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THE way to gain a good reputation is to endeavor to be what you desire to appear.

THE first authentic record of an epidemic of influenza was made by Hippocrates, 420 B. C.

THERE are but few persons who would not be benefited by taking less medicine, but more advice in regard to their health.

JOSH BILLINGS said very aptly: "A broken reputation is like a broken vase; it may be mended, but always shows where the crack was."

"My friends," said a temperance lecturer, lowering his voice to an impressive whisper, "if all the grog-shops were at the bottom of the sea, what would be the result?" For answer came—"Lots of people would be drowned!"—*Canadian Nation.*

THESE are given out on the authority of Dr. Graves, as the years in which the influenza epidemic has visited Europe since the beginning of the last century: 1708, 1712, 1728, 1733, 1743, 1758, 1762, 1767, 1775, 1782, 1788, 1789, 1803, 1831, 1833, 1837, and 1847.

CHOLERA, which is raging in the Tigris and Euphrates valleys, has made inroads on Persia, and is increasing alarmingly in Central Persia. The disease has reached the Turkish frontier. The people are flying northward, and the leading doctors fear cholera in Europe.

KIDNEY DISEASES.

IN compliance with the request of subscribers to "say something" on kidney complaints, we purpose to give a series of articles on this subject. Some of the most painful maladies to which human flesh is heir result from a disordered and diseased condition of the kidneys. It is, therefore, of great interest to know something of the structure, office, and care of the kidneys, that, if possible, such sufferings may be avoided.

The kidneys are two similarly-shaped glands, of a dark brown color, about four and a half inches in length by two in breadth, and one in thickness, of the form of kidney beans. They are situated on either side of the spinal column, the right one being a little lower than the left. The right kidney is in contact with the liver, the duodenum, and ascending colon; the left is in contact with the spleen, pancreas, stomach, and descending colon. In their formation the kidneys are constructed of sinewy fibers, woven very densely together, being filled with an immense number of minute tubes, which empty their contents into a tube on each side of the bladder, which discharges its accumulated contents through the urinary ducts. The blood seems to pass through two distinct systems of capillary vessels in the kidneys, in its course from the arteries to the veins. They take up from the blood the water; they also eliminate from the blood saline and waste matter, sugar, albumen, etc.

Dr. Kellogg,* speaking of the kidneys, says: "It is by these bodies that the elements of the urine are separated from the blood. All the tubes lead toward the center of the organ, where they empty into a cavity called the pelvis of the kidney, which narrows down into a small canal, the ureter, by which the urine is conveyed to the bladder, a

* "Home Hand-Book of Hygiene and Rational Medicine," p. 313.

pouch-like reservoir located in the lower part of the abdomen, from which the urine is discharged through another small canal, the urethra.

"The urine is chiefly composed of water, which carries in solution a large number of excrementitious principles, the chief of which is urea, one of the most abundant and most poisonous of all the waste elements of the body. When the liver is inactive the urine usually contains some biliary elements. Sugar is also found in the urine soon after a meal in which an excess has been taken. The condition of the urine is an important means of ascertaining the state of the system."

The "British National Encyclopedia," under the head of "Kidneys," says: "The principal disease to which the kidneys are liable is that which gives rise to the formation of calculi [gravel]. Sometimes the stone is retained in the pelvis of the kidneys, where, by continued depositions, it may increase till it completely fills the pelvis and calyces, but more frequently it passes through the ureters into the bladder, producing in its passage violent spasmodic pains in the loins, sickness and nausea, hemorrhage, etc. This affection is the most common cause of inflammation of the kidneys (nephritis), from which abscess and other morbid alterations may result. Chronic inflammation seems to be the most frequent cause of a peculiar alteration in the structure of the kidneys, particularly described by Dr. Bright, Bright's disease of the kidneys, of which the chief characteristics are the interstitial deposition of a pale yellowish and firm substance, and a granular or tuberculated form of the surface of the kidney, with a great decrease of its vascularity [blocking up of its small tubes, and retarding of its action]. This comes on in hard drinkers, and after the scarlet fever; it usually produces dropsy, and is indicated by a dull, heavy pain in the loins, a bloated expression of the countenance, a hard pulse, and the secretion of so large a quantity of albumen with the urine that it coagulates on being heated, or on the addition of a little nitric acid. Suppression of the urine may be the ultimate result of obstructions from the calculi in the ureters, or it may occur as an idiopathic [primary] disease. It is a condition of great danger. The kidneys are subject, in common with other organs, to the deposition of various morbid substances, as cancer, fungus, hematedes, melanosis, tubercle, etc. But the diagnosis of all the chronic affections of this organ is extremely obscure, the principal

indication of each being the same, viz., the dull, heavy pain in the loins, dropsy, and sometimes hæmaturia [bloody urine]."

In Dr. Kellogg's "Home Hand-Book," under the head of "Diseases of the Urinary Organs," he mentions a number of diseases of the kidneys, with the peculiar symptoms and proper treatment of each. Of the diseases mentioned, some are only temporary afflictions, while others are chronic. The diseases are called, congestion of the kidneys, hemorrhage from the kidneys, acute Bright's disease, chronic Bright's disease, abscess of the kidneys, fatty degeneration of the kidneys, waxy degeneration of the kidneys, cancer and consumption of the kidneys, floating kidney. The floating kidney is not put down as a very dangerous affection, as the kidney may perform its function properly, although itself movable.

The amount and condition of the urine passed in a given time is a very correct guide as to the state of the kidneys. Dr. Kellogg says: "The amount usually passed in health is from a pint and a half to three pints." "If the quantity of urine is much less than one and a half pints, or more than three pints in twenty-four hours, there is occasion to suspect that some disease may be present."

"The urine when scanty is also very high-colored and often contains a sediment. The amount of urine is diminished when the skin is very active, as in the summer-time in persons who perspire very freely. A sudden cold will not infrequently produce a scanty and high-colored urine.

"An excessive secretion of urine may be due to diabetes [diabetes is not only indicated by an excess of urine, but it also contains saccharine matter, and it is often a fatal disease] or to chronic disease of the kidneys. It is also sometimes occasioned by less serious conditions, as by extreme nervousness, great mental anxiety, and various temporary conditions."

"The natural color of the urine varies from a light straw color to a yellow brown. The color is derived from the coloring matter of the blood. When urine is very abundant, its color is light; and when scanty, it is high-colored.

"In disease and various morbid conditions, the urine may become entirely colorless, or it may be deep red, green, blue, or olive color. In some cases, it even has a blackish hue. The deep red color is often present in fever. Olive color

occurs in jaundice, and is due to the presence of bile in the urine.

"When bile is present, the foam produced by shaking the urine in a bottle also has a deep yellow color. The presence of bile may be detected by placing a few drops of urine upon a piece of white porcelain or in a saucer, and adding a few drops of nitric acid. Rings of color will be seen spreading out from the point where the drop of acid was added. Various changes occur. The play of colors begins with green, and passes through olive, violet, blue, and red or yellow. The green color is characteristic of bile.

"A dark brown or black color present in urine when passed, is due to blood in the urine. A black color appearing after the urine has set for some time is not particularly significant. Blue and green colors are very rarely seen. They are sometimes observed in cases of chronic inflammation of the kidneys. Peculiar coloration of the urine is often induced by the use of medicines of various kinds. Black color is produced by carbolic acid and creosote. The urine is colored yellow by rhubarb and santonine. Senna gives to it a brown color, and turpentine, violet."

"The urine in health has a characteristic odor peculiar to itself. Peculiar odors are frequently produced by articles of food, as garlic. Turpentine and other medicines also produce unnatural odors. The urine in dyspepsia often has a very offensive odor.

"Diabetic urine has a smell resembling that of apples. When urine is retained long in the bladder, allowing decomposition to take place, or when decomposition occurs in consequence of inflammation, the urine has a pungent odor, due to the formation of ammonia.

"In health the urine has a peculiar salty taste. A bitter taste indicates the presence of bile, and a sweetish taste, that of sugar. This test is seldom applied to the urine, but enthusiastic investigators of diseases indicated by the urine, do not hesitate to resort to it. When either a bitter or sweet taste is observed, the chemical test for bile or sugar should be made."

J. N. L.

(To be continued.)

It is said that sharks will not bite a swimmer who keeps his legs in motion. If you can keep kicking longer than a shark can keep waiting you are all right.

INFECTION BY RELICS.

To the literature of this subject I venture the following contributions:—

Thirty-five years ago an opulent family lived in a palatial home in one of our most beautiful suburbs. Two lovely children graced the happy household. But scarlet fever, that fell foe of childhood, closed their eyes in death. The grief-stricken mother gathered up little slippers, slippers, and toys, with two golden tresses, and reverently laid them away in a trunk as sad but priceless mementoes of her lost darlings.

War came with its tragic vicissitudes, and death time and again threw its shadow over the hearthstone.

Finally the place passed into stranger hands. Last year two families took it as a summer residence.

The children, six in number, with childish curiosity began to explore the secret recesses of the grand old house. In a closet was found the forgotten trunk. A touch dissolved the time-corroded clasp, and one by one the sacred relics were removed, until a faded newspaper was found, which told the pathetic story. Half spelling out the meaning, they took it to their mother, who chided their curiosity, and tenderly replaced the treasures.

Five days after this occurrence two of the children were seized with scarlet fever, and forty-eight hours later the other four were attacked.

Two cases were grave, the others mild. All recovered. Was the disease contracted from the trunk?—I think so, because there was no other ascertainable source of infection.

Moral: Silks, woolen, and hair, being good fornicities, should not be put away in air-tight trunks as mementoes of friends dying with infectious diseases, because they may become, at some remote period, the starting-point of a widespreading and a disastrous epidemic, a calamity which was averted in this instance only by complete isolation.—*Dr. S. A. Atchison, in Southern Practitioner.*

A TOAD was found in a well, at Organ, France, which had been covered up for 150 years. It was torpid when found, but revived on reaching the air.

THE capsule of a white poppy contains about 8,000 seeds.

EXERCISE FOR CHEST DEVELOPMENT.

How is it that the lungs can increase in size through athletic exercise?—By a mechanism well known in physiology, by the filling out of certain air-cells ordinarily inactive, which only come into play during forced inspiration. The expansion of the pulmonary vesicles is complete in proportion to the quantity of air introduced. The atmospheric air drawn into the lungs by a very powerful inspiration seeks out the most obscure corners, and inflates the air-cells of certain regions which ordinarily have no part in the respiratory function. A definite increase in the volume of the lungs is the consequence of frequent repetition of this supplemental respiration. The air-cells, which are as a rule inactive, and which are reserved for cases of excessive respiratory strain, arise from their inaction; their walls, which are usually collapsed, and even stuck together, separate and give entrance to the air which cannot find room in the confined space sufficient for ordinary breathing. If the forced inspirations are often repeated, the air-cells, the action of which has thus been accidentally solicited, come in the end to associate regularly in the ordinary respiratory movements. They are then very quickly modified in the sense most favorable for efficient working, according to the law we have so often pointed out, of the adaptation of organs to the functions they perform. Thus, forced respirations result in a modification of the structure of certain regions of the lungs, and in making them work better.

Under the influence of unusual exercise, the vesicles increase in size and contain more air. More blood is also supplied to them. Their capillary net-work becomes richer, and their nutrition more active. Thus in the end they take up more room. It is in this manner that the regular working of a great number of air-cells, ordinarily inactive, can rapidly increase the size of the lungs. If we follow out the modifications produced by forced respirations, we see that the lungs thrust outward the thoracic walls to make more room for themselves. During inspiration, the ribs, by rising, favor the inflation of the lungs; but in this case it is the lungs, which, having increased in size, thrust the ribs upward, and keep them raised even in the condition of repose. Hence an increase in the circumference, and a vaulted conformation of the thorax. Exercises of strength lead rapidly to

an increase in the size of the thorax. It is the same with exercises of speed when they need very energetic movements. No exercise develops the chest as rapidly as does running, unless it be wrestling. Mountaineers all have large chests, and the Indians who live on the high plateaus of the Cordilleras, in the Andes, have been noted for the extraordinary size of their chests. This great development in mountaineers is due to two causes, which act in the same direction,—frequent ascent of steep inclines, and constant residence at great heights at which the air is rarefied. The climbing of these slopes needs a great quantity of work, which causes increase of the respiratory need; respiration in a rarefied atmosphere obliges a man to take deeper breaths, in order to supplement, by the quantity of air breathed, the insufficiency of its vivifying properties. Singers, with no other exercise but singing, acquire great respiratory power, and a remarkable increase in the dimensions of their chests.

