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THE highway of the upright is to depart from evil.—*Solomon.*

IT costs more to be miserable than would make us perfectly happy.

SEVEN million persons are employed in the cultivation of the vine in France.

OF the seven hundred physicians practising in San Francisco, fifty-six are women.

A MAN should never be ashamed to own he has been in the wrong, which is but saying, in other words, that he is wiser to-day than he was yesterday.—*Pope.*

IN Roumania, Servia, and Russia 80 per cent of the population are unable to read and write, 63 per cent in Spain, 48 per cent in Italy, 39 per cent in Austria, 21 per cent in Ireland, 13 per cent in England, 10 per cent in Holland, 8 per cent in United States (white population), 7 per cent in Scotland.

AT the time when railroads were first introduced into Germany, the Royal College of Physicians in Bavaria signed and issued a protest against the new mode of travel. "Locomotion," it declared, "by means of any kind of steam-engine should be prohibited in the interest of public health. Rapid change of place cannot fail to produce among travelers the mental malady called *delirium fuscum.*"

KIDNEY DISEASES.

(Continued.)

BRIGHT'S DISEASE OF THE KIDNEYS.

WE cannot, in our limited space, treat upon all diseases of the kidneys, but hope to stimulate inquiry with those who may wish to make a more extended study of the subject. The hints presented we trust may be of benefit to the afflicted, or serve as a warning from habits of life liable to induce kidney complaints.

OF the kidney diseases there is one especially which is much to be dreaded, because of its too frequent fatal termination; it is called *Bright's disease of the kidneys*. It received this name because it was first more fully delineated by Dr. Bright, of England. This disease is described in medical works under two forms, as *acute* and *chronic*, the latter being probably the more dangerous, because it is a settled form of the disease. Dr. B. Robinson, in the *Medical Record*, recognizes three forms of the disease, denominating them: (1) Chronic parenchymatous nephritis; (2) lardaceous disease of the kidneys; (3) interstitial nephritis.

FOR our purpose in this article we will call attention to the acute and chronic forms. Of the first we read:* "This disease is a croupous inflammation of the kidneys, involving chiefly the small urinary tubes, which become blocked up, causing suppression of the secretion of urine. It occurs very frequently as a complication of scarlet fever, measles, diphtheria, typhus fever, and cholera. It may also occur in malaria, fever.

"When it occurs independently, it is commonly a result of exposure to cold, or the use of irritating diuretics or other irritating drugs, which affect

* "Home Hand-Book of Hygiene and Rational Medicine," pp. 1155, 1156.

principally the urinary organs, as balsam of copaiba, cantharides, and oil of turpentine.

"There is every evidence to believe, also, that free indulgence in the use of alcohol, beer,—which is exceedingly stimulating to the kidneys,—and the excessive use of tobacco, are also causes of acute Bright's disease."

Of chronic Bright's disease Dr. Kellogg says: "This disease is much more common than is generally supposed. It usually exists some time before its presence is known, as it is rarely accompanied by pain in the region of the kidneys, more often originating as a primary disease than following acute Bright's disease. The nature of the disease is such that the kidney gradually loses its ability to perform its duty. It is usually divided into three stages, in the first of which the organ is enlarged and pale of color. In the second stage, after degeneration has begun, it becomes yellow. The third stage is the stage of degeneration and atrophy in which the organ becomes almost useless as an excretory organ although it may continue to excrete large quantities of water.

"The principal causes thought to be productive of this disease are exposure to cold and dampness, long-continued use of alcoholic liquors, and employment of irritating diuretics, as cubebs, copaiba, and excessive use of meat. It also frequently occurs in consequence of long-continued congestion, chronic gout, syphilis, scrofula, and malaria."

Of the treatment of these forms of kidney disease, the doctor says: "The essentials of treatment [of acute Bright's disease] consist in fomentations to the small of the back; warm baths, followed by wrapping the patient in warm blankets, so as to continue the sweating; vapor baths, and hot-air baths.

"These measures are, according to Niemeyer, much more effective, and much less likely to be attended by bad results, than the use of drugs to produce activity of the skin.

"The Turkish and Russian baths, should, however, be avoided. The patient should practice drinking considerable quantities of water daily. Care should be taken that the water is pure and soft. When natural water answering these requirements cannot be obtained, well-filtered water, or distilled water, should be used.

"Condiments, tea, coffee, tobacco, and all spirituous liquors, should be scrupulously avoided. Animal food should be used only to a very limited

extent. Meat may be better avoided altogether. Milk may be used moderately, and fish and eggs occasionally.

"One of the most important of all hygienic requirements is careful attention to the maintenance of proper warmth of the body. The patient should take care to avoid overheating of his apartments, securing also a plentiful supply of fresh air. He should be extremely careful not to venture out-of-doors in cold damp weather, at least without being so thoroughly protected as to make chilling of the body or even coldness impossible. Warm woolen clothing should be worn next to the skin.

"The use of medicines and mineral waters which excite excessive activity of the kidneys is regarded by experienced physicians as a pernicious practice. The kidneys need rest, instead of overwork, and rest should be given them by compelling the skin to do as large an amount of their work as necessary, to relieve them as much as possible. The use of opiates is also extremely objectionable, as it diminishes the activity of the kidneys, and hence increases the liability to poisoning from retention of the urea."

This is what is said of the acute form of the disease. Of the chronic form the doctor says: "The same precautions respecting diet, clothing, etc., should be followed as prescribed for acute Bright's disease. Professor Niemeyer and others have claimed excellent results from the use of an exclusive milk diet in this disease, without the use of medicines or any other remedy. The quantity taken is from two to three quarts daily. In many instances persons have greatly improved by this diet, dropsy and other symptoms being relieved in a remarkable degree. In one case, in which we used this remedy, the patient made very marked improvement, which has continued up to the present time, now nearly two years. Buttermilk has also been highly recommended as a diet remedy for this disease. The more closely the patient will confine himself to fruits and grains, the better it will be for him. Meat should be discarded altogether, and also coarse vegetables, such as asparagus, turnips, cabbage, and particularly beans and peas. Irish and sweet-potatoes are, in fact, about the only vegetables which can be eaten without detriment."*

From the *American Journal of Medical Sciences* for March, 1889, we gain the following respecting

* "Home Hand-Book of Rational Medicine," pp. 1155-1157.

the dietetic treatment of Bright's disease, by Dr. B. Robinson:—

"As food an exclusive milk diet is generally considered to be the best, and the author would favor its employment, because it is easily assimilated, gives sufficient nourishment, produces less urea, and flushes the kidneys with a large amount of fluid. When milk cannot in any way be taken, we are obliged to resort to broths and light farinaceous foods. As a beverage the author prefers pure spring water, of which several pints a day should be drunk. Pure or mildly alkaline water in large quantities is an excellent unirritating diuretic. When milk is not well borne alone, it may sometimes be taken mixed with lime-water, carbonic acid, Vichy, etc., or as koumiss or peptonized milk. When milk is used pure, it had better be unskimmed, unless it produces digestive troubles, in which case it is best to skim it. From two and a half to four quarts are sufficient to prevent bodily loss.

"As a result of clinical experiments instituted by him, and which he details, and from the experience of others, the author believes that a milk diet notably diminishes the amount of albumin excreted by the kidneys. After a time, an exclusive fluid diet may be productive of harm, by causing an overdilution of the gastric juice, and too great an excretion of urine, or the symptoms of anæmia and exhaustion. In such cases, especially if the amount of albumin be small, the exclusive milk diet may be supplemented by a certain amount of farinaceous or vegetable food. If even this diet becomes objectionable, a small amount of broiled or roasted meat must be allowed daily, taken at an early dinner. Alcoholic stimulants throw more work on the kidneys, and increase the amount of albumin excreted. They are, therefore, to be avoided, except when called for by certain symptoms, as exhaustion, or the profound cerebral anemia which so often accompanies uremic symptoms."

J. N. L.

FROM INFANCY TO OLD AGE. *

BY W. P. BURKE, M. D.

WE find that the first year, or thereabout, of life is sustained on milk, during which time a larger growth and greater development occur than at any other year of our pilgrimage. All kinds of tissues are formed with great rapidity and activity, and are solidified and expanded at the same time. During this time of plenty and expansion the food is animal, according to nature's plan. If we forget her course and add a vegetable diet, baby is forced to pay the penalty of erroneous feeding by a fit of indigestion. Nature provides and adapts the food to the needs of the little body. When the mother

eats and drinks as she should, her milk is ready prepared in the most soluble form for digestion and assimilation. When she does otherwise, the child suffers in consequence. Nature must not be interfered with, in her adaptability of food to the varied circumstances of the individual at different ages and under varied forms of activity, inherent peculiarities, temperament, and surroundings. After our first year of life, well-cooked grains may be added to that of milk. The teeth of the child make known its capability of digesting more than fluid food. Just here the parent ought to begin to "train the child in the way he should go" in reference to eating and drinking, for now are formed those habits which in later life we believe to be innate personal habits, but which are, in fact, wholly due to habits acquired early in life. Had a routine of precisely opposite character been adopted, precisely opposite peculiarities would have resulted. Too slow surely are most people to believe what great power habit has in forming our characters. Parents should remember that "acts oft repeated make habit; habit long continued makes character."

Children's natural taste is not for meat (except by heredity), and but few would call for it had they not been coaxed and even scolded into eating it; they much prefer that part of the meal which consists of vegetables, fruits, puddings, etc.; hence it follows that parents should set before them well-cooked cereals, milk, etc., and then the children should be allowed to follow their own instinct in eating and drinking, unless, perchance, their desires through heredity are evidently harmful. This course will save your child from many of the troubles and often from death consequent upon diseases of infancy.

In infancy, the cellular tissues are very lax and vascular, so that serum escapes through the capillary walls upon the slightest provocation, causing dropsy, diarrhea, laryngeal catarrh, fluxes, and malnutrition; and febrile conditions give thrush, stomatitis, etc. Teething is accompanied by many febrile disturbances, convulsions, and skin diseases, many and nearly all of which might have been avoided by a suitable diet *from the first*.

To regard meat necessary to life, for a very large proportion of mankind, at any age is an error. Most people have become accustomed to it, but if they would become stronger, lighter, happier, and better-tempered, a change of diet should be grad-

ually made to one of grains, fruits, and vegetables. This change of temperament and health will not be instantaneous, but it will surely come. Experience has shown that the desire for food is keener and the satisfaction greater and more enjoyable on the part of the light feeder than with those who live mostly on flesh. Under certain conditions of the sick, meat is unrivaled because of its concentrated form of nourishment and the small space it occupies in the stomach. It must, however, be given in small quantities.

Because meat is a concentrated form of nourishment, the aged should not use it to any extent, for the reason that on the western slope of life, the elimination of waste matter is slow, due to slow circulation. Rapid elimination requires rapid circulation, and this latter is not normal to the aged, but is normal to the child and to the middle third of life. There are no stimulants which will cause the blood of the aged to flow like the youthful torrent. Thinking a little closer—the blood in slow circulation cannot be overcharged so rapidly with the rich elements of food, which the system cannot use. Circulation and elimination go hand in hand.

