprise. We shall be pleased to hear from others in the same line of furnishing aid to the chapel fund. Who will help to erect and furnish the Retreat chapel? In addition to the improvements in buildings we notice that a few friends of the institution have sunk a well to a depth of over forty feet. This well which has been dug in the grove, a few rods above the Retreat, furnishes already quite a flow of water. It will probably be arranged by another season so that the water may be pumped from the well and used in irrigating the flower gardens, lawns, roads, and walks about the Retreat buildings.

COOKING SCHOOLS.

We are highly gratified to see the growing interest manifest in the subject of hygienic cooking. It is an old saying that "The proof of the pudding is in the eating," but one of the best proofs of the superiority of man's primitive diet over that of flesh is in having the food properly prepared, so that it will recommend itself; in other words, be so palatable and wholesome that it will be "fit to eat."

A London journalist, not long since, stated as one reason why more vegetable food is consumed in France than in England, the fact that French cooks were so much better skilled in the art of properly cooking vegetables than were the English cooks. We are glad to see the growing desire among the people to learn how to properly prepare the products of the soil that they may indeed be wholesome food.

In each of the four local camp-meetings already held this season, in the State of California, by the Seventh-day Adventists, Mrs. F. L. McClure has conducted cooking classes. These have been much appreciated, not only by the ladies of that denomination, but by many of the citizens, who in each case have availed themselves of the practical instruction given. On the Oakland camp, where the annual State meeting of the denomination is being held, a large tent is erected which is devoted to the accommodation of the cooking classes. In this course Mrs. McClure is assisted by Miss Fisher, of Healdsburg College, who has been receiving instruction in this line, during the past summer, in the hygienic cooking school of the great sanitarium at Battle Creek, Michigan. This course of lessons is a rare opportunity for those who wish to gain information as to the best methods of preparing wholesome dishes from fruits, vegetables, and the various cereals.

We learn that these ladies are to conduct cooking classes in the Healdsburg College during the coming winter. It is certainly good for our daughters to combine with their information in the sciences, the art of healthful and proper preparation of food. So may their hands be beautiful, because they are "hands that can make good bread."

THE WORLD'S EXPOSITION OF 1892.

Before me is a circular letter calling attention to Chicago as the most feasible place for the holding of said Exposition If the people of other nations—representative men—are to be called together to gain a definite idea of our country, its extent, and resources, they certainly should go as far west as Chicago, and not be left to form their ideas of the country by simply a look at New York, Brooklyn, Jersey City, the harbor, etc. Let them have all that, but let them have more, or they might return to their own lands with as vague ideas as those possessed by a well-educated Englishman who accompanied the writer from that country to America in 1883. While we were passing over the Great Western Railway, in Canada, we came to a thick piece of woods, and the man wished to know if there were dangerous savages in that wilderness, and if we should not soon see wild beasts. He seemed to get the idea, soon after we left Niagara Falls, that we had got about to the end of civilization. This was not owing to any lack of intelligence or the lack of information on his part, but this nation's territory is so vast that it can hardly be grasped at once by persons who have been used to seeing as many inhabitants as our nation possesses crowded into the space occupied by two or three of our larger States. If there is to be an *Exposition* to give foreigners a definite idea of the country we should say, all things considered, Chicago is certainly a central point, easy of access, and where a broad idea of the country and its resources can be obtained, and withal where its representative resources can be conveniently gathered together.

J. N. L.

"FOOD," HOME. AND GARDEN.

PUBLISHED MONTHLY.

The Vegetarian Society of America issues a neat little monthly called "Food, Home and Garden," in which preaches "the blessings of a pure diet," a doctrine hat mus help to a better market the soil tillers who raise the fruits of the earth.—*N. Y. Tribune.*

A nicely printed little sheet and contains much to interest vegetarians and others.—*Phila. Public Ledger.*

Your little 8-page pamphlet is brimful of good things. I am glad to hear occasionally of your prosperity, and assure you of my best wishes and sympathy in your work. I believe there will be more interest shown in this direction in the next ten years than in the past.—*Dr. J. H. Kellogg, Battle Creek.*

The paper is a unique little sheet, I never saw Food so artistically gotten up.—*Dr. Rachel Swain, Indianapolis.*

Fifty cents a year. Five cents a copy. Clubs of not less

than four, at twenty-five cents each. All communication and exchanges to be addressed to "Food," 2915 Fairhill Street, Philadelphia. Make drafts and Money Orders payable to Henry S. Clubb.

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MRS. SUSANNA W. DODDS, M. D., dean of the St. Louis College of Physicians and Surgeons says of the HEALTH JOURNAL:—

"I am delighted to welcome these messengers from the Pacific Coast. It is brimful of good things; everything to commend and (best of all), nothing to condemn. I fully indorse the sentiments which it expresses; not only upon health topics in general, but of temperance in particular."

DR. J. S. GALLOWAY, of Ohio, says of the JOURNAL:—

"Editorially and mechanically the paper is well got up, and if it secures the patronage it merits, it will be a means of much good to its patrons by conveying to them the kind of information the world so much needs."

EVERY day we live we make it harder or easier for the people nearest us to do right or to do wrong.

So long as women are on friendly terms with modesty, just so long are women vindicated, and no longer.

A WOMAN will excuse her own foolishness, but she will never excuse a physician for yielding his treatment to it.

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HEALTHFUL FOODS.

HAVING at our Health Retreat a revolving oven, and first-class cracker machinery, we are prepared to furnish the foods advertised below, at their respective prices. These foods are not only adapted to those suffering from digestive ailments, but are also excellent for all persons who wish food free from lard and all other deleterious shortening. None but the purest and best articles are used in the manufacture of these foods.

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.

No. 1. Graham Crackers.—Slightly sweetened, and shortened. Just the thing for persons with fair digestive powers and inactive bowels ; per lb.....10 cts.

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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.

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Carbon Crackers.—These are especially intended for cases of dyspepsia in which there is acidity of the stomach, heart-burn, and flatulence of stomach or bowels. The black color of the cracker is due to the presence of pulverized carbon, which acts as a preventative of fermentation, and is an absorbent of irritating gases resulting from indigestion; per lb.....15 cts.

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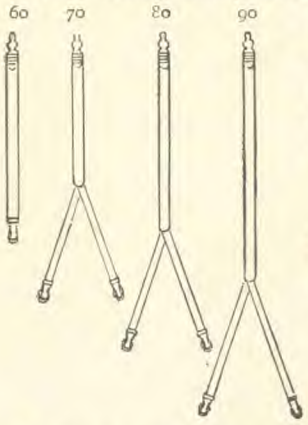

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The cut below represents the DAISY CLASP, open. When closed, it firmly grips the stocking and holds it in position.

Either the Suspender or the Daisy Clasp Supporters may be obtained, post paid, at their respective prices.
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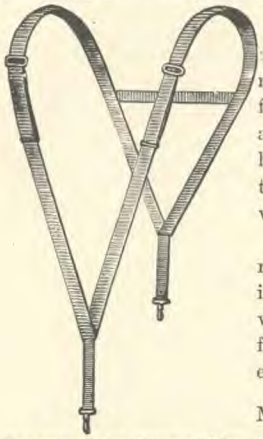
The Ladies' Hygienic Safety Supporter.

For firmly and securely holding in place the periodical bandage.



This useful and much desired article, unlike all others in the market, supports the bandage from the shoulders, thereby avoiding all pressure upon the hips and abdomen, and avoids the injurious effect caused by wearing belts.

It has received the highest recommendations from the medical faculty, is approved and worn by the Ladies' Dress Reform Committee, and commended by every lady at sight.

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