Numerous observations prove that it is enough voluntarily to take a certain number of deep breaths every day, to produce, in a short time, an increase in the circumference of the chest which may amount to two or three centimeters. If we wish to gain the same result from muscular exercise, we must choose a form of work which will increase the intensity of the respiratory effort—that is, an exercise which brings powerful muscular masses into action. We shall thus perform a great quantity of work in a short time without producing fatigue. Now the legs, which possess three times as much muscle as the arms, can perform thrice the quantity of work before being fatigued. The lower limbs are, then, more capable than the arms of awakening the respiratory need, which is proportional to the expenditure of force. Thus it is an error to demand from gymnastic exercises practiced with appliances, exercises of suspension or support, any development of the chest. The trapeze, the rings, the parallel bars, quicken respiration much less than running. These exercises cause an increase in the size of the muscles, and even of the bones of the regions which work, but they cause very little increase in the dimensions of the thorax.

Men who do much work with their arms have often a conformation which is very imposing at the first glance. They have sometimes broad shoulders; but if the arms have done the work

alone, without the assistance of the muscles of the trunk, we easily see that the apparently large size of the thorax is due to an excessive development of the muscles about the shoulder-joint, and not to raising of the ribs. Thus we are on the wrong road when we look for too ingenious means for developing the chest; this result, precious above all, can be obtained without any complicated appliances, without any difficult process; and if we had to formulate concise advice on this subject, we should say: When a young person has a narrow and flat chest, recommend running if he be a boy, or skipping if a girl.—*Fernand Lagrange, M. D., in Popular Science Monthly for February.*

POST-MORTEM ADVICE.

IN the case of contagious diseases it is not only important to use the utmost care during the sickness of the patient, but more especially after death occurs. The Michigan State Board of Health gives some excellent advice on this subject, of which it will be well for all to make a note, and put into practice whenever occasion may require. In cases of typhoid fever, they say:—

“Perfect cleanliness of nurses and attendants should be enjoined and secured. As the hands of nurses may become contaminated by the poison of the disease, a good supply of towels and basins,—one containing a solution of chlorinated soda,* chlorinated lime, or the zinc solution, and another for plain soap and water,—should always be at hand, and freely used.

“Bodies of those dead from typhoid fever should be wrapped in a cloth wet with a strong solution of chlorinated soda, or with Standard Solution No. 1 [Standard Solution No. 1 is described in the March number of this JOURNAL],” or with zinc solution. The zinc solution should be made in proportions of one-half pound of chloride of zinc to one gallon of water, or: Water, one gallon; sulphate of zinc, eight ounces; common salt, four ounces.

“After a death or recovery from typhoid fever, the room in which there has been a case of typhoid fever, whether fatal or not, may well, with all its contents, be thoroughly disinfected by strong fumes of burning sulphur.

“Rooms to be disinfected by sulphurous fumes

must be vacated. For a room ten feet square, at least three pounds of sulphur should be used; for larger rooms, proportionately increased quantities, at the rate of three pounds for each one thousand cubic feet of air-space.

“Hang up and spread out as much as possible all blankets and other articles to be disinfected; turn pockets in clothing inside out, and otherwise facilitate the access of the sulphurous fumes to all infected places.

“Close the room tight; place the sulphur in iron pots or pans which will not leak, supported upon bricks over a sheet of zinc, or in a tub containing water, so that in case melted sulphur should leak out of the pot the floor may not be burned; set the sulphur on fire by hot coals or with the aid of a spoonful of alcohol lighted by a match; be careful not to breathe the fumes of the burning sulphur, and when certain the sulphur is burning well, leave the room, close the door, and allow the room to be closed for twenty-four hours.”

J. N. L.

FERMENTATION OF MILK.

FERMENTATION of milk occurs only in consequence of the introduction into it of micro-organisms. If the milk be received by a sterilized tube into a sterilized receptacle directly from the udder of a cow, it will not ferment nor become acid, though kept indefinitely. But except these precautions are taken, the germs always gain access to it; consequently, in order to prevent its fermentation, it is necessary to heat it. It can be sterilized by heating to seventy degrees for an hour, by which process the adult bacilli are killed; but in order to kill the spores it is necessary to repeat the process for an hour each day for four or five days. Heating to one hundred degrees by a current of steam for one hour will sterilize it completely, but boiling coagulates the albumen and to some extent changes the milk sugar. The first process in the fermentation of milk is due to the action of a bacillus, and consists in the conversion of the milk sugar into lactic acid. This process ceases after a small quantity of acid is formed, but if the acid be neutralized by chalk, the fermentation will go on until the milk sugar is all decomposed. By the change of reaction of the milk the caseine is coagulated. This coagulation is said to be due to the action of the acid and not directly to that of the bacillus. When the milk sugar is converted

* To one part of Labarraque's Solution (liquor sodæ chlorinatæ) add five parts of soft water.

into lactic acid, another bacillus—*bacillus subtilis*—attacks the lactic acid and converts it into butyric acid with evolution of carbon dioxide and free hydrogen. This bacillus cannot act on milk sugar unless it is first converted into lactic acid.

Under exceptional circumstances there is formed in milk a substance first discovered by Professor Vaughn, of Ann Arbor, and named by him "tyrotoxin" (cheese poison). This substance is a crystalline nitrogenous substance, and is supposed to be a ptomaine. When taken it produces pain at the base of the brain, vomiting or retching and purging. When given to an animal similar symptoms are produced. Professor Vaughn believes this to be the cause of cholera infantum. Tyrotoxin is formed spontaneously in milk after some months; and it will be produced very quickly if some milk in which it has been formed be added to fresh milk. Its formation seems to be connected with the butyric acid fermentation.—*C. W. Earle, M. D.*

A COMMON DIETARY ERROR.

No greater dietetic fallacy can ever be conceived than that an article of food will prove not only harmless but beneficial, if it is "craved," "hankered for," with no regard to its quality, or the state of the system. The habitual use of any article, in itself unfit for the human stomach, will induce an unusual "craving," the extent of that craving depending on and corresponding with the degree of such unfitness. When the system is in its normal condition, wholesome and nutritious food is always palatable, relished, and that of necessity, that the body may be sustained. This fact favors the needed variety, meeting all the wants of the system, preventing the special selection of a single article as a matter of taste-preference. It follows that a special craving is largely if not wholly dependent on habit, the use of unnatural food, or of an unnatural and unusual amount. As well might the user of tobacco claim that his artificial relish for his quid or pipe will justify their use, and render them harmless, beneficial even, which powers will not be claimed by any consistent and intelligent victim of the "weed." Or the habitual drunkard may urge his almost uncontrollable "craving" for intoxicants a good reason why he should continue his destructive habit, claiming that intoxication will be prevented by the strength of his appetite.

Food is wholesome or otherwise, of itself considered, with no reference to our freaks or fancies, that is, when in our ordinary condition. It is fortunate, however, that in sickness there is an apparent or real exception, which may be accounted for on the principle that the body is then "put on its good behavior," so to speak. It is a fact that the drunkard and the tobacco user, during an attack from an acute form of disease, find their artificial appetites temporarily suspended, the tobacco being nearly or quite as nauseating to them as to the uninitiated. This is fortunate, since the sick are thus relieved of the usually unfavorable effects of these two poisons, while all the powers of the system may unite in a grand effort in the line of recuperation. If one's general habits have been uniformly good, I have faith in the "craving" then existing. My experience and observations favor the idea that these are the dictations of nature, ever practically on the alert to remove our disease, though the attending physician gets most of the credit for cures. It is often true, after a long siege, that the system is deficient in heat-generating power, which is often indicated by a desire, a "craving," for candy, it may be, indicating to me that the carbonates are in demand, under which circumstances I feel assured that some of the best forms of the sweets would be useful, sugar or maple syrup being preferable to candy, as it often is made. Again I have observed that some patients almost clamor for pickles, which I cannot approve if made from cucumbers one-tenth grown, as they are unfit for the stomach of the swine even without being pickled. To meet such "cravings" I am fully satisfied that a seasonable use of the acid fruits would be serviceable, not impairing digestion like the pickles, but really improving it, regulating the appetite, removing the "cravings," satisfying the patient's taste in all respects.—*J. H. Hannaford, M. D., in Phrenological Journal.*

STUTTERING.—It is a well-known fact that stutters, when speaking in a whispering voice, show no impediment of speech. This fact has been turned to account by Coen. His method of treatment is as follows: In the first ten days speaking is prohibited. This will allow rest to the voice and the apparatus concerned in articulation, and constitutes the preliminary stage of treatment. During the next ten days speaking is permissible in the whispering voice, and in the course of the next fifteen days, the ordinary conversational tone may be gradually employed.

SLEEP AND REST FOR CHILDREN.

THROUGHOUT all nature we observe a recognition of the demands for rest. The changes of the seasons, the rising and setting of the sun, provide opportunities to all creation for relief and freedom from whatever wearies or disturbs.

There has been much written upon the value of rest in surgical injuries, but I think there has been a lack of interest manifested in this subject, as connected with children and their diseases.

Immediately upon the birth of the child the average nurse and mother are apt to be interested in its feeding, so much so as to engage in the stuffing process. Instead of placing the child in a comfortable condition, and using every means possible to give it the quietude necessary to sleep, the little innocent is filled with sugar and water, teas and slops, which favor fermentation in the intestinal canal. Colic is the result, and then follow the trotting and shaking up of the tender bud by the ambitious, energetic, and muscular Betsey Trotwood of the sick-room. Sleep for anyone in the room is out of the question. This, together with the mania for washing the baby in season and out of season, sponging its sensitive surfaces with super-heated water, and then favoring rapid evaporation by exposure of the surfaces, is not only very shocking to its tender, nervous system, but disturbs the equilibrium of the circulation, favoring internal congestions as well as inflammations. The child may escape immediate serious illness, but it is certainly started upon a wakeful career, which may terminate in complete demoralization of its nervous system.

It profits us little with the infant under our care, if nature has given him a solid, robust frame, good constitution, and a prospect of splendid nourishment, if his natural disposition to sleep be interfered with by the meddlers of his early hours.

We must never lose sight of the fact that the nutrition of all parts of the anatomy is controlled by the nerves. Imperfect nutrition and development are the natural results which follow restlessness and sleeplessness.

No one can doubt the intimate association between rest and growth; in fact, they appear on a superficial view to stand to each other in the relation of cause and effect.

Accurate observation of the animal and vegetable world reveals their perpetual co-existence;

and growth as a rule seems to proceed, *pari passu*, with physiological rest.

In the spring, after a night of prolonged rest, have we not all seen the buds burst forth into leaves and flowers upon the trees immediately upon the appearance of the sun?

The clouds by day and the absence of the sun by night furnish the needed rest to all forms of life from the glitter and the glare of the sun's rays.

John Hunter, the master physiologist, announces that "most plants have their periods of growth and periods of rest. Some plants close their leaves, others their flowers, at particular hours of the day or night; and with such regularity does this period of rest take place that more than one vegetable physiologist has proposed to construct from them a floral clock."

But it is needless to dwell upon this point; suffice it to say that in infancy the child who sleeps much thrives the best. Who will deny that the wakeful, restless child seldom displays the evidence of active nutrition, or that the healthy infant passes the greater portion of its life in a state of rest and sleep?

It goes without saying then that growth,—the renewal of some parts and the fresh development of others,—seems to claim sleep and rest as its helpmates.

The foregoing applies more particularly in the direction of prophylaxis. If sleep and rest be essential to growth, they are particularly needed to the accomplishment of repair. Repair is but the repetition of growth.

The same elements and the same conditions are necessary to the same results.

In active disease of childhood we all know how rapidly the victims are exhausted, and the wasting is like unto that of a snow-ball under the sun's rays; but if we can check the process and secure rest, how rapid the repair.

In the active, acute diseases of children I doubt if we are sufficiently impressed with the conservatism of rest.

A popular idea, after a child has fallen, injuring the brain, is that he should not be permitted to go to sleep. How fallacious! Sleep is the best possible thing for him.

After a convulsion, no matter what the cause, or an epileptic seizure, nature, in a conservative way, is disposed towards sleep. In this we have a lesson furnished us. In feverish conditions we

should pursue a course likely to secure tranquillity to the nervous system.

In conclusion, permit me to make the following points:—

1. Rest and sleep, coupled with activity of the secretory system of glands in the new-born infant, are most favorable to growth and development, and put it in a condition antagonistic to disease, in that the nervous system, the great opposer of deleterious influence, is in the best possible shape.

2. Rest, sleep, and glandular activity are the best accompaniments of any disease, idiopathic or traumatic, to which the child of any age is liable.

3. Repair, rather than waste, is favored by the securing of a tranquil state of the nerves, and this, together with the open condition of the eliminative organs, favors not only the carrying away of the results of disease, but encourages assimilation of the reparative matter.—*Dr. I. N. Love, in New England Medical Monthly.*

A SCIENTIFIC journal says the reason why a cold room requires so long to be warmed after the fire has been kindled in it is that the warm air goes up in a steady column from the mouth of the register, sides of the stove, or front of the grate, to the ceiling of the room, and from there begins to distribute itself downwards, which of course is a slow process. To expedite this take a palm leaf fan and fan vigorously, thus compelling the lower strata, where the thermometer would indicate 40°, and the upper, where it would stand at 80°, to unite. The apartment will become comfortable sooner.