When the stomach cannot digest nor the liver assimilate concentrated dishes usually set before us, pepsin is added, that if possible by this means to make digestion greater. When this is done *elimination* needs to be *correspondingly increased* or the waste is retained and results in sickness. Pepsin has no power to eliminate the waste it has helped to create; evil, therefore, results from such use of it. The same can be said of all whips to digestion. The object, doubtless, is, by using these whips, to increase force by augmenting nourishment, and too often you do not succeed. You believe you cannot have too much nourishment, while the truth is that ninety-nine out of every hundred are already the pitiable victims of overfeeding or of the use of wrong kinds of food. The individual is suffering from accumulated waste, which will sooner or later embitter and impoverish his life.

(To be continued.)

Lecturer on Colorado—"Where else in the world will you find in one spot outside of our State such products as marble, iron, fire-clay, chalk, copper, lead, slate, fruits of all kinds, hemp, flax, all manner of grains, and—but why enumerate them? Where else will you find all these things? Where, I say?" *Man in the audience* (impatiently)—"In my boy's pocket."—*Chicago Tribune*.

CANCER.

ITS CAUSES AND TREATMENT.

BY G. H. STOCKHAM, M. D.

IN a treatise of this subject, the first requisite is to designate what a cancer is. It is called a malignant or destructive tumor, to distinguish it from other tumors which are benign or more malignant. However, all cancers are not alike in their structure, but are divided into three general heads, namely, scirrhus, encephaloid, and colloid. The former is the most general. It is exceedingly dense, of a grayish white or grayish yellow tint, is ill supplied with arteries and veins, therefore it increases in size very slowly, and is composed of cells, which is its mode of growth, each individual cell having the power of multiplication, acting as a parent cell, being endowed with the power of self-increase and propagation. It is atypical, that is, its structure is unlike any other tissue or organ of the body.

It is generally felt as a small tumor under the cuticle, about the size of a hazel-nut or less. It causes little if any pain, and no uneasiness; the general health seems good, for which reason it probably excites no alarm until it has grown to a moderate size, when lancinating and shooting pains set in, which become severe and constant. As it progresses it is denuded of cuticle, exposing a raw surface. An ichorous discharge of an exceedingly foul odor is thrown out, and it bleeds at the slightest touch. A cauliflower excrescence often makes its appearance. Finally the tumor ulcerates and presents the shocking spectacle of an open cancer. Those of middle life are the most subject to this form of the disease, between the ages of forty and sixty.

The encephaloid is not so dense and hard as the scirrhus, is plentifully supplied with minute blood-vessels, consequently grows very rapidly, and often attains an enormous bulk. Its substance resembles brain matter, from which it takes its name. Hemorrhages are more frequent than in the former. Its progress is often very rapid. Soon ulceration sets in, and life draws quickly to its close. The young are more subject to it than the scirrhus.

The colloid is composed of a jelly-like, greenish yellow matter, somewhat transparent, and is moderately firm on pressure. This form, however, is so

unfrequent that a further description of it is not necessary.

Cancerous tumors when once established in any portion of the body, possessing an inherent vitality of their own, draw their nourishment from abnormal or effete blood, which contains the pabulum necessary for their growth, exhausting the vitality of the system. They are parasites, as in vegetable life the mistletoe and similar plants derive their sustenance from the circulation and juices of the trees on which they are formed. Like cancers, they are never formed on those of vigorous and healthy growth, but on the gnarled and ill-nourished, which lack vitality, the soil not being adapted to their needs. They are further exhausted by the parasite, which persistently acts as a depletive, ultimately sapping their life-forces; and even after the tree succumbs, the parasite continues to grow, and so also will cancer after the death of the body. It takes its name from a fancied resemblance of the body of the diseased structure to the form of a crab, and of its roots to the legs, spreading out under the cuticle and penetrating the tissues in every direction, sapping the life-blood of the system to supply its insatiable maw. These rootlets often throw out shoots, starting new growths a considerable distance from the body of the cancer. It might also be likened to an octopus, with its many arms stretching out to seize its prey.

Cancer is distinguished, by its malignancy and tendency to destructiveness, by its irregularly tumefied shape, and in some of its forms by its dilated veins, from other tumors, which are called benign, or non-destructive.

The surface of the tumor itself when it arrives at a certain stage is uneven to the touch, the skin wrinkled or puckered, of a dark or purplish color, and the pain becomes very severe, being both gnawing and lancinating. The growth of the scirrhous variety may be very slow, continuing for many years without any material change.

Medical authorities have not yet settled the dispute among themselves as to whether it is a *local* or a constitutional disease. It is local in its appearance and location, which may often be determined by a previous injury to the part, which makes it more liable to be its seat; otherwise it is impossible to know why it fixes itself on one portion of the body and not on another, for every portion of the system is liable to an attack; but it must result from a constitutional taint; therefore it may be re-

garded both as a local and a general disorder. If considered only local, the longer it continues the less likely for it to remain so, for it absorbs vital force, vitiates and deranges the body, *on which* as well as *in which* it subsists, thus not only living upon it as a parasite, but it becomes like a poisonous worm. Its excretions are absorbed, and the whole system suffers.

Admitting this to be the true nature of the disease, it is plain that, to be successful and effect its cure, it must be treated both locally and constitutionally.

The most general form of this terrible disease is the scirrhous, which has a marked tendency to the glandular system more than to any other tissue of the body, for which reason women are more liable to it than men. The breasts and uterus are the more vulnerable parts, and the most generally attacked, for which reason we desire to speak more particularly of the disease as it affects these organs.

CANCER OF THE BREAST.

Women who have had many children, or those who have passed the climacteric period of life, are the most liable to suffer from this disease.

The first appearance is usually a small tumor near the nipple, which at first may not be larger than a small marble, not very sensitive, gives little or no pain, may not increase in size very rapidly, for which reason it excites no alarm for a time, but after it has grown to a moderate size, the pain becomes more severe, lancinating, and shooting, frequently extending to the axilla, the tumor becomes shriveled or contracted, the nipples are inverted and sometimes disappear beneath the surface, the skin becomes of a dark leaden hue, adherent to the tumor. The whole breast often feels as if filled with hardened tumors, irregular in form. Eventually some part of the tumor begins to soften, and the work of destruction commences. A thin sanious or watery discharge is thrown out, of an extremely foul odor. The ulcer sometimes partially fills with a fungous growth, which is very irritable, and bleeds easily when touched. The whole surface of the sore is dark-colored, the skin around it purple, and extremely hard, the margins elevated and irregular. Finally an open ulcer is established, the general system becomes affected, and the tissues of the body become infiltrated with the cancerous deposits. The course of the disease is thenceforward very rapid.

Cancer of the breast may be induced by a cicatrix caused by improper lancing or incision *across the milk ducts* in a simple mammary abscess, which invite the lodgment of cancerous cells.

CANCER OF THE UTERUS.

The first symptoms a woman has of the existence of the disease are generally lancinating and fugitive pains in the back and loins or along the inside or front of one or both thighs, sometimes causing numbness of the whole limb. Menstruation may be regular, but often hemorrhage during the period, and complaint of "bearing down."

The os uteri is hard and irregular in form, which, when pressed upon, gives pain, and sometimes causes sickness of the stomach.

The neck of the womb is somewhat enlarged, of a deep crimson or purple color, the feeling of tenderness increases, slight irritability of the bladder is often present, but otherwise the patient is not aware of any serious affection of the organ. Cervix and mouth of the womb become indurated, more sensitive, and increase in bulk. The pains become more severe and continuous, the general health begins to suffer, the skin to assume a brownish yellow color; the whole system is impregnated with cancerous deposits. Frequently large fungus growths show themselves, and soon an open ulcer is formed, which emits a peculiarly offensive ichorous discharge. Emaciation and constant irritability follow, and the patient lingers on in physical torture until death comes to her relief.

In some cases the neck and back of the womb are filled with this diseased growth, throwing out a most offensive discharge, often of a dark color. When the disease is advanced, dangerous hemorrhage is sometimes frequent.

It is not necessary here to further describe the disease as it occurs in other parts or organs of the system. There may be a difference in appearances and in the symptoms in accordance with the nature of the tissue it attacks. The treatment, however, is based upon general principles, therefore their description is not required in this connection.

There are oftentimes benign tumors which resemble cancers, so far as their bulk is concerned, and are often disagreeable as such, for which reason we think it advisable to describe some of the principal ones. The great distinctive difference between cancers and other abnormal tumors is that the substance of which cancers consist is entirely different from the tissues of that portion of the

body to which it is attached. There is always a marked line of demarkation between them, by which the surgeon is guided in its excision. There are various tumors which show no such sharply-defined line of division, the tissues of which are similar to the normal or healthy tissue to which they are connected. The closer they resemble the normal structures of the body, the slower is their growth. The seat of the tumor has much to do with the rapidity of its growth. The more spongy and yielding the tissues of the part, the faster it grows, because more blood is drawn to it.

NON-MALIGNANT TUMORS.

A "tumor," whether benign or malignant, is a new formation, an unnatural enlargement of the soft parts of the body, distinguished by its permanence from an ordinary swelling. The great distinctive difference between malignant and benign tumors is the former pervades and penetrates constituent textures, whereas the latter will compress or distend the adjacent structures, but never penetrate them. Fatty and fibrous tumors are of this class. Their substance always resembles the natural tissues.

Adipose or fatty tumors may be caused by an injury to the part, or the result of inflammation, yet they may appear spontaneously, without any assignable reason; but whatever the cause, the original vitality of the part is perverted. They are a new organism, and may grow to a considerable size if not removed. They are generally caused by a rupture of small blood-vessels, by a mechanical injury, or by a shock, yet they sometimes occur seemingly without any adequate cause. It is supposed by some that they are parasitical, have an independent vitality, and a new organism. They are seldom removed by absorption. This form of tumor, however, can be safely disposed of by ligature or the scalpel, if it is so situated as to be operated on; the latter is to be preferred, as there is little danger of a return after it has been wholly removed. Of fibrous tumors, so called from the nature of their structure, the shape and surface are always irregular; they are hard and firm, but not so dense as scirrhus; have often the appearance of the adipose tumor, are not as painful, and are slow of growth as the malignant formation, but sometimes acquire great size and produce mainly mechanical disturbance, and become burdensome. They may impede respiration, or retard digestion, but do not vitiate the secretions and poison the sys-

tem as those of the malignant type, and become destructive of the whole organism. Their removal is easy and safe by excision if resorted to at an early stage.

Cellular tumors are smooth and compact without the indurated appearance of scirrhus. They are *never painful* unless inflammation is present, or from the weight and pressure upon the surrounding parts affecting the nerves. There is no tendency to fungus growth, nor much susceptibility to suppuration. They have nothing malignant about them, and sometimes absorption may be induced, but they can be safely removed by the knife, by ligature, caustic, or plaster. These are the principal non-malignant tumors, and, as before said, are often diagnosed as cancers.

(To be continued.)

WHEAT-MEAL BREAD.

A WRITER in the *Nineteenth Century* makes the following sensible argument for the use of wheat-meal bread:—

“The earliest agitator in the matter observed, years ago, when traveling in Sicily, that the laboring classes there live healthily and work well upon a vegetable diet, the staple article of which is bread made of well-ground wheat-meal.

“The Spartans and Romans of old time lived their vigorous lives on bread made of wheaten meal. In northern as well as southern climates we find the same thing. In Russia, Sweden, Scotland, and elsewhere, the poor live chiefly on bread, always made from some whole meal—wheat, oats, or rye—and the peasantry, of whatever climate, so fed, always compare favorably with our South English poor, who in conditions of indigence precluding them from obtaining sufficient meat food, starve, if not to death at least into sickness, on the white bread it is our modern English habit to prefer. White bread alone will not support animal life. Bread made of whole grain will. The experiment has been tried in France, by Magendie. Dogs were the subject of the trial, and every care was taken to equalize all the other conditions—to proportion the quantity of food given in each case to the weight of the animal experimented upon, and so forth. The result was sufficiently marked. At the end of forty days the dogs fed solely on white bread died. The dogs fed on bread made of the whole grain remained vigorous, healthy, and well-nourished.”

A BRIEF TELEGRAM.

“I WANT to send a telegram to my husband,” said an excited young woman who came hurrying into a Western Union Telegraph office the other morning.

“Very well,” replied the operator in attendance, “there are some blanks, and of course the briefer it is, the less it will cost to send it.”

“Oh, I know that,” she replied, and then she wrote:—

“DEAR GEORGE: I’ve something too dreadful to tell you, but please don’t get excited, dear, for it can’t be helped now, and baby and I are perfectly safe. I don’t know how it ever happened, and cook says she don’t know, and none of us can account for it, but the house caught fire last night and burned to the ground. Just think of it! Did you ever hear of anything so perfectly dreadful in all of your life? I’m half wild over it. But please keep calm, dear. Baby and I are safe, and most of the things were saved, and you mustn’t think of anything but how much worse it might have been. What if baby had been burned! O George! don’t it make you shudder to think of it? But the dear little darling is perfectly safe, and of course we went right straight to mamma’s, and you can’t think how frightened she was until she knew we were safe. And I know just how shocked you’ll be, you poor, dear boy, but as baby and I are safe you oughtn’t to mind anything else. I can’t imagine how the fire started. Can you? Do you suppose someone set the house on fire? Oh, it’s too dreadful to think of! Come right home. MAMIE.

“P. S.—Remember that baby and I are safe.

“M.”

“There,” she said, as she handed the seven blanks she had written to the operator, “I suppose it might be condensed a little.”

“Yes, I think it might,” he replied, as he took a fresh blank and wrote:—

“Our house burned last night. All safe. Come home. MAMIE.”—*Time*.

THE editor of *Texas Farm and Ranch* seems to be thoroughly posted on the subject of scolding. He writes: “Don’t scold. It wrinkles the face, takes the music out of the voice, and drives pity from the heart. It makes the children timid, the husband cross, and yourself miserable. Rebuke if you must, but do it gently, though firmly—don’t scold.”

Disease and its Causes.

SOMETHING GREAT.

THE trial was ended, the vigil past,
All clad in his arms was the knight at last—
The goodliest knight in the whole wide land,
With eyes that shone with a purpose grand.
The king looked on him with gracious eyes,
And said, "He is meet for some high enterprise."
To himself he thought, "I will conquer fate;
I will surely die or do something great."

So from the palace he rode away,
There was trouble and need in the town that day;
A child had strayed from his mother's side
Into the woodland dark and wide.
"Help!" cried the mother, with sorrow wild;
"Help me, Sir Knight, to seek my child!
The hungry wolves in the forest roam,
Help me to bring my lost one home!"

He shook her hand from the bridle-rein.
"Alas, poor mother, your call is vain!
Some meaner succor will do, may be,
Some squire or varlet of low degree;
There are mighty wrongs in the world to right;
I keep my sword for a noble fight;
I am sad at heart for your baby's fate,
But I ride in haste to do something great."

One wintry night, when the sun had set,
A blind old man by the way he met.
"Now, good Sir Knight, for our Master's sake,
On the sightless wanderer pity take!
The wind blows cold and the sun is down;
Lead me, I pray, till I reach the town."
"Nay," said the knight, "I cannot wait;
I ride in haste to do something great."

So on he rode in his armor bright,
His sword all keen for the longed-for fight.
"Laugh with us—laugh!" cried the merry crowd.
"Oh, weep!" wailed others, with sorrow bowed.
"Help us!" the weak and weary prayed.
But for joy nor need nor grief he stayed.
And the years rolled on, and his eyes grew dim,
And he died, and none made moan for him.

He missed the good that he might have done;
He missed the blessings he might have won;
Seeking some glorious task to find,
His eyes to all humbler work were blind.
He that is faithful in that which is least
Is bidden to sit at the heavenly feast;
Yet men and women lament their fate
If they be not called to do something great.

—Chambers' Journal.

SCROFULA is sometimes caused by children sleeping with their heads under the bedclothing.

THE IMPORTANCE OF EARLY TRAINING.

BY MRS. E. G. WHITE.

THE young men of our time, who are coming upon the stage of action, will give tone to our national character. The elevation or deterioration of the future of society will be determined by the manners and morals of the youth growing up around us. As the youth are educated, and as their characters are moulded in their childhood to virtuous habits, self-control, and temperance, so will their influence be upon society. If they are left unenlightened and uncontrolled, and as the result become self-willed, intemperate in appetite and passion, so will be their future influence in moulding society.

The company which the young now keep, the habits they now form, and the principles they now adopt, are the index to the state of society for years to come. These young men, growing up to years of accountability, will have a voice in our legislative and other deliberative councils. Upon them will devolve the responsibility of enacting laws and executing them. In view of these things, should not parents realize the great responsibility resting upon them so to educate and discipline their children in the formation of character that they may be a blessing to the world? Whatever is good, virtuous, and ennobling, or whatever is bad, vicious, or debasing in the character of man, will leave its impress upon society. The learning, pleasing address, and wit which young men may possess, with unsound principles, make their influence upon society more dangerous. If young men make their model an exalted one, having pure morals and firm principles, and if blended with this are affability and true Christian courtesy, there is a refined perfection to the character which will win its way anywhere, and a powerful influence will be wielded in favor of virtue, temperance, and righteousness. Such characters will be of the highest value to society, more precious than gold. Their influence is for time and for eternity.

How can mothers who have the care of training their children feel that this is unimportant work? And yet how many mothers are continually sighing for a freedom from family cares, and have a yearning desire for missionary labor. Some feel that time is wasted that is devoted to their children and to household duties. They would not feel thus

did they fully realize the greatness of their work in moulding the minds and forming the characters of their children. The queen upon her throne has not a work equal to that of the faithful mother who is bringing up her children in the nurture and admonition of the Lord. Mothers who sense this work will not complain of time hanging heavily upon their hands, neither will they allow the follies of fashionable life to rob their children of the education and discipline they should give them; for in a great measure they hold the future destiny of their children in their hands. The education in childhood has a bearing upon the whole after life. This is the season when the affections are the most ardent, the heart most impressible. The physical, mental, and moral are susceptible of the highest cultivation and the most marked improvement.

Home missionaries are wanted. The parents must be first to become intelligent in regard to the laws of life and health, and feel the necessity of connecting with Heaven, that they may have the help of God to combine with their human efforts to be faithful to their God-given trust in their home missionary work in training their children. Here are the developing minds of children, with their varied temperaments and capabilities, to be studied with the object of strengthening the weak points in their characters and repressing the strong ones, that they may have well-balanced minds and symmetrical characters. We meet everywhere men and women who show the marks of deficient training in their one-sided, inharmonious characters.

The mother who cheerfully takes up the duties lying directly in her path will feel that life is to her precious, because God has given her a work to perform. In this work she need not necessarily dwarf her mind nor allow her intellect to become enfeebled.

If there is any post of duty above another which requires a cultivation of the mind, where the intellectual and physical powers require healthy tone and vigor, it is the training of children. The wife and mother should not sacrifice her strength and allow her powers to lie dormant, leaning wholly upon her husband. Her individuality cannot be merged in his. She should feel that she is her husband's equal, to stand by his side, she faithful at her post of duty and he at his. Her work in the education of her children is in every respect

as elevating and ennobling as any post of duty he may be called to fill, even if it is to be the chief magistrate of the nation. The Christian mother's sphere of usefulness should not be narrowed by her domestic life. The salutary influence which she exerts in the home circle she may and will make felt in more widespread usefulness in her neighborhood and in the church of God. Home is not a prison to the devoted wife and mother. The mother, in the education of her children, is in a continual school. While teaching her children, she is herself learning daily. The lessons which she gives her children in self-control must be practiced by herself. In dealing with the varied minds and moods of her children, she needs keen perceptive powers or she will be in danger of misjudging and of dealing partially with her children. The law of kindness she should practice in her home life if she would have her children courteous and kind. Thus they have lessons repeated, by precept and example, daily.

A great and important field of labor is before the mother at home. If Christian mothers will present to society children with integrity of character, with firm principles and sound morals, they will have performed the most important of all missionary labors. Their children, thoroughly educated to take their places in society, are the greatest evidence of Christianity that can be given to the world. The faithful mother will not, cannot, be a devotee of fashion, neither will she be a domestic slave, to humor the whims of her children, and excuse them from labor. She will teach them to share with her domestic duties, that they may have a knowledge of practical life. If the children share the labor with their mother, they will learn to regard useful employment as essential to happiness, ennobling rather than degrading. But if the mother educates her daughters to be indolent, while she bears the heavy burdens of domestic life, she is teaching them to look down upon her as their servant, to wait on them and do the things they should do. The mother should ever retain her dignity. It is for her own interest, and that of her family, to save herself all unnecessary taxation, and to use every means at her command to preserve life, health, and the energies which God has given her; for she will need the vigor of all her faculties for her great work. A portion of her time should be spent out-of-doors, in physical exercise, that she may be invigorated to do her work

in-doors with cheerfulness and thoroughness, being the light and blessing of the home.

The time of the Christian mother is too important to be devoted to unnecessary stitching, plaiting, and ruffling for outward display, to meet the demands of fashion. There is a higher work for you, mothers, than this. There is reason for deep solicitude on your part for your children, who have temptations to encounter at every advance step. It is impossible for them to avoid contact with evil associates. As they walk the streets of the city, they will see sights, hear sounds, and be subjected to influences which are demoralizing, and which, unless they are thoroughly guarded, will imperceptibly but surely corrupt the heart and deform the character. There is no virtue in closing the eyes to these threatening dangers while you are allowing your minds to become infatuated and held in slavery to fashion's claims. Heavy responsibilities devolve upon you, as parents, to make home attractive, and to educate and mould the minds of your children, that they may have decision of character to firmly resist the evil and choose the good; that "your sons may be as plants grown up in their youth; that your daughters may be as corner-stones, polished after the similitude of a palace." This work will ennoble and elevate the mother as well as her children, and will bring valuable returns.