A BEE'S TOOLS.—A bee's working tools comprise a variety equal to that of the average mechanic. The feet of the common working bee exhibit the combination of a basket, a brush, and a pair of pincers. The brush, the hairs of which are arranged in symmetrical rows, is only to be seen with the microscope. With this brush of fairy delicacy the bee brushes its velvet robe to remove the pollen-dust with which it becomes loaded while sucking up the nectar. Another article, hollowed like a spoon, receives all the gleanings the insect carries to the hive.

THE jump of a flea, grasshopper, or locust is 200 times its own length, equal to the jump of a quarter of a mile for a man.

Disease and its Causes.

NOBODY KNOWS BUT MOTHER.

Nobody knows of the work it makes
To keep the home together;
Nobody knows of the steps it takes;
Nobody knows—but mother.

Nobody listens to childish woes
Which kisses only smother;
Nobody's pained by naughty blows;
Nobody—only mother.

Nobody knows of the sleepless care
Bestowed on baby brother;
Nobody knows of the tender prayer;
Nobody—only mother.

Nobody knows of the lessons taught
Of loving one another;
Nobody knows of the patience sought;
Nobody—only mother.

Nobody knows of the anxious fears
Lest darlings may not weather
The storms of life in after years;
Nobody knows—but mother.

Nobody kneels at the throne above
To thank the heavenly Father
For that sweetest gift—a mother's love;
Nobody can—but mother.

—*Detroit Free Press.*

THE PRIMAL CAUSE OF INTEMPERANCE.

BY MRS. E. G. WHITE.

ONLY one lease of life is granted us here; and the inquiry with everyone should be, How can I invest my life that it may yield the greatest profit? Life is valuable only as we improve it for the benefit of our fellow-creatures and the glory of God. Careful cultivation of the abilities with which the Creator has endowed us will qualify us for elevated usefulness here and a higher life in the world to come.

That time is spent to the very best account which is directed to the establishment and preservation of sound physical and mental health. The precious boon of health is too often illy appreciated by its possessor until the treasure is carelessly lost by transgression of nature's laws, and suffering and disease take its place. Riches cannot purchase health. Inspiration cites us to the case of a woman who had been afflicted for many years, and had spent all her living upon physicians,

yet was made worse rather than better by their treatment; and had not the compassionate Saviour taken pity upon her and released her from her infirmity, she would soon have died. This case finds its parallel to-day in many who expend large sums in medical attendance, in the vain hope of inducing a return of their lost health.

It is an easy matter to lose the health, but it is difficult to regain it. One of the most fruitful sources of shattered constitutions among men is a devotion to the getting of money, an inordinate desire for wealth. They narrow their lives to the single pursuit of money—sacrifice rest, sleep, and the comforts of life to this one object. Their naturally good constitutions are broken down, disease sets in as a consequence of the abuse of their physical powers, and death closes the scene of a perverted life. Not a dollar of his wealth can that man take with him who has obtained it at such a terrible price. Money, palaces, and rich apparel avail him nothing now; his life-work is worse than useless.

We cannot afford to dwarf or cripple a single function of the mind or body by overwork or abuse of any part of the living machinery. So sure as we do this we must suffer the consequences. Our first duty to God and our fellow-beings is in self-development. Every faculty with which the Creator has endowed us should be cultivated to the highest degree of perfection, that we may be able to do the greatest amount of good of which we are capable. In order to purify and refine our characters, we need the grace given us of Christ, that will enable us to see and correct our deficiencies, and improve that which is excellent in our characters. This work, wrought for ourselves in the strength and name of Jesus, will be of more benefit to our fellow-creatures than any sermon we might preach them. The example of a well-balanced, well-ordered life is of inestimable value.

Intemperance is at the foundation of the larger share of the ills of life. It annually destroys tens of thousands. We do not speak of intemperance as limited only to the use of intoxicating liquors, but give it a broader meaning, including the hurtful indulgence of any appetite or passion. Thousands to-day are suffering the torture of physical pain, and wishing again and again that they never had been born. God did not design this condition of things, but it was brought about through the gross violation of nature's laws. If the appe-

tites and passions were under the control of sanctified reason, society would present a widely different aspect. Many things that are usually made articles of diet are unfit for food, and the taste for them is not natural, but has been cultivated. Stimulating food creates a desire for still stronger stimulants. Indigestible food throws the entire system out of order, and unnatural cravings and inordinate appetites are the results. "Touch not, taste not, handle not," is a motto that should be carried farther than the mere use of spirituous liquors. True temperance teaches us to abstain entirely from that which is injurious, and to use judiciously only healthful and nutritious articles of food.

The first steps in intemperance are usually taken in early youth. Stimulating food is given to the child, which excites unnatural cravings of the stomach. These false appetites are pandered to as they develop. The taste continually becomes more perverted; stronger stimulants are craved and are indulged in, till soon the slave of appetite throws aside all restraint. The evil commenced early in life, and could have been prevented by parents.

We witness wonderful struggles in our country to put down intemperance. But it is found a hard matter to overpower and chain the strong, full-grown lion. If half the efforts that are put forth to stay this giant evil were directed toward enlightening parents as to their responsibility in forming the habits and characters of their children, a thousand-fold more good might result than from the present course of only combating the full-grown evil. The unnatural appetite for spirituous liquors is created at home, in many cases at the very tables of those who are most zealous to lead out in the temperance campaign.

We bid all workers in the good cause God-speed; but we invite them to look deeper into the causes of the evil they war against, and go more thoroughly and consistently into reform.

Parents should so conduct themselves that their lives will be a daily lesson of self-control and forbearance to their household. The father and mother should unite in disciplining their children; each should bear a share of the responsibility, acknowledging themselves under solemn obligations to God to train up their offspring in such a way as to secure to them, as far as possible, good physical health and well-developed characters. Upon the

mother, however, will come the heavier burden, especially in the first few years of her children's lives. It is her duty to control and direct the developing minds of her tender charge, as well as to watch over their health. The father should aid her with his sympathy and counsel, and share her burdens whenever it is possible to do so.

Parents should not lightly regard the work of training their children, nor neglect it upon any account. They should employ much time in careful study of the laws which regulate our being. They should make it their first object to become intelligent in regard to the proper manner of dealing with their children, that they may secure to them sound minds in sound bodies. Especially should they spread their tables upon all occasions with unstimulating yet nourishing food. There are but few who carry out the correct principles of health reform in the furnishing of their tables. They are controlled by custom, to a very great extent, instead of sound reason and the claims of God. Many who profess to be followers of Christ are sadly neglectful of home duties; they do not perceive the sacred importance of the trust which God has placed in their hands, to so mould the characters of their children that they will have the moral stamina to resist the many temptations that ensnare the feet of youth.

We urge that the principles of temperance be carried into all the details of home life; that the example of the parents should be a lesson of temperance; that self-denial and self-control should be taught to the children, and enforced upon them, so far as consistent, from babyhood. And first it is important that the little ones be taught that they eat to live, and not live to eat; that appetite must be held in abeyance to the will; and that the will must be governed by calm, intelligent reason. Much parental anxiety and grief might be saved if children were taught from their cradles that their wills were not to be made law, and their whims continually indulged. It is not so difficult as is generally supposed to teach the little child to stifle its outbursts of temper and subdue its fits of passion.

Few parents begin early enough to teach their children obedience. The child is usually allowed to get two or three years the start of its parents, who forbear to discipline it, thinking it is too young to learn to obey. But all this time self is growing strong in the little being, and every day

makes it a harder task for the parent to gain control of the child. At a very early age children can comprehend what is plainly and simply told them, and by kind and judicious management can be taught to obey. I have frequently seen children who were denied something that they wanted throw themselves upon the floor in a pet, kicking and screaming, while the injudicious mother alternately coaxed and scolded in the hope of restoring her child to good-nature. This treatment only fosters the child's passion. The next time it goes over the same ground with increased willfulness, confident of gaining the day as before. Thus the rod is spared and the child is spoiled.

The mother should not allow her child to gain an advantage over her in a single instance. And, in order to maintain this authority, it is not necessary to resort to harsh measures; a firm, steady hand, and a kindness which convinces the child of your love, will accomplish the purpose. But let selfishness, anger, and self-will have their course for the first three years of a child's life, and it will be hard to bring it to submit to wholesome discipline. Its disposition has become soured; it delights in having its own way; parental control is distasteful. These evil tendencies grow with its growth, until in manhood supreme selfishness and a lack of self-control place him at the mercy of the evils that run riot in our land.

(To be continued.)

TEETHING BABIES.

If the mother is not strong or there is any reason why nursing pulls too heavily on her, it is just as safe to bring the little one up by hand, although not so easy. If the mother will only take proper pains to feed her baby with perfect regularity, and, what is most important, keep all the utensils used in the preparation of the food perfectly clean, the difficulties of bottle feeding will be reduced to almost nothing.

Cow's milk is the best substitute for the mother's milk, if properly diluted and slightly sweetened. The dilution varies from two-thirds for the first six weeks to one-half at two months, and full rich milk at six months. There can be no unvarying rule for this, for a healthy, hearty baby may take clear milk from the beginning, and even demand the addition of oatmeal or something more substantial before six months, while a delicate child

may refuse very dilute milk at first and require some artificial food. The most common cause for the sicknesses of teething children is overfeeding. A slight fever, spells of colic, starting in sleep, grinding the teeth, etc., will frequently be stopped by cutting the food down one-half or one-third. Especially in hot weather is this a most salutary practice, for rest is thereby given organs and a body already much tired and worn by the heat. By all means, keep the teething baby cool by frequent spongings both morning, noon, and night, besides the regular morning bath, which most healthy babies need and enjoy. Loosen his clothes in the middle of the hot day, take off his stockings, and put him on the bed for a good cooing and kicking spell.

Never excite or play boisterously with a teething baby, no matter how bright and attractive he may be. Remember that the growing brain sympathizes intimately with the growing teeth, and you interfere with nature if you excite that brain by bouncing him up to the ceiling, making him laugh, tickling him, etc. Such practices are often thoughtlessly indulged in, to the extreme detriment of the child in later years. The excitement of such unnatural exercises may make a smart baby, but is sure to make a very slow-witted youth. Indeed, a child never recovers any unusual pressure, mental or physical, put upon him during his growing years.

Mothers, do not worry over the slowness of the teething process. Even if no teeth come before eighteen months, provided the child is well, eats naturally, and has proper movements of the bowels, there is no cause for alarm. If, on the other hand, he is fretful, sleeps poorly, and has a more or less constant diarrhea or constant constipation, you should consult a physician, or feed him differently, the latter being a frequent means of relief.

Another index of the proper bone foundation is the size of the opening in the bones of the head, the "soft spot" at the front of the head. If this keeps open and large beyond the first year, you may conclude that the bone-making material in the child's food is not sufficient, and add oatmeal, farina, soft boiled rice, and perhaps egg, and well-crumbed bread. It is more likely that such a child will need some medicine to correct this tendency, which should be applied by a careful physician. Many times the digestion is stimulated, and the flesh increased, by nightly rubbing with sweet

or cocoanut oil, viz., kneading the abdomen gently for some ten or more minutes with plenty of oil. If the "soft spot" (fontanelle, the doctors call it) closes up entirely before nine months or a year, there is trouble ahead for that baby.—*Housekeeper*.

MUMPS.

THIS rather trifling epidemic disease would scarcely deserve any notice here, were it not likely to be wrongly treated, and therefore made more serious than it would be if let alone. Indeed, the mild swelling of the large saliva-producing gland under and in front of the ear, which usually characterizes this disease, while often painful in the extreme, and sufficient to make eating a very difficult matter, will subside without medicine in five to seven days. It is wrong treatment to poultice or make warm applications to the swelling. Rather tie a cotton or linen handkerchief about the neck, and keep the patient in an even temperature. Applications made externally, and exposure to drafts or cold, most frequently cause trouble by driving the inflammation to other parts, most commonly the breasts or the testicles. If a similar swelling occurs after scarlatina or other fever, always consult a physician about it, for it requires prompt medical treatment, since such tend to become hard and chronic.—*Selected*.

THE CURE AND PREVENTION OF LANGUOR.

IN the *Asclepiad*, August, 1888, page 233, Dr. Richardson distinguishes between fits of languor and true fatigue arising from hard or prolonged physical or mental work. These fits of languor come on after repose. The affected person experiences it most on rising in the morning, and even after a good night's rest is still oppressed by a sense of weariness, and if the desire to go to sleep again be not gratified the evil is only increased. The only cure for this condition is moderate exercise and the wearing of clothing which will give free liberation to the exhalations of the skin. Exercise must be taken regularly, and not by fits and starts; there must be no actual fatigue produced by the exercise, or it will do harm, but just enough to make the patient feel glad of rest at night, and he will soon find he wakes in the morning feeling refreshed instead of weary and disinclined to go through the day's work.

Temperance.

WOMAN'S SPHERE.

"KEEP to your sphere," said the liquor men;
 "At home is a woman's place.
 Take care of your children, cook and sew,
 And cherish your womanly grace.
 These forward women who war on us
 Disgrace themselves and their sex;
 Plunging in filthy politics,
 The peace of the land they vex."

So, gentle mother, sit still at home,
 And croon to your baby boy,
 While a monster lurks in the street without,
 Waiting his chance to destroy.
 Soon as those little feet can pass
 Out of the garden gate,
 He'll be fair prey; but sit you still,
 Sing him to sleep. 'Tis fate.

Love and cherish your winsome girl,
 Train up the fair, sweet life
 To every pure and gentle charm
 Befitting the drunkard's wife.
 Make her so fair and sweet and wise
 She will win some careless love,—
 So pure that a drunken stab or shot
 Will only send her above.

What, dropping your song, and starting out
 With eyes and heart afire,
 And striving, with your soft white hands,
 To throttle the monster dire?
 Why not? The hare for her young will fight,
 The tiny bird grow wild
 Defending her nest; and dare you think
 A woman cares less for her child?

Yes, home is a woman's truest sphere,
 Its spoiler her deadliest foe;
 If a viper coil by your sleeping child,
 Is the gentlest too mild for a blow?
 Because you are womanly, tender, and true,
 And your home is your chosen sphere,
 Fight, fight as for life! If you shrink or fail,
 You may lose all life holds dear.

—Ada E. Ferris, in *Western Watchman*.

STIMULATING FOOD.

Few people realize how large a proportion of the intemperance of our time is due to our food. The overtaxed system seeks the deceptive relief of stimulants to make up for the lack of strength which it should get from food. Of course this is a terrible mistake in the end. The effect of stimulation passes away, leaving the system more ex-

hausted than before, and crying for fresh stimulant to take the place of that whose strength has been exhausted. The worst of all is the stimulant gives no nourishment. It is constantly borrowing, and compounding interest at that, and the end is a system either hopelessly reeked or so debilitated that it can only be recruited after months of living on correct systems of eating and drinking.

A great deal of this debilitation which seems to call for stimulants may with healthful stomachs and good digestions be avoided by cooking and preparing the best strength-giving kinds of food for hard-working men. Wives have themselves partly to blame when their husbands go wrong in the matter of stimulants. Have they provided the nourishing, strength-giving foods demanded by hard workers in a time when extraordinary muscular exertion is necessary? If not, they cannot be held wholly guiltless of the almost inevitable result. The housekeeper should seek information on this important subject and govern the cooking accordingly.

Of course the husband is largely to blame. He should not, however, when pressed beyond his strength, seek refuge in the delusive stimulation of alcoholic drinks. Affirmatively, he should guard against any such need by providing in due time the food that will give strength against the labors of the day, hay-field, and the harvest. These, despite the saving of labor by improved harvesting implements, are still the most critical periods for hard-working farmers. Happy are those who provided against this time by sowing last spring successive patches of green peas to be used during the busy season. There is probably no more strength-giving food at this season than green peas. They are appetizing, healthful, and strengthening. So also are green beans. These are probably the pulse on which the Hebrew children fed when we are told that they were fairer and better-looking than all who fed on the king's meat.

The strength-giving foods, however, are not by any means limited to these green and palatable vegetables. Dried beans contain a great proportion of albuminoids, and we never saw a hard-working man or woman who would not relish a dish of these if properly prepared. Oatmeal, with milk or sugar, is quite as good, and perhaps for most appetites better adapted to warm weather. Milk alone is always good for workingmen, and if given as a drink between meals will furnish strength

for the labors of the harvest-fields, and do away with much of the seeming necessity for stimulants for overworked laborers.

Much of the cooking for workingmen is pernicious. Fat meats, pies, cake, and pastry are all, with potatoes, pernicious, because not essentially strengthening foods. They are carbonaceous, excellent for giving heat and making fat, but these are not required in warm weather. The people of Ireland have doubtless lived far too much for their own good on the potato. The natural result has been an immense amount of drunkenness and deterioration of physical and moral character. As the potato did not give strength to work, stimulants were resorted to. The Scotch, living on oatmeal, also use stimulants, but with less deleterious effects physically than the Irish. The truth, however, is that in Scotland as eating oatmeal has gone out of fashion the drinking of whisky has to come in.

The cure for reliance on any stimulants is necessarily slow, for while urging the men to deeds requiring the greatest strength, they are necessarily debilitating. It requires time and patience to counteract the effects of a debauch continued for days and weeks, because the strength-giving food does not act immediately like a stimulant. But when it is learned, as it should be, that proper dieting is the best remedy against improper drinking, the most important step will be taken in a much-needed temperance reform.—*Selected.*

BOTH SIDES ON TOBACCO.

FOR.

NEW YORK, February 22.—At the banquet which closed the Fourth National Convention of Cigar Manufacturers at Delmonico's, last evening, Col. Robert G. Ingersoll eloquently extolled the virtues of tobacco, as follows: "Now, then, it is a delight to speak on a subject everyone understands. We all understand the divine plant. I have loved it all my life, since I was ten years old. At that time a man named Wickoff, the greatest liar I ever met, gave me a chew of his cavendish pigtail. Strangely enough, I liked it at once, and five minutes after my first taste I had a plug of my own. I use it now, and defend its use against the moral advice of parsons and physicians.

"Something in the human brain craves the leaf. If you want to awaken the mind of the savage, who has no clothes except climate, increase his wants.

Give him a taste of tobacco and he will hunt for iron and dig for jewels and gold to get more of the plant. What would we do without it? Think of waiting for a train without tobacco! Think of crouching in a deadly rifle-pit without tobacco! What would those do who add value to life by spanning the world with a rainbow of fancy without tobacco? All use tobacco and are better for it. Have the courage of your happiness and defend its use.

"There is another point I want to make. Tobacco is a luxury. Let us cheapen all luxuries. Labor pays all the taxes in the world. Then let labor reap some of the benefit. Give the workingman tobacco as cheap as possible. The idea is to let the poor devil work now and smoke in the world to come. We want him to smoke now."

AGAINST.

The University of the Pacific has set a good example to the institutions of learning in America. No student can matriculate there who uses tobacco in any form. A prominent young man in Detroit has been made deaf by cigarette smoking. Dumas began to smoke late in life, and had to abandon the habit owing to severe attacks of vertigo, which did not finally cease till some time after he had given up smoking. This distinguished writer declares that tobacco, with alcohol, is the most formidable foe of the intellect. Octave Feuillet says he was at one time a heavy smoker, but the constant recurrence of nervous complaints, traceable to tobacco, compelled him to throw away his pipe. Smoking he declares to be injurious, especially to nervous people. It produces at first a slight excitation, which terminates in somnolence.

Another Frenchman, Victor Hugo, said, "Tobacco changes thinking into dreaming." Smoking is indulged in by different people for various reasons, yet in every case the brain is made to suffer in consequence, and premature mortality is generally connected with some form of heart disease, and there are no witnesses upon this point so deserving of attention as the physicians who examine applicants for life policies. One of these, Dr. Thompson, writes: "Nearly everyone I have rejected, after examining life policies, has brought on an affection of the heart by smoking. Kaiser Wilhelm, Herr von Ranke, Lord Salisbury, Mr. J. S. Mill, Mr. Gladstone, and Mr. Disraeli have not been disciples of the weed, and prove through their

lives of activity and health that the "sweet intoxication" of tobacco is not necessary. It appears in so many cases that while perfect health and strength are incompatible with the use of tobacco, the records of actual disease press hard. The *Laws of Health* for May gives some striking and convincing proofs upon this subject.—*L. N. Fowler, in Phrenological Magazine, London.*

A MOTHER'S INFLUENCE.

WHETHER or not our boys shall become virtuous men depends very largely on the warmth of their attachment in boyhood to their home. And how fond they are of home depends almost entirely on their mothers—not on maternal love and conscientiousness only, but on that graceful, womanly tact which almost every member of the sex displays in a thousand ways before her lover and her husband, and which every woman owes to her son far more than all else. Let us give two instances.

Here is one clipped from an exchange:—

"'There are those banisters all finger-marks again,' said Mrs. Curry, as she made haste with a soft linen cloth to polish down the shining oak again. 'George,' she said, with a flushed face, as she gave the cloth a decided wrench out of the basin of suds, 'if you go up those stairs again before bed-time you shall be punished.'

"'I should like to know where I am to go,' said George; 'I cannot stay in the kitchen, I am so much in the way; and I can't go into the parlor for fear I'll muss that up; and now you say I can't go up to my own room. I know of a grand place where I can go,' he added to himself, 'boys are never told they are in the way there, and we can have lots of fun. I'll go down to Nil's corner. I can smoke a cigar as well as any boy, if it did make me sick the first time. They shall not laugh at me again about it.'

"'And so the careful housekeeper virtually drove her son from the door to hang about the steps and sit under the broad, inviting portico of the village grog-shop.'

Mothers who are disturbed by the noise and untidiness of boys at home must be careful lest by their reproaches they drive children from home in search of pleasure elsewhere.

In contrast to that, read the following, from the pen of Mr. George W. Copeland, an old subscriber.

In a letter commending the attitude of the *Christian Advocate* on the temperance question, he thus alludes to his home training, and to its beneficent consequences:—

"My father was a miller, and in connection with his mill kept a 'store' and sold whisky. Whisky could not be drank in the store, but it was brought into the mill and drank, and all I had to do was to walk up and help myself; but a good Methodist mother gilded home with delight and saved me. I have fought liquor for seventy years. I was but seven years old when I first set my face against it. I have even been threatened to be gagged with whisky, but I stood firm."

This venerable man has lived in neighborhoods where the power of the saloon was dominant. But the love of home and the high ideals of conduct which he got from his mother made him proof against temptation, and turned him into a champion of virtue.—*Selected.*

THE FIRST TEMPERANCE ASSOCIATION.

FROM a recent work treating upon the liquor problem, we learn that the first temperance association in America was formed in the year 1789, in the town of Litchfield, Connecticut. In speaking of this association a New York paper of July 13, 1789, says: "Upward of two hundred of the most respectable farmers in Litchfield County, Conn., have formed an association to encourage the disuse of spirituous liquors, and have determined not to use any kind of distilled spirits in doing their farming work the ensuing season."

This association adopted the following pledge:—

"We do hereby associate and mutually agree, that hereafter we will carry on our business without the use of distilled spirits, as an article of refreshment, either for ourselves or for those whom we employ; and that, instead thereof, we will serve our workmen with wholesome food, and the common, simple drinks of our production."

[Signed by Ephraim Kirby, Timothy Skinner, David Buel, and nearly two hundred others.]

The excessive drinking of that period, together with the alarming results from the same, led individuals here and there to seriously consider the situation, and a few heroic souls began to let their voices be heard against the terrible evil. It is supposed that the first temperance sermon that was preached in America was delivered by the Rev. Ebenezer Porter in the town of Washington, Con-

necticut, U. S. A., in 1805. The Rev. Mr. Porter, at a later period, was for many years president of Andover Theological Seminary. Taking for his text Isa. 5:11, "Woe unto them that rise up early in the morning, that they may follow strong drink; that continue until night, till wine inflame them!" the speaker gave a bold, energetic, and most eloquent sermon, closing it "with the most pointed and rousing appeals to retailers, magistrates, parents, professors of religion, and the rising generation."

The following brief extract from this sermon will give some idea of the evils of the drink traffic at that time. Thus he said: "Probably this infant country has reached a maturity in this shameful vice which is without a parallel in the history of the world. Probably no nation, ancient or modern, in proportion to its whole population, ever had so many male and female drunkards as this. Certainly in no other have the means of intoxication been procured with so much facility, and used with so little restraint by all sorts of people."

Preparatory to the inception of the temperance work in America, seeds were sown by such men as Hon. John Q. Adams, Benjamin Franklin, Dr. Benjamin Rush, and later, President Porter, the Rev. Lyman Beecher, Rev. H. Humphrey, D. D., president of Amherst College, etc. It was not, however, till about the year 1825 that thoroughly-organized efforts upon a broad national basis began to be put forth.—*D. A. Robinson, in Present Truth, England.*

A PUZZLED JAPANESE OFFICIAL.

A DISTINGUISHED Japanese official visited New York recently, and a member of the municipal government, who had been in Japan and can speak the language of that country, undertook to show him around.

"Is that an officer making an arrest?" asked the Japanese, as he saw a man stop a milk-wagon.

"Not exactly," replied the official. "He is a milk inspector, and his duty is, under the law, to see that no impure milk is sold in the city. If the milk is all right he will let the milkman pass on; otherwise he will arrest him."