The intellects of your children are taking shape, the affections and characters are being moulded, but after what pattern? Let the parents remember that they are agents in these transactions. And when they may be sleeping in the grave, their work left behind is enduring, and will bear testimony of them whether it is good or bad.

CHARACTER STUDIES AND A CAUSE. NO. 2.

BY FANNIE BOLTON.

"Now, Mr. Alexander, you'll have a fine chance to rest for a whole week on the cars. Here is a nice basket of the 'beautiful necessity,' that is to say 'lunch,' for you and Miss Elsie, and it has been prepared after the most approved recipes of hygienic cooking. We girls of the circle all took a hand in getting it up, for we feared to leave you to the tender mercies of the uninitiated, lest your practice might be contrary to your precept."

Mr. Alexander thanked the girls, declaring that they would certainly benefit society if they would

frown down the use of lard, pickles, pork, unwholesome condiments, and rich superfluous delicacies.

"Don't try to study and work while on the cars," said one of his friends as he clasped his hand in farewell. "You will find plenty to do on reaching your destination, or I'm sure the committee never would have taken you away from us."

Mr. Alexander replied, with a smile,

"Rest is not quitting the busy career."

I think the cars will afford me a rare field for work; for of all people, travelers seem to have the most demented ideas as to what, when, and how to eat. The fault in this matter is widespread; for the friends of travelers usually load up lunch-baskets with the most indigestible trash they can think of, and what they cannot think of, the poor victims themselves will get at the eating-houses along the route. Then because of the monotony of the journey, because they cannot exercise their limbs to any healthful extent, they exercise their poor stomachs, keeping them in a continual grind by continual piecing. Of course, this irritates and wears the poor organ, and in consequence travelers become peevish, irritable, selfish. They seem to be ignorant as to how to eat. At the eating-houses you will see them fairly gulping down the victuals. One might think that the Creator had made a mistake in providing teeth, saliva, etc. The main thought, I suppose, is to get their money's worth in the limited time allowed for refreshments. Travelers come from a journey utterly dilapidated, and they blame the journey for their state of biliousness and irritability, when the fault does not lie in that direction at all. To quote Shakespeare, 'What fools we mortals be!' But there is no need of acting in quite so irrational a way. Don't fear me. I am stocked up with health and temperance literature, and, by the way, there is a growing demand for this kind of reading, owing, no doubt, to the physical degeneracy of the race, or to the increasing agitation of the subject, for men seem to catch at the word health as I imagine Adam and Eve did at the word Paradise after they were turned out of Eden."

The cars gave a premonitory bump, and there was a hasty leave-taking of Mr. Alexander and his friends.

They had taken the tourist sleeper, and with the aid of the porter were soon provided with comfortable berths for the night. They were too

busy to take much notice of the passengers, and yet Mr. Alexander saw that their neighbors diagonally disposed from them were a couple of young men, who were vigorously demolishing some greasy ham-sandwiches, and washing them down with draughts of whisky.

"I don't envy those poor fellows their dreams," said Mr. Alexander to his sister.

The other curtains in the car were drawn close, and only momentary glimpses were to be caught of the passengers, previous to their final disappearance for the night.

Mr. Alexander lay looking at the stars, as the train whirled on with a sound like the roaring of a hurricane, and a feeling of calm and rest came over his heart. He fell asleep, repeating the verse, "I will both lay me down in peace, and sleep; for thou, Lord, only makest me dwell in safety."

A red streak around the horizon and a wave of light in his face, woke him next morning. Miss Elsie was already up and dressed, and their bedding was all stowed away before the other passengers began to stir.

The brother and sister bore a striking resemblance one to the other, although he was tall and dark, and she was slender and fair. Both looked well and cheerful. Miss Elsie was dressed in a neat brown traveling suit, without drapery, and the ease of her movements, the grace of her form, recommended her attire as both tasteful and healthful. As her brother carefully brushed his clothes, he remarked that it was a continual struggle to keep from returning to dirt, and he could sympathize with the experience of the old lady who finally had to yield the struggle, and was "buried in dirt."

One after another the passengers peered out of their shelters, and the brother and sister had a chance to study each one in an unobtrusive way.

"When you want to study human nature unadulterated, take a journey," said Mr. Alexander.

The gentlemen in the seats across from them came out of their berths yawning, with hair standing on end, with clothes awry, and none of the morning cheer in their faces.

"Had a [yawn] wretched night," said the older one. "That ham-sandwich lay like a pickled brick on my stomach, and—plague take the thing!—I can taste it yet. Don't offer me another ham-sandwich at night, Paul, unless you put a very low estimate on your existence."

This gentleman was after the greyhound type, if one may be allowed the comparison,—tall, slender, of high-strung, mental, nervous temperament, quick in his movements, fine-featured, but with a look of languor, discontent, and even bitterness in his face.

"Poor fellow!" said Mr. Alexander. "His physical nature has been sadly abused, no doubt by just such late, indigestible suppers as the one he took last night, and by kindred evils."

"Yes," said Elsie; "and, Laurence, I am sure that he is sad. He has had some trouble that has made him old before his time. Did you notice the lines about his mouth? I think we shall find an interesting character in him."

He was more interesting after his hair had been brushed, and his tasty traveling suit had been properly adjusted.

His companion, evidently a sort of valet, was of coarser make, and younger, but he, too, showed the unmistakable signs of dissipation, low thought, and ill living. He was stout and ungainly, with pimpled skin, slow, small, muddy-looking black eyes, and coarse, untamable hair.

In the seat in front of these two was a regular "Dietcher" and his boy. It came out afterward that he was a pork-packer. He was large-boned and fleshy, with an unmistakable beer bloom on nose and cheeks. His hair was thin, of no particular color, but was dusty, matted, and throughout the journey looked as though the comb had not touched it. His clothes were greasy and ill-fitting, and yet, in spite of his unwholesome appearance, he seemed to have a spot of good-nature preserved in his heart, as Elsie remarked when she saw his attentions to his boy in providing him with an abundance to eat.

On the other side of the two, near the rear of the car, were four young men who looked as if they might have been logging in the mountains. They were careless, loquacious, and loud, but when Elsie appeared, softened their rough manners, and seemed not incapable of respect.

Opposite them was a gentleman with thin, consumptive-looking face and light hair, who sat very close to the window, and kept his satchel very close to his side. Elsie declared that he had a clean look, but was very conservative.

In the front of the car was a young man who sat in a dejected sort of an attitude and paid no attention to the passengers or the scenery.

A few seats behind him sat a young lady rouged and powdered and very much dressed in cheap, showy material. Her fingers were glittering with rings, and her neck with chains and trinkets. Every time she moved her hands there was a tinkling of bangles that made one think of Isaiah's description of the apostate daughters of Zion., She coughed occasionally, a little affected coughed, and read, and munched candies and sweet cake."

At last the last two berths were vacated and two ladies appeared. The one near Elsie had evidently once been a beauty, but her hair was now white, and her face showed lines of care and grief. Her hair was artistically arranged in puffs and French twist, and her dress showed her to be a lady of wealth.

The other lady at the far end of the car was a woman who had probably seen better days, Elsie thought, but was now reduced to that melancholy state of fortune when things had to be made over and contrived to a perplexing extent. She was in that state of mind when her appearance did not trouble her, and looked a little untidy and hopeless. She had two children with her and a pug dog.

"Now we have our *dramatis persona*," said Laurence, "and really I do not know whether or not we shall have a chance to act any prominent part in the drama or not. All these persons are blighted to a greater or less extent, but may be they will receive ideas of reform; they may see their need, for

"In the wreck of human lives,
Something noble still survives."

Laurence asked the porter if the doors of the car might not be opened for a moment to drive out the ghosts of bad night-breaths that still lingered in the air, before they had their breakfast.

Of course this created something of a sensation, for people "don't want air," especially on a car where there is a happy variety in the exhalations of the various passengers, and not much to hinder each one from receiving the benefit of all.

While Elsie spread the lunch, Laurence went out on the platform and inhaled a portion of nature's unadulterated elixir, and enjoyed the dawn. By the time he and Elsie were ready for breakfast,—and what a breakfast!—beautiful bread, cream, abundance of fruit, crackers, granola, and delicious cake, and not a crumb of lard or grease of any kind in it all—the whole car were regaling themselves on some sort of viand, except the two bachelors across the way, who sat drumming in a disconsolate fashion on the seat and the window.

(To be continued.)

Temperance.

TAKE A DRINK?

TAKE a drink? No, not I!
Reason's taught me better
Than to bind my very soul
With a galling fetter.
Water, sweet and cool and free,
Has no cruel chains for me.

Take a drink? No, not I!
I have seen too many
Taking drinks like that of yours
Stripped of every penny.
Water, sweet and cool and clear,
Costs me nothing all the year.

Take a drink? No, never!
By God's blessing, never
Will I touch, or taste, or smell,
Henceforth and forever!
Water, sweet and clear and cool,
Makes no man a slave or fool.

—Sunday School Times.

THE TOBACCO HABIT.

A LADY subscriber to the JOURNAL writes: "I am anxious to know if there is any remedy or antidote for tobacco; what can be done to persuade a person that is chewing the filthy weed, perhaps twenty hours out of the twenty-four, that tobacco is ruinous to health?"

In your letter there are two distinct questions. The first is with reference to antidotes for tobacco. On this point, Dr. J. H. Kellogg says: "Substitutes for tobacco are utterly worthless. As was remarked with reference to substitutes for alcoholic drinks, anything which would produce the same effects would be equally detrimental, and nothing else would be accepted by the tobacco user as a substitute. The so-called substitutes which are now sold quite extensively, undoubtedly contain a considerable proportion of tobacco. At least, this has been the case with those we have examined." *

It is rather doubtful about finding any article the use of which will destroy the desire of the tobacco devotee for its indulgence. The tobacco habit is a very strong one. Of it the doctor says: "This habit, when thoroughly fixed upon an individual, is scarcely less difficult of abandonment, in many cases, than the use of opium. Some persons

* "Home Hand-Book of Hygiene and Rational Medicine," page 1136.

are able to renounce their accustomed pipe or cigar at once, even after the habit has been indulged for many years, while others are only able to succeed after repeated attempts."

As to what can be done to persuade persons that the habit of chewing tobacco is injuring their health, we know of no better way than to present before them, in a candid manner, facts from the pens of thoroughly scientific men showing the deleterious effects of the poisonous weed. When the mind is convinced, and the conscience aroused, the battle is well begun, and there is hope that the tobacco devotee will bring his will to bear in the strongest manner against its use. There can be no surety of breaking the appetite for tobacco until this is done. This being done, success will result from perseverance in the carrying out of the well-formed resolution. Assurance will not be doubly sure, however, until the tobacco poison is eradicated fully from the system. Dr. Kellogg says of this: "The secret of success in the treatment of the tobacco habit, is in relieving the system entirely from the influence of the drug as quickly as possible. This is best done after the patient has discontinued the habit, by the use of hot air, vapor, Turkish and Russian baths, or by the use of the wet-sheet pack. . . . Electricity, preferably in the form of galvanization of the spine, fomentations to the spine, leg baths, with cold applications to the head, fomentations over the stomach and liver, and frequent dry-hand rubbing, are very effective measures of allaying the nervousness from which many patients suffer, after dispensing with their usual quid or cigar."*

Persons may contend that tobacco is not injurious to them, because they do not see its immediate effects upon themselves in the shape of sudden prostration or death. To this argument Dr. Kellogg replies as follows: "1. One reason why so few persons are reputed to die of nicotine or tobacco poisoning, is the wonderful faculty the system possesses of accommodating itself to circumstances. Through this means the worst poisons may by degrees be tolerated, until enormous doses can be taken without immediate, fatal effects. Corrosive sublimate, strychnia, belladonna, and many other poisons, may be thus tolerated.

"2. In our opinion, the majority of tobacco users do die of tobacco poisoning. Death as surely results, ultimately, from chronic as from acute poisoning, though the full effects are delayed, it

may be, for years. A man who dies five or ten years sooner than he should, in consequence of tobacco using, is killed by the poison just as truly as though he died instantly from an overdose."

"If poisons are taken into the system, it is through the blood that they do their devastating work. Anything which affects the blood must affect every organ and tissue of the body. When taken in any form, tobacco very readily finds its way into the blood, and, according to Dr. B. W. Richardson, it produces in the vital fluid very serious changes. He describes these changes in the following graphic words:—

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

A celebrated writer says of the tendency of tobacco users to disease:—

"I do not hesitate to say that if a community of both sexes, whose progenitors were finely formed and powerful, were to be trained to the early practice of smoking, and if marriage were confined to the smokers, an apparently new and a physically inferior race of men and women would be bred up.

"The effects of this agent, often severe even in those who have attained to manhood, are especially injurious to the young who are still in the stage of

* *Ibid.*

* *Ibid.*, pp. 511, 512.

adolescence. In these the habit of smoking causes impairment of growth, premature manhood, and physical prostration."*

In the case of the person for whom you inquire, you say the individual is a chewer of tobacco, and that what we have quoted above seems to speak more especially of smoking the weed. Yes, it speaks of smoking, because that is much more common in these days than chewing. But of the use of tobacco in any form, Dr. Edward Smith, a noted writer of England, says, "The whole tendency of its action is towards disease, and it is impossible to say how much of good it has prevented." What is the use of indulging in the use of that which is "evil, only evil, and that continually," and of which Charles Lamb says:—

"Stinkingest of the stinking kind,
Filth of the mouth and fog of the mind,
Afric, that brags her foison,
Breeds no such prodigious poison."

Trusting that these lines may enable you to secure the candid attention of the inveterate chewer you mention, to the consideration of the error of his ways, and that he may reform, I remain, yours very truly,

J. N. L.

A WHOLESOME STIMULANT.

THE American people live at such high-pressure rate, and do things at such lightning speed, that many of them think they need stimulants to keep up. They are tired, and instead of getting rested or strengthened they stimulate, and when the reaction comes stimulate again. Many of the stimulants used do more harm than good. Many of them create appetites which, if indulged in, will bring ruin. In these conditions of society, and with the evils that follow in the train of some stimulants, it is encouraging to learn from the *Medical Record* that hot milk is a wholesome one.

"Milk heated too much above 100° Fahrenheit loses for a time a degree of its sweetness and density. No one who, fatigued by overexertion of body and mind, has ever experienced the reviving influence of a tumbler of this beverage, heated as hot as it can be sipped, will willingly forego a resort to it because of its being rendered somewhat less acceptable to the palate. The promptness with which its cordial influence is felt is indeed surprising. Some portions of it seem to be digested and appropriated almost immediately, and

*"Diseases of Modern Life."

many who now fancy they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects.

"There is many an ignorant, overworked woman who fancies she could not keep up without her beer; she mistakes its momentary exhilarations for strength, and applies the whip instead of nourishment to her poor, exhausted frame. An honest, intelligent physician will tell her that there is more real strength and nourishment in a slice of bread than in a quart of beer; but if she loves stimulants it would be a piece of very useless information. It is claimed that some of the lady clerks in our own city, and those, too, who are employed in respectable business houses, are in the habit of ordering ale or beer at the restaurants. They probably claim that they are 'tired,' and no one who sees their faithful devotion to customers all day will doubt their assertions. But they should not mistake beer for a blessing, or stimulants for strength. A careful examination of statistics will prove that men and women who do not drink can endure more hardships and do more work and live longer than their less temperate neighbors. But

A man convinced against his will
Is of the same opinion still,

And women are wonderfully like him in this respect."

With this medical testimony, and the experience of multitudes in favor of hot milk as a healthful stimulant, it would be a grand good thing if tired, overworked, and despondent men and women would use this as a beverage instead of hurtful stuff.

NOBODY'S BUSINESS.

"It's nobody's business but mine; I hurt no one but myself," said young Alfred Dana, when reproved for intemperate habits.

Was it nobody's business? What of the lad of fourteen, employed in the same store, who began to smoke cigars just because "Alf Dana did," and a few months later drank his first glass of liquor at the request of this same friend? Was it nobody's business when this lad continued to accept the proffered drinks, until an insatiable thirst fastened upon him, and bound him in the destroyer's grasp? Alfred had been strong; but he is weak. Was it

nobody's business that at twenty-five this same young man died a sad death, with drink the cause of it; and his mother, an accomplished and lovely woman, was bending in awful agony of soul above the pale dead face? Was no one hurt but Alfred Dana?

It is true of liquor drinking that it loves company. Therein lies its greatest snare. Hence the danger of the saloon, with all its appointments for sociability. There is not a drinker, moderate or immoderate, but has an influence in leading some other soul toward destruction. He cannot say in truth, "It is nobody's business."—*Royal Road*.

THEISM, THE NEW NERVOUS DISEASE.

ATTENTION has recently been drawn to a new nervous disorder said to be especially prevalent in England and America; it is called "theism," or tea-drinker's disease. It is said to exist in three stages—the acute, subacute, and chronic. At first the symptoms are congestion of the cephalic vessels, cerebral excitement, and animation of the face. These physiological effects, being constantly provoked, give rise, after a while, to reaction marked by mental and bodily depression. The tea drinker becomes impressionable and nervous, pale, subject to cardiac troubles, and seeks relief from these symptoms in a further indulgence in the favorite beverage, which for a time restores to a sense of well-being. These symptoms characterize the first two stages. In chronic cases theism is characterized by a grave alteration of the functions of the heart, and of the vaso-motors, and by a disturbance of nutrition. The patient becomes subject to hallucinations, "nightmares," and nervous trembling. With those who take plenty of exercise, an habitual consumption often may be indulged in with impunity, but with women and young people who follow sedentary occupations this is not the case. The best treatment for theism is said to be indulgence in free exercise, such as walking and open-air life.—*Journal of the American Medical Association*.

TOBACCO KILLED HIM.

POMONA, April 23.—George Smythe died at his father's ranch home near Pomona, last evening, from excessive use of tobacco. He was a lad of seventeen years, and had been an inveterate user of tobacco for five years. He seemed to have an in-

satiable appetite for it, and nothing that his father and mother could do would keep him from the use of the weed. Severe punishments, persuasion, and even confinement did no good.

The boy smoked cigarettes all day long, and for hours each day would chew at the same time. He was known to have smoked over sixty cigarettes on New Year's day, besides two or three strong Mexican cigars. About three months ago he was taken ill, and soon became terribly emaciated.

Later his skin turned yellow and his eyes became sunken. The physicians decided that his ailment was narcotic poisoning. Everything possible was done to save his life, but without avail.

A CURE FOR DRUNKENNESS.

I WAS one of those unfortunates given to strong drink. It reduced me to degradation. I vowed and strove long and hard, but I seldom held victory over liquor long. I hated drunkenness, but still I drank. When I left it off I felt a horrid want of something I must have or go distracted. I could neither eat, work, nor sleep. I entered a reformatory and prayed for strength; still I must drink. I lived so for over twenty years; in that time I never abstained for over three months hand running. At length I was sent to the house of correction as a vagrant. If my family had been provided for I would have preferred to remain there, out of liquor and temptation.

Explaining my affliction to a fellow-prisoner—a man of much education and experience—he advised me to make a vinegar of ground quassia, a half ounce steeped in a pint of vinegar, and to put a small teaspoonful in a little water and drink it down every time the liquor thirst came upon me violently. I found it satisfied the cravings and suffused a feeling of stimulation and strength. When I was discharged I continued this cure and persevered till the thirst was conquered. For two years I have not tasted liquor, and have no desire for it. Lately, to try my strength, I have handled and smelt whisky, but I have no temptation to take it. I give this for the consideration of the unfortunate, several of whom I have recovered by the same means which I no longer require to use.—*The Appeal*.

FORTY-SIX years ago the annual consumption of tobacco in Great Britain was 14 ounces per head; now it is 1½ pounds.

Miscellaneous.

NOT AS I WILL.

BLINDFOLDED and alone I stand,
 With unknown thresholds on each hand;
 The darkness deepens as I grope,
 Afraid to fear, afraid to hope,
 Yet this one thing I learn to know
 Each day more surely as I go,
 That doors are opened, ways are made,
 Burdens are lifted or are laid,
 By some great law unseen and still,
 Unfathomed purpose to fulfill,
 "Not as I will."

Blindfolded and alone I wait,
 Loss seems too bitter, gain too late,
 Too heavy burdens on the load,
 And too few helpers on the road;
 And joy is weak and grief is strong,
 And years and days so long, so long;
 Yet this one thing I learn to know
 Each day more surely as I go,
 That I am glad the good and ill
 By changeless law are ordered still
 "Not as I will."

"Not as I will"—the sound grows sweet
 Each time my lips the words repeat.

"Not as I will!"—the darkness feels
 More safe than light when this thought steals
 Like whispered voice to calm and bless
 All unrest and all loneliness.

"Not as I will," because the One
 Who loved us first and best has gone
 Before us—must all His love fulfill—
 "Not as we will."

—Helen Hunt Jackson.

ACTINOMYCOSIS.

At a meeting of the San Francisco Microscopical Society, Dr. F. Riehl exhibited a slide showing what he believed to be the first specimen of human actinomycosis ever discovered on this coast. After permitting the members present to examine it, Mr. Riehl said:—

"This terrible disease of the radiating fungus, as the translation from the Greek means, was first found in Germany during the '70s. It was known before to be pretty frequent among cattle and swine; that the inflammation, the tumors, and ulcers found in the mouth and on the jaws of those beasts were often caused by a certain species of bacillus, which, unlike the other bacilli, were really giant-threads that branched in twigs, forming great

masses and bundles, flower-bouquet-like or star-shaped.