"What is impure milk?"

"Milk that is mixed with chalk or water."

"Is the chalk a poison?"

"Oh, no; it impairs the quality—that's all!"

"Does water in milk make anybody sick?"

"Why, of course not! But when a person pays for milk he wants milk, not water, which he can get for little or nothing when he desires it. It is a swindle on the public to put water in milk."

"But you say no one is hurt by it?"

"Feelings are hurt—that is all."

Soon after they passed a low corner saloon, when the door opened, and a man who came staggering out tripped, struck his head against a lamp-post, and fell heavily on the sidewalk, where he lay as one dead.

"What is the matter with that man?" asked the foreigner from Japan.

"Full of benzine," replied the municipal officer, with a glance of disgust.

"Benzine? What is that?"

"It is the name we have in this country for poor liquor—poison whisky, you understand."

"Is there any good whisky?"

"Oh, yes, there is good whisky; but some saloons can make more money selling bad whisky!"

"Bad whisky is poison?"

"Deadly poison, sometimes."

"Has the man a license to sell whisky, same as the milkman has to sell milk?"

"Of course, or he couldn't carry on business."

"And do you inspect the whisky as you do the milk?"

"Never."

"Yet there may be poison in it, while milk is adulterated with chalk or water, that does no harm in particular, you say."

"Ahem!" said the city official, twisting about uneasily, "let's look at the markets."

At the markets they found officials inspecting the meat that was on sale.

"What do they do that for?" asked the Japanese.

"To see that the meat is healthy," was the reply.

"If a man should eat a piece of unhealthy meat would he stumble on the sidewalk and split his head open against a lamp-post, as the man did coming out of the saloon? Would watered milk do it?"

"Why, certainly not!"

"Yet you inspect meat and milk, and let men sell poisoned whisky, that kills people, as much as they please. I can't understand your country."

And we ask who can?—*Texas Siftings.*

Miscellaneous.

AN ARAB SAYING.

REMEMBER, three things come not back:

The arrow sent upon its track—
It will not swerve, it will not stay
Its speed, it flies to wound or slay;

The spoken word, so soon forgot
By thee, but it has perished not,
In other hearts 'tis living still,
And doing work for good or ill;

And the lost opportunity,
That cometh back no more to thee;
In vain thou weepest, in vain dost yearn,
Those three will never return.

—Constantina E. Brooks, in the Century.

SOUR BREAD.

BY FANNIE BOLTON.

(Concluded.)

By dinner-time Aunt Huldah had a fit of indigo blues. As soon as Aunt Margaret saw her sour face, Josie's red eyes, and Myrtle's swollen face, she knew that a tempest had fallen thick. Uncle George tried hard to make things pleasant, to draw Huldah into conversation, and to make Aunt Margaret and the girls feel at home, but it was no use. An ominous atmosphere was all around, one that killed the spirit of social cheer and sunshine. Aunt Huldah had a strong, stubborn will, and made the environment in her home as she pleased, and others had to succumb to her influence. After a strained conversation of a few moments, silence fell over the company, and, though the dinner was well prepared and neatly served, it was but scantily touched.

"You don't any of you eat," said Huldah at last. "I knew the dinner wouldn't be good. Josie has been so slack and careless this morning, and everything has gone wrong."

Josie's face grew scarlet again.

"I thought something had happened," said Uncle George. "The dinner, however, is beyond a fault, and speaks well for the cook."

"Yes, indeed," said Aunt Margaret.

"Well, it's the last decent meal you are likely to get," said Aunt Huldah, "for Josie and Myrtle together have spoiled a whole batch of bread through their carelessness."

"Have you been eating it, my dear?" asked her husband.

"No, indeed," said Aunt Huldah. "I think the girls ought to have to eat every bit of it. If there's anything I hate, it's sour bread, and I think it is a disgrace to any housekeeper to have it."

"I dislike sour bread, too," said Uncle George, "so don't let's have any more, or any more said about it."

But Aunt Huldah had got started. Her heart was full of sour bread, and it is out of the abundance of the heart the mouth speaketh. She had nothing else from which to make her conversation except sour dough. She wearied Aunt Margaret with complaint of the girls, and the girls with complaint of Aunt Margaret and Uncle George, and Uncle George had to hear the whole tale of dole about everything.

"I should think, Huldah," he said one evening, "that you would try to have something cheerful for a fellow that had been away six weeks. Come, do let's have something besides sour bread. You make me think of the 'little girl that had a little curl right in the middle of her forehead; and when she was good, she was very, very good, and when she was bad, she was horrid.' You certainly can be the most charming little woman in the world, when you are so minded, but you do let trifles turn you into a perfect tartar."

Aunt Huldah pulled away from her husband, as he tried to put his arm about her, and ran to her room.

When Aunt Huldah's blues reached a certain climax, she always went to bed; but she could not be content to gloom it out alone. Josie had to carry pails of hot water, and bring her the battery, and foment her spine, and give her electricity, and the dear knows what, until she felt that she was excused, because of her nerves and her infirmities, before her much-abused family.

Aunt Margaret was very sorry for Aunt Huldah, but she felt certain that it was not so much a sick body that was troubling her as a sick, selfish heart. She waited on her patiently, however, comforted the girls, and cheered her brother, who was growing gloomy and discontented. Aunt Margaret made another batch of bread, and it was sweet and wholesome. The family began to feel quite reconciled to Aunt Huldah's absence at the board, since Aunt Margaret had a full opportunity to shed her sunny influence upon them.

Josie loved to have her in the kitchen, singing at her work, and the girls gathered at her side in the twilight to hear her pleasant experiences, to listen to her delightful recitations and anecdotes.

"I always feel inspired to be a better girl every time I am with Aunt Margaret," said Agnes. "Oh, wouldn't it be nice if we could only live with her?"

"Can you keep a secret?" asked Myrtle. "Well, that is just what we are going to do. She told me she had made arrangements to put us both in school at Auburn, and then we can board at her house."

"Oh, I am so glad!" exclaimed Agnes; "for, to tell the truth, I would rather eat sweet bread than sour."

Aunt Huldah had given orders that the sour bread should not be thrown away. She was going to concoct some plan whereby it could be used.

"I will make it into bread-puddings or something," declared Aunt Huldah, "for it never will do to waste it."

When Aunt Huldah came down, she tried in several ways to dispose of the sour bread, but although Josie and Myrtle both tried their best to eat the puddings, they found them unpalatable and unwholesome.

Aunt Huldah, however, with the perseverance of a martyr, set the sour-bread puddings before her own plate. If it killed her, she would eat it; for she declared she couldn't afford to waste it.

Myrtle came to her with a dollar, and begged to pay for the flour; but Aunt Huldah's valuation of the bread seemed to increase constantly. The pan of sour dough had assumed immense importance to her eyes. She said, however, that she would take the dollar in order to teach her niece a lesson. But even after Myrtle had thrown her purchase to the chickens, Aunt Huldah still refreshed the memory of her family by continual references and condolences, until a week had gone by.

On Sabbath morning the family went to church. The pastor was an old friend of Aunt Margaret's, and perhaps she could have told why he preached from the text, "Is not the life more than meat, and the body than raiment?" While he encouraged his hearers to make provision for the needs of the body, he went on to show that man was not fully supplied when fed and clothed. The soul, the mind, the heart, were all needy, and cried for their essential food. As the body, assimilating

food, became diseased or restored by the diet given, so the mind, feeding on the thoughts it cherished, became morbid or healthy. He told how the soul famished or throve according to the spiritual nourishment it received, how the body suffered with the mind because of its intimate connection, and the physical powers failed with a famishing soul. All these were sad thoughts to Aunt Huldah.

When they returned from church, Aunt Huldah went to her room, and Aunt Margaret found her there weeping.

"I've been feeding you on sour bread ever since you came," she whispered.

Aunt Margaret slipped her arm about her sister-in-law, and they had a good talk on sanitary matters.

"Yes," said Aunt Margaret, "I will not deny that you have put a good deal of sour bread into our diet, but I do not propose to eat it. It is just as easy to feed on sweet bread. And the wise man says, 'There is that scattereth, and yet increaseth; and there is that withholdeth more than is meet, but it tendeth to poverty.' The bread that was wasted could not have been worth more than a dollar, but your worrying over something that could not be helped, has robbed us all of peace and happiness. We have not relished or digested our food as we would have done if we could have had cheerful conversation at our meals. The flow of thought that would not only have brightened our social enjoyment, but have also aided in our development, has been retarded. Why, dear, we've no idea of what we have lost through useless grief over a batch of sour bread. Surely this kind of saving tendeth to poverty. How much better it would have been to have scattered the sour stuff to the four winds, and to have thought no more about it; to have told Josie, 'You did the best you could, poor girl, don't cry;' to have told Myrtle, 'You made a mistake, but it is not a fatal one;' and then to have made another batch of sweet bread, such as I know you can make, and fed us with sunshine and pleasant thoughts. This would have been a scattering that hath increase.

"But it's all over now. Don't worry another minute. Just come down, and be your own happy self. We have plenty of bread as sweet as manna; come, let us eat and rejoice as the good Lord would have us."

When Aunt Huldah came down, her face was brighter. She told her husband and the girls that

she was not going to feed them on sour bread any longer, and added, "I promise you, I will not eat any more myself."

After a happy dinner, in which wit and wisdom mingled with a wholesome diet, her husband slipped his arm around her, and whispered, "When she is good, she is very, very good," and added, "Huldah, I love sweet bread."

SPRING AND ITS RISKS TO HEALTH.

THE first-needed caution is in reference to clothing. A warm spring day induces one to lay off the heavier clothing of winter and to welcome spring by the announcement that the spring fashions have been accepted. No sooner, perchance, has the change been made than a frosty night and a stern northeaster announces that the winter has not yet departed. The overwarmth and perspiration on the one hand expose us to cold, while a change is equally likely to catch us unprepared. The only way is to keep changing with these changes. The extra flannel must always be at hand to be put on or removed any night or day on inclination, while the overcoat must be carried either on the back or on the arm instead of being left at home. Cautious men and women soon come to learn that if thus they are prepared, by frequent change, for any changes of the weather, they are not apt to overlook indicators. At no season do we so much need at home to consult the thermometer and to adapt the furnace or the substituting stove or grate to the varying demands of day and night. The plan so common in the South and West of starting a light fire near evening, often for a month after the temperature of the day becomes acceptable, is to be imitated.

It cannot be concealed that any enfeeblement of constitution is apt to show itself by coughs and colds in the spring. Very many fall victims to pneumonia, by some sudden change, for which they are unprepared, or by absence from home without necessary re-arrangement of apparel. A few sad instances of this kind happened near together in New York City, within a few weeks. The wife of a governor, a former college president, and the wife of a distinguished physician, each lost their own lives by being in attendance at the funeral of those they loved. The change from the ordinary day-wear to a dress-suit at night has been fatal to many. We know one or two persons who

always have one or two gauze flannels ready for such occasions, and who do not forget such chest and back protection, if need be, by an under-vest easily removed. Cold is about as often contracted by drafts against the back as against the chest. At this season of the year, too, someone on a car who feels a little too warm is sure to raise a window just far enough to give force and direction to the incoming breeze.

Most persons, too, in the spring need especial attention to food. There is often a call of the system for food of quick digestion. It does not seem to be a *lusus nature* that milk and eggs are more abundant in the spring, that onions and greens start with daffodils and dandelions, and that bitter herbs are relished. There is a wide field of study of the instinct of food, which man, if not too civilized, shares with the other animals.

The early clearing away of all refuse and rubbish in the spring is an important consideration in the interests of health. Whatever may be the usual provisions, there is almost certain to be something overlooked amid the cold of winter. The keeper of the door-yard or city plot, as well as the house-keeper, needs to look over the premises with great exactness that nothing be left for the early heat and moisture of summer to decompose. All through the house, in every dark corner of the cellar, in every closet, and in every dark spot, there must be the same search. Light and air need to be allowed to stream in and flood parts from which anything like an active current was necessarily excluded. Our population inclines so much to city life that we have sometimes wondered whether a house-cleaning corps could not be established and maintained, so as to secure that thorough renovation for which, alas! too many indwellers are incapacitated. By want of this, and by the closeness and dampness of houses, the moisture of the ground is not dried out, the buildings are kept damp until late in the season, and many diseases are sustained even longer than the spring months.—*N. Y. Independent.*

To discover the imperfections of others is penetration; to hate them for those faults is contempt. We may be clear-sighted without being malevolent, and make use of the errors we discover to learn caution, not to gratify satire. That part of contempt which consists of acuteness we may preserve; its dangerous ingredient is censure.—*Sidney Smith.*

A STOVE IN THE CELLAR.