"The matter, secreted by the diseased parts, which involved all tissues, even the hardest, like bone and teeth, showed in thin liquid little yellow balls, like flaxseeds, which contained those long dichotomic threads in great masses, as well as a certain amount of chalk, the product of the bacillus. In the majority of cases the bacilli terminated with club-shaped ends, but others were found without those clubs, consisting mainly of great masses of fine long dichotomic threads. These threads, by growing through the tissues, were thought to spread the disease to other distant parts, forming there innumerable star-like-shaped colonies of the same qualities as the mother colony.

"This disease proved to be incurable in beasts, and it was with a certain feeling of consternation that every educated man heard the discovery of Dr. James Israel in Berlin, who, in 1877, announced that he had found this identical disease in several cases among suffering men.

"Here it produced, exactly as it did in beasts, first, inflammation of the gums or of the roots of decaying teeth, then swellings and abscesses on the jaws. These abscesses opened, but never healed, forming fistulæ that secreted the before-described matter. Most patients in which the actinomycosis bacillus was found, perished miserably by exhaustion through the formation of many never-healing abscesses.

"A considerable number of cases have been found among men since that time in Europe, and a few, too, in the Eastern States of this country, but none, so far as I know, on this coast, although a few cases have been discovered in this State among the cattle, on which my friend, Dr. Montgomery, of this society, reported to you about one year ago.

"The case which it was my good-fortune to find six days ago in my practice, concerns a middle-aged gentleman of English origin. His health has been failing for two years, and he has been suffering with bad teeth for a long time. Two years ago his gums became very sore, and he had the decayed roots of his teeth extracted. Then there formed several abscesses under the right jaw, which from time to time seemed to heal, but occasionally broke open again. There are two fistulæ to be seen yet under the right jaw. His appetite became very poor, his digestion irregular, his condition feverish, and he lost considerably in weight.

A swelling formed about a year ago in the right side of his belly under the ribs, finally breaking. A similar one formed near the breastbone. Ointments and washes did not succeed in healing these sores.

"The patient became despondent, and consulted a great many physicians, who differed materially in their opinions regarding the causes and the treatment of his ailment. One prominent surgeon of this city, in an off-hand manner, diagnosed his case as cancer, and offered to cut out all the sores. But the poor fellow felt instinctively that the knife would do him no good, and at last has tried his luck with me. I had studied and read a great deal about this interesting and mysterious disease, so that when he came to my office and explained his history and his sufferings to me, the thought flashed at once through my head that this might be a case of actinomycosis. For this reason alone I commenced to examine the matter that poured out of the big hole in the abdominal wall, and which in my opinion was only the outlet of an abscess of the liver. Sure enough, I found in the thin serous fluid those little yellow balls, of the size of a pin's head and larger. When I put them on the slide I had some difficulty in having the cover-glass placed over them in the right position, because some hard, sandy substance seemed to interfere. Then I saw through the microscope, even without staining, beside a great many matter corpuscles, a great quantity of long branching threads.

"When the slides were treated after Koch's method with aniline fluids, an enormous amount of threads became visible. In some places they are so thickly settled as to be hardly discernible; in others you can see them going in all directions, including here and there some round matter corpuscles. In some threads you can see distinctly their branching or dichotomic character; some are straight, others curved. It is my opinion that what you see is sufficiently characteristic to prove, from a microscopical standpoint, the diagnosis of actinomycosis. If you ask me what are the chances of the patient for living, then I must confess that there is little hope for him. The right leg is, as it seems, affected too, as well as numerous lymphatic glands. They all are probably invaded by this ominous bacterium. It has come to stay, and will never let loose of the poor sufferer. Even if one abscess were cut out and all

the bacilli there contained killed, enough of them will be left in his body to finish their deadly work.

"You ask how men acquire this disease? There are numerous instances where people, through a slight wound, for instance while cutting grain, especially oats, have been infected with this bacillus. Propagation might be possible by direct contact, when a patient suffering with this disease kisses another person. This has been proven in the case of a lady who was kissed by her *fiancé*, afflicted in his mouth with this ailment, and she acquired the disease also. But the most plausible sort of infection might be the drinking-water, to which animals suffering from actinomycosis might have found access.

"As to curing this terrible disease, if the bacillus has taken undisputed possession of the body, there is no hope for exterminating it. If its presence is detected soon after it has attacked the human body, there is some hope that an energetic antiseptic treatment will cut short its career, and the patient be saved. But here, more probably than in any other human disease, a quick and decisive diagnosis has to be made, and here it is that the greatest triumphs will be achieved by our little microscopes."—*Selected.*

CONSTIPATION.

BY W. P. BURKE, M. D.

THE position of the patient at stool has much to do in overcoming constipation. Squatting is the physical act; every muscle of the back is brought into play, as well as those of the abdomen, and the bowel is rapidly and completely emptied. The seat of the closet should be replaced by a marble slab, with a hole in it, on a level with the feet.

Injection of water or yeast in the rectum will remove fecal lodgment.

Massage of the colon from right to left with percussing the anus are very helpful measures in this common trouble. Daily massage will cure constipation, as a rule, in four to six weeks, when due to chronic peritonitis and perityphlitis. The mechanical effect of this measure in propelling onward the intestinal contents, and stimulating the secretion of the intestinal glands, the reflex effect, and the rise in the temperature of the blood, together with a chemical action brought about by accumulation of carbonic-acid gas in the veins, at

the same time peristalsis being increased, makes massage one of the potent factors in conquering this very increasing evil.

This method of overcoming constipation must be used differently, as the causes and individualities differ. Should abdominal tension be lacking, deep and very powerful movements should be used at the first and lighter ones toward the last of the treatment. Should the intestinal muscular layer be weak, light strokes at the first, with open hand, over the abdomen, and toward the latter part of the treatment more energetic measures instituted. If dyspepsia of the stomach be the prime trouble, massage of this organ will be found of great service.

When constipation occurs from neurasthenia, it may be overcome by irritation of the skin with ice-bags applied for some time to the abdominal wall.

THE LORD'S PRAYER AS A PASSPORT.

IN the third decade of this century, the Argentine Republic, in South America, was under the absolute dictatorship of President Rosas. Crafty and cruel, he had risen to this position from the lowest ranks; and while occupying it, he put to death more than six hundred men. From motives of policy he invited European immigration and protected industry and commerce; but no foreigner was permitted to enter public employ or hold a command in the army. During this period a young man from the interior of the country applied to the German consul from Bremen for a certificate of his birth of German parents; without this he would be forced to enter the army—which was no trifling matter under the rule of Rosas. The young man spoke Spanish fluently, and the conversation which followed took place in that language.

"Well, my friend," said the consul, "where is your original certificate of parentage?"

"I have none."

"And have you no other certificate?"

"No, sir."

"Well, bring your parents here."

"They are both dead, not long ago."

"But you can speak German, can't you—a few words at any rate?"

The young man was silent.

"It is a difficult case. How can I give you a

certificate of German parentage unless you furnish the evidence?"

"As truly as God lives, it is certain that I am a German; both my parents came from Germany, and I was born there. I am not telling a lie."

The consul walked to and fro, considering. The young man had an honest look, and spoke openly and frankly, and yet—. Suddenly the idea occurred to the consul; he stopped before the applicant and said,—

"My friend, don't you remember something of your childhood—some hymn or prayer which your mother taught you?"

The eyes of the young man brightened. "Yes, sir!" he exclaimed; and folding his hands like a child, he repeated the Lord's prayer in German accurately and without hesitation; and as he concluded, tears stood in his eyes at the remembrance of the mother at whose knees he had learned this prayer. Twenty years had blotted from his memory everything that could prove his German birth except this first prayer.

The spontaneity and naturalness of this evidence stamped it as genuine, together with the reverent air of the young man, his emotion at the thought of his mother, and the sacredness of the words he called to mind, for it was almost like calling God to witness, and such artless appeals have great convincing power with men, even without the formality of an oath.

The consul himself was much moved. "Well, my young fellow-countryman," said he, "now I can safely give you the certificate you desire, for only a German mother can have taught you the Lord's prayer in your mother-tongue."

Blessed are those parents who succeed in engraving the Lord's prayer and his other teachings on the hearts as well as the memories of their children. The hour will come when the one thing we most need will be some sure evidence to certify that we are children of God. No certificate of birth from pious parents will then avail; but happy shall we be if the Searcher of hearts finds the Saviour enthroned there.—*The Child's Paper.*

MURRAIN.—At Naples, in 1617, over 60,000 persons died from eating the meat of animals that had died of malignant murrain. The same grievous murrain affects our cattle to this day in all tropical and semi-tropical climates.

CURE OF THE HAIR.

THE hair should be washed only when absolutely necessary for purposes of cleanliness, and should not be wet when dressing it for the day. The frequent use of water removes the natural oil from the hair, rendering it harsh and increasing the tendency to split. The ends of the hair should be clipped every four or five weeks, thus keeping it free from split ends. If the hair is uneven, cut to an even length and continue the clipping. But beyond this, the secret is in the free use of the hair-brush. As often as one finds time, the hair should be well brushed, until the scalp glows; and while brushing, at least once a day give as many as one hundred and fifty strokes of the brush. This requires but a few minutes, if given rapidly, and is not too many for a head of soft shining tresses.

When it becomes necessary to wash the hair, take the yolk of an egg, slightly beaten, and rub well into the roots; when nearly dry rinse the head in tepid water, into which is poured a very few drops of ammonia. Then, by the fire, rub the hair with towels until perfectly dry, brush, and part the hair with the fingers. The egg renders the hair fine and silken, and the ammonia promotes its growth. Or instead of the egg use sage tea. Put two or three spoonfuls of sage into a cup and pour boiling water over it. When the tea is cold, rub the scalp with it and rinse as above. The hair-brushes should be of the best kind, with good bristles which penetrate to the scalp. Do not use wire brushes; they break the hair and injure the roots. Plenty of exercise in the open air and sunshine strengthens the hair and makes it grow. This proves that nature's remedies are always the best.—*Cor. Detroit Free Press.*

THE HUMAN BREATH A POISON.

At a recent meeting of the Academie des Sciences, Professor Brown-Sequard referred to some experiments he had conducted with a view to determine what, if any, were the toxic effects of the human breath. In condensing the watery vapor coming from the human lungs, he obtained a poisonous liquid capable of producing immediate death. This poison is an alkaloid (organic), and not a microbe, or series of microbes, as might have been imagined. He injected this liquid under the skin of a rabbit, and the effect was speedily mortal. The animal died without convulsions; the

heart and large vessels were engorged with reddish blood, contrary to what is observed after ordinary death, when the quantity of blood is moderate and of a dark color. In conclusion, this eminent physiologist said that it was fully proved that respired air contained a volatile toxic principle far more dangerous than the carbonic acid, which was also one of its constituents, and that the human breath, as well as that of animals, contained a highly poisonous agent.—*Medical Press.*

WOMEN DOCTORS.

SIR WILLIAM GULL, the eminent English physician who died recently, when asked his opinion on women doctors, expressed himself as follows: "Personally," he said, smiling, "I should only be too pleased to be called in consultation with one of my fair *confreres*, but such has not often been my fate." Then, more seriously, he added: "I think one ought always to help women study medicine in every possible way. I have the greatest respect for the ladies now practicing in London, and feel sure that they must fill far more satisfactorily than the average medical man could pretend to do, certain posts. A young child at first would always rather be attended and operated upon by a woman than by a man, though they get wonderfully soon accustomed to 'the doctor.'"

CHILLS AND FEVER.

"UNCLE DAN PERKINS" has given the *Monache Tidings* the following recipe, which he avers has cured hundreds of cases of chills and fever in Tulare County and elsewhere, without failing in a single instance. Here is the prescription:—

Put the yolk of one fresh-laid egg into four to five (according to age of patient) spoonfuls of cider or wine vinegar; beat well together, and take a dose like this three times a day for three consecutive days, half an hour before each meal-time, and do not stop short of the nine doses, even if the chills have ceased.

OLIVE-OIL FOR SNAKE BITES.

It is stated that Dr. C. R. Early, of Ridgeway, Pennsylvania, uses olive-oil as a cure for rattle-snake poison. It is given in doses of a teaspoonful. Half a dozen doses at frequent intervals are sufficient. The doctor has treated many cases, always successfully. Care should be taken to secure the pure article.

Household.

NO WONDER.

"I CANNOT see why," said Farmer Burke,
 "Women should grumble about their work;
 Now my wife would in the morning rouse,
 And build the fire, and milk the cows,
 And feed the horses—eleven head—
 By the time that I crawled out of bed;
 She was always at work in house or barn;
 She knit our stockings and spun the yarn;
 She didn't visit, nor write, nor read!
 She planted none of these posy seed.
 Had children? Oh, yes, some eight in all,
 But they mostly died when they were small.
 The only one living now is Jane,
 Who always has an ache or pain;
 She's good for naught but to swallow pills,
 And run up druggists' and doctors' bills.
 She doesn't help like my wife, you bet."
 "Why, doesn't your wife," we asked, "help yet?"
 "Oh, no," he said, with saddened brow,
 "She's in the insane asylum now."

—Clara E. Auli, in the *Farmers' Review*.

WORK MADE EASY. NO. 2.

"I THINK," continued Celia, "there is nothing common or contemptible in life but sin, and that is everywhere and in everything; and mamma says our moral sensibilities should be so educated as to be able to discern, discard, and denounce it, and a good home with its correct principles and discipline is the best place to get this education; and, furthermore, our home education is just as important as that obtained in the school-room, and the mental discipline, even, can be made as thorough. And yet she says for a perfect development of both mind and muscle we should have both. Do you know, Celia, that I am beginning to think that there is nothing connected with life unimportant, no matter how trifling it may appear to us? It was this thought and the deep love I had for mamma, 'which through smallest channels will find its surest way,' that led me to take such an interest in household duties, and now I really love the very work that most young ladies of my age regard as drudgery and commonplace; but there is no drudgery in it; it is the manner in which it is done that makes it so distasteful and unattractive. Mamma says to properly manage a household, and to become a wise, prudent, and loving homemaker, requires more tact and intellect than to

solve a difficult problem in higher mathematics. But I am digressing. You wished to begin your first lesson with the ordinary and every-day duties of dish-washing, and I promised to tell you how we do it at our home.

"The first thing after breakfast is over, mamma carefully removes the food that is left into clean dishes that are kept for that purpose, and sets it away in the food safe, not to spoil and then to be thrown out, but where it will keep sweet until it is made into an attractive, appetizing dish for dinner. The dishes from which the food is taken are rinsed in cold water and piled snugly in the sink ready for washing when the proper time comes. With this mamma takes her exit from the dining-room, for the time being, and turns her attention to the making of pie or pudding for dinner, as the case may be, and I am left to do what I call the morning's work. Being a strong believer in the sentiment that a job well begun is half done, I look well to the sink to see that the cooking utensils used in the preparation of breakfast are piled up in good shape so as to make room for the dishes as they come from the dining-room. Right here I will say that it is mamma's practice to wash all dishes that she uses in cooking, if possible, as soon as she has ceased to use them, for the reason that they are then easier and quicker washed than at any other time, consequently I have but few of this class to wash. I also look well to the dish-cloth, for you know death often lurks in a sour, greasy, dirty one; and in order to do first-class work I must have a good supply of linen towels with which to wipe the dishes. You may think this is extravagant, but we find that they are easier washed, and therefore kept in better condition than cotton cloths are usually kept.

"Our silver is new, and to prevent it from becoming scratched, we gather it from the table into a small wooden tray, which is divided into three sections, for the purpose of keeping the spoons, knives, and forks separated; and in washing, the same care to keep the forks from the knives and spoons is exercised. After all the soiled dishes have been gathered up and taken to the sink, the crumbs brushed from the table-cloth, the dining-room floor neatly swept, and the room dusted, I am ready for the washing of the dishes. The larger pan I half fill with water as hot as I can bear my hands in, and make a good soap-suds. The smaller one I also half fill with water hotter than the first.

I usually begin the washing with the glassware, and as they are washed in the hot suds and rinsed in the clear hot water, and wiped on a clean checked linen towel (which I call glass toweling) about a yard in length, they come out sparkling. The silver is served in like manner, and, being well wiped, it looks as bright as if freshly polished. Then comes the washing of cups, saucers, and plates, inside and outside, and, with a thorough wiping on a soft crash towel, they come out smooth and shining. Mamma says she doesn't need the sunlight nor eyesight to aid her in deciding the cleanliness of the dishes, for if there is anything unpleasant to the touch it is dishes rough from being improperly washed; and then again it doesn't affect the sense of sight agreeably to see the relics of the previous meal here and there on the plates and between the fork tines, and the stomach will rebel, in spite of will-power to subdue it, over the use of spoons that are sticky and greasy-like in looks."

A. M. L.

QUARANTINE YOUR HOUSE.

You must quarantine against immoral literature. This is a deadly poison. It comes in various and attractive disguises. Exclude it as you would the germs of a pestilence. To effectually protect your homes from its baneful influences, supply them with healthy literature. It is as easy to cultivate a good as a depraved literary taste in the children. They will read something, and what they read will exert an important influence on their character. Let your most earnest effort be exerted to keep out of the house the sensational novel, the blood-curdling tales of vice, the obscene pictures, the whole flood of wicked, degraded, crime-producing literature that threatens us. Put in reach of your families good papers, magazines, and books. Bait them with a chaste story, and keep them supplied with wholesome knowledge. A bad book may prepare your son for the cell of a felon. A novel may vitiate the whole life of your daughter.—*Ladies' Journal*.

A LEARNED man has said that the hardest words to pronounce in the English language are, "I made a mistake." When Frederick the Great wrote to the Senate, "I have just lost a battle, and it's my own fault," Goldsmith said, "His confession shows more greatness than his victories."

ART IN THE KITCHEN. NO. 3.

SOME years since it was our fortune to spend a few months in the State of Texas. This was in an early day, before railroads had made their innovations to any great extent. Then the broad prairies were the home of the "cow-driver and Texas steer." Real hard work was spurned; cattle were raised for beef; milk and butter were rarities on the table of the farmer, and corn-bread and blue beef were the staples of life. The good woman of the house had little variety to cook. The beef was *always* fried for breakfast and supper and boiled for dinner; the corn-bread, invariably baked Johnie-cake style, that is, mixed with salt and water and either baked on the hearth, or, if they had a stove, on the griddle. It was invariably hard and solid. Art never suggested to the mind of the cook the possibility of a change of diet. One family that we boarded with a short time, in honor of our visit, went to town and bought a sack of white flour, the first they had in their house in more than a year. The bread made from this was always saleratus biscuits. Occasionally we found a family more advanced in the art of cookery. One good housewife made some tomato pies for dinner one day and apologized to her guests that they were not as good as they ought to be, that she "had no *perfumery* to put in them," meaning flavoring extract.

As we were coming back North we camped one night on the banks of a stream, having for neighbors a family from one of the border States, who were journeying Texas-ward. They were anxiously inquiring about the Canaan we had visited, and one old grandmother was anxious in regard to the living. "Do they have hog meat down there? and do they have corn-bread?" When assured that there was a supply of both, she said, "That is the country for me." And yet people live, yes, and shake with ague, and suffer with malarial diseases, and die, just the same as they do in other places where they pay no attention to the rules of cookery or diet.

That we may better know how "to eat to live," we must study what the Creator has provided in nature for our use before permitting the art of man to take hold of it in its preparation. What is the food that will give us the most strength of body and mind, the greatest degree of physical health? A German author, speaking of oats as a food for

man, says, "We often say, He has the strength of a horse, He has a horse's nature, or, He can maintain himself against the strength of a horse. The working power of the horse is so considerable that we measure the power of machinery by horsepower. Whence does the horse derive his wonderful strength? Surely not from the use of animal food; no, but from the grain and vegetable diet of which *oats* is a part. But the oat does not grow for the horse alone. Man can employ it for nourishment, and is able to prepare from it many varieties of foods and drinks that his nature will assimilate, and from which health and strength may be derived." The old German soldiers, whose great bodily strength excited the astonishment of the Romans, lived chiefly on oatmeal porridge. In Germany, in the eighteenth century, the youth were brought up largely on this diet. It has long been remarked that Scottish Highlanders are the most muscular men in all Europe. That the oat ranks as a food of the first quality may be known from its chemical proportions. Its component parts are mixed in such proportions as to form an almost complete food for the human body. Foods prepared from the oat prove to be a most certain means of strengthening the body, when all other so-called strengthening foods leave us in the lurch. Young, middle-aged, and old will find in this food, used in its varied forms, an invaluable source of strength. It requires thorough mastication, however well it may be cooked, to enable it to be perfectly digested. Men may do heavy work on this food and may go to work at once after eating without injury. In the year 1872 the Great Western Railway wished to change the gauge of their road, 500 miles in length, moving the rails about 2 feet. There were 3,000 men employed, working from four in the morning till nine at night. No beer or alcoholic drinks were allowed, but, in addition to the food provided, a gruel of oatmeal was prepared by the side of the track and served to the men when they wished drink. They were said to be well satisfied. The work was completed in two weeks, and not a sick or drunken man among them.

There are many ways in which the whole-grain preparations may be used so as to give variety. Do not always cook and serve it the one way, as did our friends their diet of corn-bread and beef. True, there might be some degree of strength obtained by eating them uncooked, but the appetite

for them will last longer if the manner of cooking is varied. It is not our object to give the many useful methods of cooking an article of diet; that we will leave to the author of cooking recipes.

M.

NOTES IN COOKING.

ENGLISH METHOD OF COOKING RICE.—To two quarts of boiling water in a kettle, add one-half teaspoonful salt and one-half cup of rice washed in three waters; place in the boiling water and cook for about one-half hour, or until tender; then pour into a colander and rinse in either hot or cold water, reheat, and season according to taste. Cook in a single kettle.

GREEN PEA SOUP.—Wash and pick a pint of peas, boil till quite soft in three pints of water, strain through a colander to remove the skins, return to the kettle and add salt to taste. Just before serving add one-half cup of cream or a tablespoonful of butter. Serve with toasted bread cut in small squares.