ONE cold day in early winter we went to call on friends living in one of the large, roomy houses so common in the rural districts of New England. We were ushered into the pleasant parlor, and were at once impressed with the agreeable temperature and apparently good ventilation, with no visible heating apparatus. When we remarked upon this, our hostess said: "We are trying an experiment; we have long suffered from cold feet, and have often wished the air of the floor and the ceiling could exchange places; now we have no more cold feet." This was what they had done:—

A register was fitted into the floor; the air-tight coal stove was taken into the cellar, and, after removing the feet and the ornamental top, it was placed on a strong foundation high enough to raise it to the ceiling, just below the register. At this place a little zinc was used for protection. The stove was then inclosed with brick-work on three sides, the cellar wall forming the back, and the raised foundation the base. Toward the bottom two or more bricks were left out on opposite sides for more draft. A sheet-iron blower entirely closed the front and was secured in place by a button; near the bottom it was perforated with a dozen or more air-holes about a half inch in diameter.

This whole arrangement was cased in woodwork from floor to ceiling, and when the door was closed and buttoned, presented the appearance of a small closet. A six-inch air-shaft entered the woodwork at the top and connected with the cellar window; this, with the air-holes before mentioned, furnished sufficient draft. It may be added, the register could be lifted readily to fill with water the urn upon the stove, and a window sash raised in the room by a two-inch weather strip completed the ventilation.

This arrangement cost very little. In this case the work was mostly done by the father and son. It also has many advantages; the coal-bin is close beside the stove; all dust and ashes are in the cellar, leaving the room above clean and tidy. Our friends are quite satisfied with the results of their experiment. Their room is well warmed, even with the mercury below zero, and they have solved for themselves the difficult problem how to keep the feet warm and the head cool.

A. W. HEALD.

Windham, N. H.

A BRIGHT BIRD.

HE was an English starling, and was owned by a barber. A starling can be taught to speak, and to speak very well, too. This one had been taught to answer certain questions, so that a dialogue like this could be carried on:—

"Who are you?"

"I'm Joe."

"Where are you from?"

"From Pimlico."

"Who is your master?"

"The barber."

"What brought you here?"

"Bad company."

Now it came to pass one day that the starling escaped from the cage and flew away to enjoy his liberty. The barber was in despair. Joe was the life of the shop; many a customer came attracted by the fame of the bird, and the barber saw his receipts falling off. Then, too, he loved the bird, which had proved so apt a pupil.

But all efforts to find the stray bird were in vain.

Meantime Joe had been enjoying life on his own account. A few days passed on very pleasantly, and then, alas! he fell into the snare of the fowler, literally.

A man lived a few miles from the barber's home who made the snaring of birds his business. Some of these birds he stuffed and sold. Others, again, were sold to the hotels near by, to be served in delicate tidbits to fastidious guests.

Much to his surprise, Joe found himself one day in the fowler's net, in company with a large number of birds as frightened as himself. The fowler began drawing out the birds one after another, and wringing their necks. Joe saw that his turn was coming, and something must be done. It was clear that the fowler would not ask questions, so Joe piped out:—

"I'm Joe!"

"Hey! what's that?" cried the fowler.

"I'm Joe," repeated the bird.

"Are you?" said the astonished fowler. "What brings you here?"

"Bad company," said Joe promptly.

It is needless to say Joe's neck was not wrung, and that he was soon restored to his rejoicing master.—*Sunday-School Advocate.*

NO blindness or lack of opportunity to do great things deprives any of the right to be a good man.

Household.

THE BEAUTIFUL LAND.

THERE'S a beautiful country that lies far away
 From the earth, with its burden of tears,
 Where night never enters, but shadowless day
 Shines on through eternity's years,
 Where the wail of the mourner is heard nevermore,
 And tears never fall for the dead;
 But life's waters wash soft on the heavenly shore,
 Whence the sorrows of earth are all fled.

And angels of beauty, with faces that shine,
 Look down from the heavenly land;
 They are ministers sent by the Saviour divine,
 Though we see not their welcoming hands;
 But we feel their sweet presence as dew on the flowers,
 And as strength to the sorrowing soul,
 Till we yearn for that Eden with heavenly bowers,
 Where the waters of life gently roll.

From the shadows are lifted our sorrowful eyes
 To the hills where the angels have trod,
 And our hearts ever yearn for our home in the skies,—
 Our home in the garden of God.
 And on some glad morning shall shades flee away,
 And the ransomed of Zion shall stand,
 In the rapture and glow of a shadowless day,
 At home in the beautiful land.

And all of our sorrows will fade as a dream
 As we enter the country of rest,
 While before us in heavenly beauty shall gleam
 The mansions prepared for the blest.
 And Jesus, the king of the country, is there;
 On the mountains of Zion he'll stand,
 And welcome his children, with faces so fair,
 To their home in the beautiful land.

—L. D. Santee.

A PILLOW OF THORNS.

THERE was a great scarcity of good servant-girls in Elmdale, and Mrs. Warren awoke one morning, after a disturbed night's rest, with the thought that a heavy day's work awaited her one pair of hands.

"I hardly know where to begin, John," she confessed to her husband, as she hurriedly dressed herself. "I have some canning that must be done, and the ironing is not anywhere near finished, and there's no denying that the baby is *very* troublesome—can't wonder that he is, though, dear little thing!" she added, as she bent over the cradle where the baby lay sleeping; "he's cutting teeth, and they probably pain him more than we have any idea of."

"You must keep Katy out of school to help

you; she is twelve years old, and surely ought to be able to save you a great many steps."

"Oh, I couldn't think of keeping her out of school just now; she'd get behind in her classes! She can help me before school, and at noon—yes, and after school, and perhaps I can get through the day all right, although I do feel a severe headache coming on."

After breakfast Mr. Warren hurried to the store, kissing his wife first, however, and saying, "I am very sorry for you, dear;" then looking at Katy, who sat by the window with her history, he added pleasantly: "Come, Katy, child, put up your book and help mother; willing little hands can do much work."

But the trouble with Katy just then was that her hands were not willing. As the door closed after her father, she said, without rising from her chair: "You don't need me very much, do you, mamma? I haven't learned my history lesson, and we recite it the first hour."

"Why didn't you learn it last evening? You had a long, quiet evening, with nothing else to do."

"Yes, I know I did; but I had an interesting library book to finish, and after that it was too late."

"Another time you must learn your lessons first before you amuse yourself with story-books. You can study your lesson now; I will get along without you," Mrs. Warren said.

Noon came. There was a nice dinner upon the table. Upon the bars the smoothly-ironed clothes hung, and on the kitchen table there was a row of glass jars, filled with delicious hot fruit. But it was a very flushed and wearied face that looked over the coffee-urn. It was only half-past twelve when the family finished their dinner, and Mrs. Warren said, "Katy, dear, you have half an hour before school; supposing you tie on a big apron and help me to get some of these dishes out of the way."

"Oh, dear! I don't see how I can, mamma; I missed my practice-hour this morning, and you know I have to take my music lesson to-morrow. But I'll let it go if you say so," Katy said, fretfully.

"Go and practice." That was all Katy's tired mother said, as she gathered up the many dishes preparatory to removing them to the hot kitchen. Katy's conscience troubled her some as she practiced her scales in the pleasant parlor. Two or three times in place of the musical notes she saw

a tired mother's face; but she did not close her instruction-book and go to that mother's relief, only struck the notes more vehemently. It was four o'clock when Katy returned from school. Looking into the little sitting-room, she found the baby asleep in his cradle, and her mother, with bandaged head, upon the couch.

"All quiet along the Potomac?" Katy questioned, as she bent to kiss her mother's hot cheek.

"Quiet just now; but the baby's nap is nearly out, and I dread his awakening. My head is much worse. I think you'll have to get tea to-night, dear; I don't think I possibly can."

"All right, mamma; but it is not near time yet, and can I go over to the slope after wild clematis? The girls are waiting at the gate, and we'll not be gone long."

"You can go if you'll be here at five promptly."

"Yes, ma'am, I'll be here," Katy answered, as she danced from the room, unmindful of her mother's pain.

The door closed after her with a bang, which woke the baby, and he began crying. It was some moments before Mrs. Warren's dizzy head would allow her to get up and lift the screaming child from his cradle. She put him on the floor and gave him a box of playthings, which he threw all over the room, even into the dining-room beyond. Mrs. Warren did not seem to care where he threw his toys, as long as he was amused. She lay down again and held her throbbing head, watching the clock as the hands crept closer to five, hoping that thoughtless little Katy would keep her promise. The clock struck one—two—three—four—five. Oh, how the little hammer beat her weary head! But notwithstanding her pain, she arose, built the fire, prepared the supper, a pain in her heart worse than that in her head. "Can it be that my little Katy does not love her mother?" she thought.

Supper was all ready when Katy made her appearance at the same time with her father and brothers.

"I'm so sorry, mamma. I meant to come sooner, but I was having such a nice time," began Katy apologetically; but her father stopped her.

"Hush! Where have you been?" he said sternly. "Your mother all alone with the work and the baby! Look at her tired, red face—" But his reproof stopped just here, for the tired,

red face suddenly grew ashen white, and Katy's weary mother was unconscious.

Months have passed since then, but Katy's heart is still sore. Her mother is a patient invalid, without the ability to walk a step. Every night as Katy's head falls upon the pillow, she looks about her room's pretty belongings, dear mother's love and taste breathing through them all, and thinks of what that gray-haired doctor said months ago, as he looked pityingly at her mother. Looking at her thoughtless little Katy, he had said, "Mother has had to work too hard this hot, close day; she's too delicate for such prostrating work. I suppose you help her all you can."

"Ah, but that's the trouble! *I didn't help mother all I could*; that's why my pillow pricks so."

Poor Katy! don't you all pity her?—*Ernest Gilmore.*

HE NEEDED A REST.

"No, my poor husband is not at all well, and I am seriously thinking of changing physicians," said a north-side matron, whose tongue keeps up a continual clatter from morning until night, to a friend whom she met in Field's the other day. I don't like our present doctor, and I have been trying ever since to think what he could possibly mean by a mysterious remark which he made to me when he called last week. I had noticed for some time that John was in failing health, so I resolved to call in the doctor to examine him. Well, he came and examined the poor man thoroughly. Then he turned around to me and said: 'Mrs. —, your husband is all right—he only requires absolute rest and perfect quiet, that is all. I will give you a prescription.' He wrote out one, and of course I was curious. 'What is this all for, doctor?' I asked. 'For morphine powders,' he replied. 'And how often shall I give them to him?' I inquired. 'They're not for him,' he said; 'they're for you—your husband must have absolute rest.' Then he went away, and I have been wondering what he meant."—*Chicago Herald.*

LIVES of sluggish ease bring discontent. The more we are rocked on the stormy waves and tossed by the winds of adversity, the stronger we grow. Indeed, some natures never develop in the sunshine; like the plant that only blooms at midnight, some souls are matured in beauty only through long hours of darkness.

HOUSEHOLD ITEMS.

"HE that will not be counseled cannot be helped."

We sometimes learn wisdom by our own experience, but wisdom thus obtained is often dearly bought.

Many a day of toil and weariness could be made lighter by learning an easier and better way from those of more experience.

"Waste not, want not," is an old adage; and many a crumb can be saved by cutting a loaf of bread or cake, freshly baked, with a hot knife, the slices being as smoothly cut as if the loaves were cold and twenty-four hours old.

To prevent layer cake from sticking to the tins, be sure to rub them smooth with common table salt, and then oil them with melted butter, after which lightly dredge with sifted flour.

A good substitute for cream in coffee is the beaten yolk of an egg, with a teaspoonful of sugar and two tablespoonfuls of water added.

As an item of economy, as well as of convenience, we recommend the buying of lemons when plenty and cheap; squeeze out the juice, and to each pint add one pound of refined sugar, bring to a boiling heat, stirring the mixture in the meantime till the sugar is dissolved, then bottle and cork tightly, and set in a cool place. When wanted for lemonade, take a goblet of water and add sufficient juice to suit the taste. Hot lemonade is made by the use of hot instead of cold water. Every family should preserve lemon juice for times of need. The juice of the lemon preserved in this way will be found a convenience, as well as a luxury, when traveling.

The unpleasant odor arising from boiling cabbage can be prevented from permeating the house, by tying a stale piece of bread in a white muslin cloth, and dropping it with the cabbage into the boiling water. When the cabbage is sufficiently cooked, remove the bread, which has absorbed the disagreeable odor.

A little bottle of turpentine should be kept in every house, for its uses are numerous. A few drops sprinkled where cockroaches congregate will exterminate them at once; also ants, red or black. Moths will flee from the odor of it. Besides, it is an excellent application for burns or cuts. It will take ink stains out of white muslin, when added to soap, and a tablespoonful boiled with white cloths will greatly aid the whitening process.

"Buy what thou hast *no* need of, and ere long thou wilt sell thy necessities." A. M. L.

NOTES IN COOKING.

A SMALL wooden stick, paddle, or spoon is better than a metal spoon for stirring sauces and gravies, or making mush, as it does not scratch the bottom of the kettle or make a noise.

Garnishes in cookery are anything used to ornament dishes; a single sprig of green is sometimes sufficient. Those most commonly used are parsley, curled lettuce, and slices of lime or lemons, or boiled beets or carrots, hard-boiled eggs, and boiled rice.

To keep milk or cream sweet for two or three days, use a pinch of borax to a quart of milk or cream.

To cook green vegetables and retain the color, plunge in fast-boiling water, and cook for twenty or thirty minutes, very fast, with the lid off. It spoils the color to keep the lid on. A pinch of soda preserves the color.

PEA SOUP.—Take one pint of split peas, carefully look over, wash and soak overnight; in the morning put to cook in two quarts of cold water. Put one pint of sliced potato in one quart of cold water in a separate kettle. Cook each until they are not grainy. When thoroughly cooked, run them through a colander. Dilute with water or milk till the soup is of the proper consistency, or to suit the taste. There should be about two and one-half quarts of the liquid when cooked. Just before serving, add one-half pint of cream or one tablespoonful of creamed butter. This soup may be flavored with a few stalks of celery if liked.

ORANGE SYRUP.—One pint of orange juice, one pound of granulated sugar, boil these slowly together and skim as long as any scum arises. When cold, bottle and cork it securely. Two tablespoonfuls of this syrup to one-fourth pint of creamed butter makes a capital sauce for puddings. A teaspoonful will flavor custards.

TAPIOCA FRUIT PUDDING.—One cup of tapioca (pearled tapioca is best), one quart boiling water, two-thirds of a cup of sugar, ten or twelve bananas, one lemon, the juice only. Soak the tapioca in cold water, three hours or overnight. Put into the boiling water, and cook until clear before putting in the fruit. Peel and slice the bananas and mix with the sugar and lemon juice, letting them re-

main while the tapioca is cooking, then add to the tapioca and allow them to cook about one-fourth of an hour. Serve either warm or cold, mould in pudding mould if you like, and serve with a custard sauce or without. In place of bananas, fresh currants and raspberries may be used, half and half. Add more sugar for sour fruits. Fresh, ripe fruit is the best.

MRS. F. L. McCLURE.

ART IN THE KITCHEN. NO. 1.

CAN it be possible that there is any real art in the kitchen?

It seems that the world at large have concluded that "living to eat" is the chief end of man, but when it comes to the preparation of food it matters little whether it is healthfully prepared or not if it only pleases the palate. As reformers, should we not "eat to live," and study to show ourselves approved workmen, so that our stomachs may have rest, and the good health and peace of our families be preserved. Yes, there is real art in the kitchen. To one who has never known what it is to relish a well-prepared meal this may seem idle talk, and when we hear our sisters expressing themselves that they do not care to spend time in the study of bread making, that they know enough about it, we wonder if they know the first principles of making, or know a good loaf of bread when they see it? If we could see the true inwardness of the matter, perhaps an investigation of their bread-box would show many a leaden loaf or crust, and the sallow complexion of the children and bad temper of the parents will illustrate the fact that poor cooking has well done its part of the work, and art has been ignored in that kitchen.

We study to dress, talk, etc., that we may appear well in society, but not a moment is devoted to the study of preparing the food that gives us health and strength.

God has given us an abundance of the good things that go to make up our lives, and though the preparation may be simple, there are certain scientific laws that all ought and may understand that will enable them to not only enjoy their food but the blessing of health that attends skillfully-prepared dishes. Variety of preparation of the same article of diet will give zest. It does not follow that we should prepare our beans in the same manner, or always bake hoe cake because grandmother lived many years on that diet. The world

moves, and to-day we may learn, if so disposed, how to live, and much good can be brought out of the kitchen. M.

HELPFUL HINTS.

CEREMONIES differ in every country, but true politeness is ever the same.

BROTH or beef tea should never be given to a child suffering from diarrhea.

THE best indication as to whether the mother's milk is good or not, is whether the child thrives or not.

IT is a good idea for a tall woman to have her kitchen table and ironing-board a little higher than ordinary. It will save many a backache.

MAKE starch with soapy water, and you will find it a pleasure to do up your starched goods. It prevents the iron from sticking, and makes a glossy surface.

LEATHER, paper, or wood may be firmly fastened to metal by a cement made by adding a teaspoonful of glycerine to a gill of glue. It can also be used for fastening labels on tins.

TO DESTROY BEDBUGS.—Pour naphtha wherever they can find a hiding-place. Pour it from a can such as is used for machine oil. Do not apply it when a light is burning in the room.

TO CLEAN TEA-KETTLES.—Kerosene will make your tea-kettle as bright as new. Saturate a woolen rag, and rub with it. It will also remove stains from clean varnished furniture.

WHITEWASH.—After lime has been slacked in hot water, sift into it, through a corn-meal sieve, to half a pail of whitewash a quart, or even more, of wood ashes. The finished work will be much whiter for this addition, and every way better.

A CLOTHIER states that the proper way to wash a flannel shirt is to souse the garment in hot soap water, never rubbing it, and put it repeatedly through a wringer. The garment should never be wrung with the hands, and never put in cold water.

To clean a carpet thoroughly, throw damp salt upon it and then sweep it briskly, and it will be found that all the coloring will have been vastly brightened; or if the carpet has been well swept, go over it afterward with a clean cloth and salt water, and the result will be almost as good.

Healthful Dress.

THE FOUR "T'S."

THERE are four "T's" so apt to run
'Tis best to set a watch upon,—

Our *Thoughts*—

Oft when alone they take them wings,
And light upon forbidden things.

Our *Temper*—

Who in the family guards it best
Soon has control o'er all the rest.

Our *Tongues*—

Know when to speak, yet be content
When silence is most eloquent.

Our *Time*—

Once lost, ne'er found; who yet can say
He's overtaken yesterday?

—*Golden Days.*

SUICIDE BY CORSETS.

RESULTS of the very latest and most authoritative investigations and experiments by medical specialists would seem fully to warrant the generalization that the ill health of Americans is due, four-fifths of it, to the sucking of cigars by men and boys, and the wearing of corsets by women and girls. Everybody, especially every person of the male sex, who has an eye for feminine beauty, knows that about two-thirds of American women utterly spoil their figure by tight lacing. When the average corset comes in at the door, symmetry of form goes out at the window—and yet the blessed saints think they are improving upon nature by imprisoning themselves in a straight-jacket and reducing their waists from five to fifteen inches below the normal size!

Dio Lewis, who is certainly a high authority on the general subject of hygiene, has recently written both sensibly and forcibly on the corset as a principal cause of female invalidism. He calls attention to the fact that about every lady who is questioned will aver that she wears a corset simply to keep her clothes in shape, but it is so loose it "scarcely touches her," while, as a matter of fact, not one woman in twenty wears a corset at all without being injuriously compressed or injuriously restrained by it. Ordinarily the wearer of a corset has consciously or unconsciously reduced the size of her waist from four to twelve inches. The inevitable result of this compression is to force downward many of the organs occupying the abdominal cavity, producing displacement, derangement of function, general weakness, and the thousand ills with which the feminine sex is afflicted.

A leading specialist in diseases of women, and a professor in a medical college, said: "I am sure, without being able to demonstrate it, that ninety per cent of the so-called female weaknesses have their origin in corsets and heavy skirts. They not only depress the pelvic organs by their pressure and weight, but weaken all of their normal efforts."

After declaring that a girl who has practiced tight lacing should not marry, Dr. Lewis thus sums up the four causes of the general breakdown in the health of American middle-class women: "(1) The corset, which reduces the waist from three to fifteen inches, and pushes the organs within downward; (2) unequal distribution; while her chest and hips are often overloaded, her arms and legs are so thinly clad that their imperfect circulation compels congestion of the trunk and head; (3) long, heavy skirts, which drag upon the body, and impede the movement of the legs; (4) tight shoes, which arrest circulation and make walking difficult, with high heels, which increase the difficulties in walking, and so change the center of gravity in the body as to produce dislocations of the pelvic viscera."

Referring to the results of the physical training of girls at the well-known Boston Normal School for Physical Education, Dr. Lewis declares that there, although the young women enter school greatly the inferiors of the young men in health, physical development, strength, and endurance, they come out fully their equal in all these respects, and in every class the best gymnast has been a young woman. The very first requirement at the Boston school is that the girls shall throw away corsets and discard long skirts.

Doctors aside, common sense and a rudimentary knowledge of the human anatomy should teach anyone that a bandage made of whalebone, steel, and canvas cannot be fastened about the middle of the human form and drawn together until it has greatly reduced the natural size of the body at one point, without producing mischief and finally destructive results. If nothing short of coercion will work a reform in this direction, the *Tribune* counsels the formation of anti-corset clubs among the bachelors of America, whose members shall sign a pledge never to marry a woman who has not for at least one year last past discarded the death-dealing corset. If the young women choose to get even by forming anti-nicotine clubs, and vowing never to marry a man who is willing to deteriorate and imperil posterity by demoralizing his vital forces with tobacco, so much the better, and a double advantage will result to the race.—*New York Tribune.*

CORSETS VS. NON-CORSETS.

CONTEST AT A LONDON GIRLS' SCHOOL.

MRS. (DR.) BRYANT sends to the *Women's Gazette* an account of an athletic contest, which has taken place at the North London Collegiate School for Girls, between wearers and non-wearers of the much-discussed corset. With a view to obtaining scientific data on disputed points, sixteen pupils, wearers of corsets, were arrayed against sixteen "abstainers." The trial included a high leap, a long leap, tug of war, and running competition. It should be mentioned that, by a process of more or less conscious selection, conspicuous devotees of tight lacing had evidently been excluded from the contest, preliminary measurements showing that in no case had the natural proportions of the figure been noticeably interfered with. The question was thus, as Mrs. Bryant expresses it, between "loose stays and none." In leaping, neither side gained any signal advantage over the other, the average for the high leap being, corsets, three feet and seven inches; non-corsets, three feet, six and one-eleventh

inches. For long leap, corsets, nine feet, one and one-fourth inches; non-corsets, nine feet, four-elevenths inches. The champion non-corset, however, leaped twelve feet. In the tug of war, for which the girls had been well drilled, the "abstainers" had far the best of the fight, and twice dragged their opponents over the line. For "endurance running" the object desired was to test the evidences of disturbance, as shown in an increased pulse, increased rate of respiration, and diminished breathing capacity. The results showed a small advantage to the corset party in the matter of respiration rates, and a considerable advantage to the opposite side in pulse rates. But the most striking results were obtained from the tests for breathing capacity. While the effort of running diminished the breathing capacity of the corset wearers by eighth-tenths cubic inches, that of the non-corsets was increased by four and four-tenths. An experiment on so small a scale cannot (the *Manchester Guardian* says) be regarded as conclusive; but if similar trials were conducted in all the large schools for girls, data would be obtained of the greatest value to hygienic science.

CLOTHING THE FEET.

NEXT to the waist, the most painful distortions are of the feet. Observe the manner of walking of different ladies on the street. Scarcely any of them advance with a smooth, even tread, resting the weight alternately on one foot and then on the other. Many walk with a halt that makes them appear lame. I have seen some enduring the torture of tight shoes, seeming equally anxious to relieve both feet from weight and pressure at the same time. It is impossible to make a graceful appearance on the street in shoes too small for you. So please remember this, madam, when you attempt to fit a number five foot into a number three shoe—and then the torture of it! In the end, the dress is so long that, ten chances to one, no one notices your feet. Shoes that are too small for the feet of the possessor lose their form and become clumsy, ill-shapen masses, as do the feet that wear them. Few are the ladies' feet nowadays that are not decorated with some specimen of the corn or bunion family. . . .

Of course these plain facts do not sound agreeable on paper, but we all need them before we can realize how foolish we were at some time in our lives. The high heel, over the decadence of which we can all rejoice, disturbs the equilibrium of the body by throwing the weight of the body forward upon the ball of the foot. Muscular enlargement of this part takes place when this portion of the foot is allowed free play; but when it is bound so tightly by the toe leather, it can only protest that all is not right, by pain and inflammation.

Anatomists say that the proper length of the foot is one-half that of the leg bone, from the base of the knee-pan to the heel; but the average foot will scarcely measure that length. A gentleman who traveled in the West for a shoe firm for twenty years, asserts that he has seen quite a marked change take place during that time in the shape of feet. They have grown broader and shorter. He attributes the change to high heels and shoes shorter than the foot. The "D" last used to be the widest manufactured; now we have "FF." The instep has also grown deeper. What used to

be a graceful, delicate arch is now in some feet a distance through the instep that is anything but graceful, amounting, indeed, to almost a deformity. . . .

Ligatures about the limbs should be shunned; they not only cause the members to be misshapen, but retard the circulation. One of the principal veins of the body extends from the instep up the leg, and to bind it in is injurious to the general health. . . . When close-fitting under-drawers are worn, it is sufficient to draw the stockings up over them, place the webbing around the leg, and pin through the three thicknesses, at equal distances, with the pins. As the garments are resumed each succeeding day, put the pin in a new place, and there will be no danger of tearing them.

In case the under-drawers are not worn (for instance, in the summer-time), ordinary side support ers can be attached to the webbing; the strain on the stocking will be less, and the stocking will be held up equally well. It is a matter worthy of care and thought, since no other one thing is more injurious to the health than the compression of any part, and the consequent interference with the healthful performance of its functions.—*Clara B. Miller, in Housekeeper.*

EXERCISE.

IT is only lately that girls have been initiated into the, to them, long-hidden mysteries of how they are made, and the nature of the vital functions, and the location and operation of the bodily organs. The great majority of the newly-married, and most of the old-married, women of to-day know nothing of such matters, and in most instances are shamefully ignorant of what it is absolutely their duty to know. Physicians hardly ever come across a young mother who knows any of the most rudimentary facts about a child's stomach, not often even its location. There is probably not one girl in a hundred out of the schools who knows where her liver is, or what it does, or how it is affected. The schools are changing all this.

A gentleman riding in one of the street-cars a few days ago noticed a young and pretty girl, who never lifted her eyes all the way from West Philadelphia from an illustrated book which she seemed perusing with wrapt interest. Anxious to see what this entrancing work could be, he changed his seat so as to get a glance over her shoulder, and found it was her "Comparative Physiology," and that she had just reached the chapter on the action of the heart, which she was devouring as if it were the climax of one of Ouida's novels.

The great amount of out-of-door exercise taken by young ladies and women generally, is no doubt in a great measure responsible for the decline in the practice of fainting. Fainting is now completely out of fashion, and no one ever sees or hears anything of it except upon the stage and in novels. The changed ideas regarding woman and her life and sphere have done it. Since women, and especially young women, have stopped living exclusively in-doors, fainting has become comparatively unknown, and even hysteria is rare. Plenty of exercise, occupation, industrial pursuits, out-of-door sports—these have had their influence in making the women of to-day not the frail lilies that wilted at the least excitement, or tilted over in an overheated room, but strong and sensible creatures, much better fitted in every way to make a home happy.—*Philadelphia Times.*

Publishers' Department.

THE RETREAT CHAPEL.

THE seats are being placed in the Retreat chapel. This, with the laying of carpet on and around the rostrum, and the placing of matting in the aisles, finishes up the room for its opening services, which it is now expected to hold the first week in May, in connection with the annual meeting of the stockholders of the institution. The lower room of the building has been occupied as a gymnasium since Christmas, and being nearly twice as large as the old gymnasium, is much more convenient for healthful indoor exercises, such as dumb-bells, the swinging of clubs, etc.

SCHOOL ARBOR DAY.

WE received, from the State superintendent of public instruction of California, a circular calling attention to the importance of having a day set apart in each township and school district for the planting of trees, shrubs, and flowering plants in the school-grounds. We regret that we received this circular too late to give it attention in the March number of this JOURNAL. We wish to record ourselves, however, as decidedly in favor of the proposition, and although perhaps too late to give voice to the planting of trees this year in many parts of California, it is not too late to call attention to another feature which may be carried out in some localities, that is, allowing the children to have flower-beds for annuals, where they may themselves sow the seeds and see the work of their own hands producing the blossoms.

Among some of the pleasantest recollections of our childhood days are the watching from day to day the springing forth of seeds that our own hands had planted, as also the anxious waiting to see those same plants produce their blooms. As I passed, in Oakland, a few days since, a school-yard in which stood a large collection of shrubs in boxes, waiting for the soil to become sufficiently dry for planting, I saw that the children were anticipating the work by having constructed in one corner of the yard a flower-bed in which they had placed wild plants of various kinds. How readily their minds and hands could be trained to care for these plants, and what an elevating influence must it have upon the minds of those who through such hand labor are led to commune with nature.

"Your voiceless lips, O flowers, are living preachers,
Each cup a pulpit, and each leaf a book,
Supplying to my fancy numerous teachers,
From loveliest nook.

"In the sweet-scented pictures, heavenly Artist,
With which thou paintest nature's widespread hall,
What a delightful lesson thou impartest
Of love to all!"

"DEATH from pressure round the waist," was the verdict of a Birmingham jury, at an inquiry into the death of a servant-girl who received a severe fright. She was too tightly laced to stand any sudden emotion.

MARY WASHINGTON MONUMENT.

MARIAN HARLAND, the friend and helper of women everywhere, has taken up the work of restoring the ruined monument marking the burial-place of Mary, the mother of Washington.

One hundred years ago this venerable woman was interred in private grounds near Fredericksburg, Virginia. In 1833, the corner-stone of an imposing memorial was laid by President Andrew Jackson. A patriotic citizen of New York assumed the pious task, single-handed, but, meeting with financial disaster, was compelled to abandon it.

Marian Harland says truly—in her appeal to the mothers and daughters of America to erect a fitting monument to her who gave our country a father—that "the sun shines upon no sadder ruin in the length and breadth of our land, than this unfinished structure."

The publishers of the *Home-Maker*, of which Marian Harland is the editor, offer, as their contribution to the good cause, seventy-five cents out of every annual subscription of two dollars to the magazine sent in during the next six months. Every such subscription must be accompanied by the words, "*For Mary Washington Monument.*"

The offer is generous and should meet with an enthusiastic response.

Address Marian Harland, 19 West Twenty-second Street, New York City, N. Y.

"THE CIVIL SABBATH."

THIS is the subject of Vol. 1, No. 1, of the *Sabbath Reform Library*, a quarterly journal of 400 pages per year, issued from 150 Nassau Street, New York; price, 35 cents single number, or \$1.00 per year. The first number, which has just come to our table, contains 128 pages, with a good substantial paper cover. The complete title of this number is, "Addresses on the Civil Sabbath, from a Patriotic and Humanitarian Standpoint," with appendix containing Sabbath laws of all the States and Territories, judicial decisions, replies to Seventh-day Adventists, etc., by Wilbur F. Crafts, author of "The Sabbath for Man," etc.

The book seems well filled with information on the topics announced. There may be some difference between many of our readers and the author of the book whether his attempt to enforce a day by legal enactments, which should be a responsive action of the heart proceeding from the love of the person, may not be as fruitless as an attempt to compel, by civil enactment, a child to love his parents, or a wife to love an unlovable husband, or one at least who appears so in her eyes.

It would seem from the first reading of the proposed exemption to the proposed Sunday law, as found on page 123 of the book, that there was designed to be some show of fairness for those who might differ from them, but we must confess that the more times we read it over the more obscure that exemption looks: "Nor shall the provisions of this act be construed to prohibit or to sanction labor on Sunday by individuals who conscientiously observe any other day as the Sabbath or a day of religious worship, provided such labor be not done to the disturbance of others."

That is a peculiar sentence, to say the least. As it reads, it

seems to say that the labor of one conscientiously observing any other day as the Sabbath than Sunday has got to disturb someone else in order to be sanctioned or prohibited, for if it does not disturb anyone else the law is not to be construed as to prohibit it or sanction it. What will it do with it? If it disturbs others, then it is to be construed so as to prohibit or sanction it. Which will it do? and where is there any exemption?

Perhaps it is because we have given more attention to laws of healthful living than to politics that we cannot see through this muddle; or is it, as a friend suggests, that "laws are made somewhat obscure so that lawyers shall have business? The common people cannot readily grasp the meaning of laws." Well, if laws are obscure it may be that "a bill for a law" possesses some of the same obscurity. We did not take our pen in this case as a law critic, and will simply say in conclusion, Those wishing the laws of the various States and Territories on the *civil Sunday* question, will doubtless get the value of their 35 cents from the book, whatever they may say of other topics treated.

"WOMAN AND HEALTH."

SUCH is the title of a volume of 275 pages, 6x9 inches in size, to which is added a few more pages, consisting of a *glossary* of terms; all substantially bound in muslin, with gilt title upon the back. This work is from the pen of M. Augusta Fairchild, M. D. And, as stated in the title-page, it is "a mother's hygienic hand-book and daughter's counselor and guide to the attainment of true womanhood through obedience to the divine laws of woman's nature. Including specific directions for the treatment and cure of chronic ailments."

This book, in its scope, embraces a variety of diseases, especially those peculiar to the female sex, and imparts much valuable instruction concerning the care of children, dress, breathing, dietetics, hygienic cooking, active and passive movements, water, sunshine, exercise, sleep, etc. It is written in plain language, much of it being in the form of conversations between the doctor and female patients. This of itself makes it a very interesting and readable book. We hope to be able to announce in our next the terms on which the book can be obtained. We assure our readers that they will find it to their advantage to obtain the book.

WE have before us No. 2, Vol. 5, of the PACIFIC HEALTH JOURNAL AND TEMPERANCE ADVOCATE, published monthly by the Pacific Press Co., Oakland, Cal. As a magazine devoted to temperance principles and the art of preserving health, it should find its way into every household. It gives most valuable information in regard to sanitary matters, and there are many useful hints upon home management generally. There are also some excellent selections of poetry. The book should meet with a ready sale, and we can confidently recommend it.—*Deseret News*.

THOSE familiar with the Arabic language tell us that the word *alcohol* is only a corruption of the Arabic word *al ghoul*, meaning the demon. So Shakespeare was not so very far astray when, apostrophizing the "spirit of wines," he, pausing for a name, called it "*Devil*."

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THE PACIFIC HEALTH JOURNAL of March, 1890, is before us. It is an excellent number, better than any past number which has come to our notice, and that is saying a great deal, for past numbers have been excellent. The JOURNAL is good and growing better constantly. Among the many good things which this number contains are the following: Prevention Better than Cure—The Duties of a Mother—Sour Bread—Was It Providence?—and Bessie Houston's Experience. Published by the Pacific Press Publishing Co. Terms, \$1.00 per year.—*Signs of the Times*.



The Pioneer Seed Catalogue of America, contains complete list of Vegetables, Flowers, Bulbs, Potatoes and Small Fruits, with descriptions and prices. Department of Specialties and all Worthy Novelties. Same shape and style as proved so satisfactory last year. Many new and elegant illustrations, handsome colored plate 8x10½ inches, and frontispiece. Special Cash Prizes \$1000.00; see Floral Guide. Every person who owns a foot of land or cultivates a plant should have a copy. Mailed on receipt of 10 cents, which amount may be deducted from first order. Abridged Catalogue Free. Pure Stocks. Full Measure. Prices Low for Honest Goods.

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Teacher—"Johnny, what is the name of the deposed emperor of Brazil?" Head Boy—"Torpedo." "Dom Pedro, you mean. How could you make such a stupid mistake?" "I heard my pa say that he went off quick and was all busted up."—*Boston Times*.

To avoid poisoning or parasitic infection from meat, always procure fresh, wholesome meat and thoroughly cook it, to destroy the life of the parasitic embryo.—*American Lancet*.

WITH a woman it is a struggle to provide something for the inner man, and with a man it is an effort to provide something for the outer woman.—*Atchison Globe*.

A GOOD dress for most any occasion is a black alpaca, or mohair as it is now called.

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

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

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

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

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Avenola.—This is some like the preceding in the mode of its preparation, except that it has also the finest oatmeal with the wheat in its combination. It contains a large proportion of bone, muscle, and nerve-forming material. It is a good food for infants, and for all invalids of weak digestion; per lb. 13 cts.

Granola.—This is a preparation from various grains, and combines all the qualities of the preceding preparation. There is no farinaceous preparation in the market that will compare with granola. This is the verdict of those who have given it a fair and impartial trial; per lb. 12 cts.

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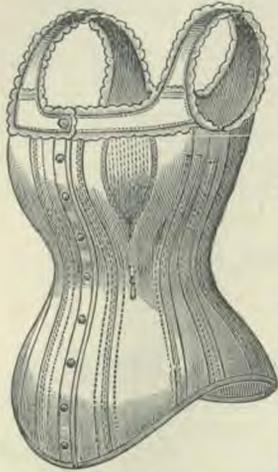
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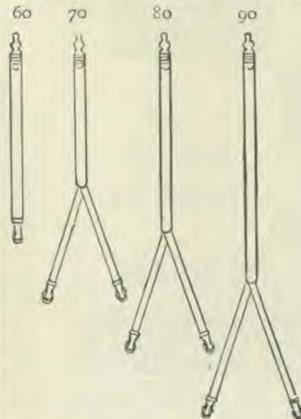
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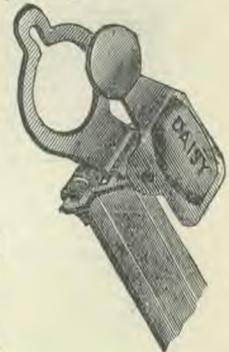
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