BOILED CARROTS WITH WHITE SAUCE.—Boil about two quarts of carrots (sliced round) in salted water; always scrape them; when tender drain in a colander, and mash fine in a stew-pan, with a potato masher. Add one-half cup of cream or one tablespoonful of creamed butter, one pint of milk, and one tablespoonful of corn-starch rubbed in a little milk; add when it boils.

HYGIENIC PUDDING.—Soak one cupful of sago one hour in water enough to cover it—drain off any water that may not be taken up. Stir into a quart of boiling water, into which a cup of seeded raisins, and two sour apples sliced thin, have been placed; let all cook till perfectly done. Mould in cups or pudding-mould; serve with cream or sauce. Dates and figs can be used instead of raisins, with less cooking. This pudding is sweetened with fruits in the proper proportion so that no cane-sugar is required.

RHUBARB SAUCE.—Select large tender rhubarb, wash in cold water (do not pare it), cut in pieces about two or three inches long, and plunge into boiling water, with a pinch of soda in it, and boil fast from two to five minutes, then take it out of the water carefully with a perforated skimmer and sprinkle sugar over it according to taste, say about one cup of sugar to about a medium sauce-dish of

the sauce. This sauce is nice served with rice, and is quickly prepared. Use the water in which it was cooked for liquid sauce or for soaking figs to be used for sauce. MRS. F. L. McCLURE.

TWO HUSBANDS.

CANON FARRAR used to tell of a woman in London who said she had two husbands in one man. One of them was a kind, honest, and respectable person, whom she loved, and that was her husband when sober. The other was a brutal fellow, who was constantly ill-treating and abusing her, and that was her husband when he was drunk. There is no doubt that liquor alters the whole character of a man.

FIVE WAYS TO STOP A COLD.—1. Bathe the feet in hot water and drink a pint of hot lemonade. Then sponge with salt water and remain in a warm room. 2. Bathe the face in very hot water every five minutes for an hour. 3. Snuff up the nostrils hot salt water every three hours. 4. Inhale ammonia or menthol. 5. Take four hours' exercise in the open air. A ten-grain dose of quinine will usually break up a cold in the beginning. Anything that will set the blood actively in circulation will do it, whether it be drugs or the use of a buck-saw. But, better than all, if your cold is inveterate or serious, consult your family physician, and at once.—*Selected.*

It is the right of every child to enjoy the company of his parents, to be made a companion of. Do not think your whole duty done towards that active little mind when you have provided playthings, and perhaps a child of the same age as a playfellow. Every child has a right to some period of time during each day when he will not be met with, "I haven't time now, dear," but will feel at liberty to unload his burden of observations, and expand his intellect in the genial atmosphere of friendly intercourse.

DID any of the mothers ever try having a hammock in the house? It is worth its weight in gold where there are small children, especially during disagreeable weather. It is a nice place for mamma to rest in, and far more comfortable than crib or bed for baby when he takes his nap on hot afternoons.

HELPFUL HINTS.

IF choked, get upon all four and cough.

IF an artery is cut, compress above the wound; if a vein is cut, compress below.

FOR slight burns, dip the part in cold water; if the skin is destroyed, cover with varnish.

IN case of poison, excite vomiting by tickling the throat, and by warm water and mustard.

WHITE SPOTS.—Use soda on the white spots on furniture, wash it off, and rub the furniture well with linseed oil; it will remove the spots.

SUCK poisoned wounds, unless your mouth is sore; enlarge the wound, or, better, cut out the part without delay; hold the wounded part as long as can be borne to a hot coal.

SMOTHER a fire with carpets, etc.; water will often spread burning oil, and increase danger. Before passing through smoke, take a full breath and then stoop low, but if carbonic acid is suspected, walk erect.

IRON-RUST may thus be removed: While rinsing clothes on washing-day, upon such as have iron-rust spot put a little oxalic acid on the spot and rub it in, then put a little salt on it, and hold it for a moment on a hot flat-iron or a dish with boiling water in it, and the rust will disappear. Rinse again carefully.

LOOKING-GLASSES should never be hung where the sun will shine upon them, as the amalgam of tin-foil spread upon the glass plates to make them mirrors is very readily crystallized by the actinic solar rays, and made to assume a granulated appearance so that it will not reflect outlines with any approach to precision.

HOW MUCH A BIN HOLDS.—It is printed that to measure a bin for wheat, corn, potatoes, etc., multiply together the length, breadth, and height to get the cubic feet. Divide the product by 56, and multiply the quotient by 45. The result shows the contents in bushels, struck measure. There are about four-fifths as many bushels as cubic feet in the contents of a bin, hence it will be sufficiently accurate to divide the product by 5 and multiply the quotient by 4. By this rule the contents can be known in a few minutes.

Healthful Dress.

COMPENSATION.

ONE woman in furs and velvets;
Another in squalid rags;
One rolled by in her stately carriage;
The other stood on the flags.

One woman alone in her carriage;
By the other a little child,
Who, watching the prancing horses,
Looked up in her face and smiled.

She stooped to her boy and kissed him,
And gave him a hoarded crust;
The other had just left costly blooms
Where her one son lay in dust.

One back to her darkened mansion—
Wealth cannot hold death at bay!
One back to the hut where labor
Brought bread for the coming day.

Perhaps, as over the sands of life
Time's great tide ebbs and flows,
More fates among us are equal
Than their outward seeming shows.

—*All the Year Round.*

PRACTICAL HINTS FOR MOTHERS.

THE CARE OF CHILDREN AND HOW THEY SHOULD BE CLOTHED.

WHAT is more helpless than an infant? Its very helplessness impresses one with the necessity of divining its wants. If a pin pricks, or a band pinches, or a pain is felt, it can only say so by crying and fretting. The mother in the meantime can only learn the cause by anxiously searching and sometimes waiting. As the years come and go, one by one, the babe in the meanwhile increasing in size and intelligence, the making known of these annoyances is thrown back upon itself, and the girl is left to tell of the pinching bands, the pricking pins and aching limbs; and this is right, and the mother should encourage her to tell all this and everything; for who can do as well as a mother, and who can comfort like her?

Yes, the mother's watchful care is needed for the growing girl as much, and if possible more, than for the helpless infant. A mother should be her girl's best friend, one in whom she can confide and implicitly trust.

"Shall I put Nellie into corsets?" said her mother to me last week. "She is getting to be a big girl and needs pulling into shape, I think." The thought of doing this was painful to me. Nellie was a very active girl; what need of putting her into any other shape than that which artistic nature had given her? Why compress, in the least degree, her developing muscles, her delicate internal organs? Mothers

may say what they please about their girls never wearing tight stays or compressing themselves in any way. It is the very nature of stays to press everywhere. The material of which they are made is hard, unyielding, and, worse still, unventilating. [Woven so closely as not to allow exhalations from the body to pass off.—ED.] No muscles can develop, no pores act healthfully, as they ought to act, under such a close covering. The steel in front presses upon both the chest, stomach, and abdomen, even if the stays are not tightly laced. The clothing of a growing girl should be light, warm, flexible, and ventilating, and made without any bands, which are very injurious to either growing girls or those who have their growth.

HOW TO DRESS YOUR CHILDREN HEALTHFULLY.

Beginning with the first garment worn next to the body, we recommend the union flannels, which are made in one continuous piece from neck to wrist and ankles, thus clothing the entire body evenly (or they can be made to button at the waist). Then the stockings should be supported with hose supporters from the shoulders. And secondly, should the combination waist and drawers be worn made of light flannel. For summer use, however, the same style of garment could be made from muslin, which can be tucked and trimmed to suit the taste. Thirdly, the combination waist and skirt. For summer wear the waist can be made of thin material, or if white muslin is used, make both the skirt and waist of the same. And lastly, an easy, well-fitting, but not tight-fitting dress, made princess style. This style of dress is not only graceful, and therefore pretty, but healthful. By this method one can readily see that all of the clothing is evenly distributed over the entire body, and suspended from the shoulders, thus entirely relieving the waist, and giving perfect freedom to the wearer, and a chance to breathe naturally clear down to the bottom of the lungs.

Woman's clothing is not loose enough unless she can fill her lungs to their utmost capacity and still not have her clothes feel tight.

DRESS YOUR CHILDREN'S FEET HEALTHFULLY.

A tight shoe prevents the proper circulation of the blood in the foot, causing it to become cold. Thin soles allow the moisture of damp walks to reach the feet, making them wet as well as cold. When the extremities are chilled, the internal organs and brain become congested. This is the chief cause of headaches, from which school-girls suffer so much, but which are usually attributed to study.

High heels are very unnatural and injurious. The heel should be on a level with the ball of the foot; high, narrow heels are easily turned to one side, often resulting in serious sprains; the narrow soles and high, narrow heels are productive of much injury, by not allowing the whole flat of the foot to sustain the weight of the body as they should.



Union Suit.

The following illustrations represent our idea of an artistic yet healthful mode of underdressing (a union suit), and should you desire any further particulars on this important subject, I shall be pleased to give them.

CLARA F. SALISBURY.

Battle Creek, Mich.



Misses' Combination Waist and Drawers.

Artistic,
Healthful,
Sensible.



Misses' Combination Waist and Skirt.

N. B.—Patterns of the above-described garments may be obtained of the Rural Health Retreat, St. Helena, California.

SHE IS A REBEL.

A PRETTY woman of New York, who has been accused of being a rebel, who invariably wore the red and white colors of the Confederacy, writes in reply:—

"I am not going to deny it, but wish to state that I am and always have been a rebel with a large R. At the minute of my birth I rebelled against coming into the world, with the most piercing of yells, and I have been rebelling against something, from dirty streets to tiresome women, from badly-fitting frocks to badly-managed governments, ever since. As to wearing red and white, I also confess to both sins. Having a drop of Quaker blood in me, I had a craving—the craving for forbidden fruit—for red. In time I got it; first, because I liked it; then because the man I liked liked it, and lastly, because it was becoming. The same reasons apply to white; but I have never appeared on the street in either of them, and don't expect to until the streets are cleaner and the world is more appreciative of color. I rebel against making a guy of myself.

"What else do I rebel against?—Insincere friends and malicious gossip.

"Thick cups and over-big soup-spoons. Grass green gowns and shiny dress suits.

"Tight shoes and tight stays.

"Lack of loyalty to one's own people.

"Early dinners and late teas.

"Badly-cooked terrapin, and canvas-back sacrificed to ignorant cooks.

"A great many diamonds and no manners.

"Impertinent children and insolent women.

"Bad actors and worse plays.

"The man who has a scheme on hand, and the woman who takes you to a dressmaker so she may get a percentage off.

"Politicians who are not politic enough to have their subordinates work well.

"So-called Christians who remember your trespasses and forget their own.

"Yes, I'm a rebel, and shall be until the gentleman with the scythe approaches me, and even then I shall rebel against his cutting down like grass her who is known as —."—*New York Sun*.

A MARVELOUS lace wonder is reported as landed in the United States. It is a unique specimen of embroid-

ery and Irish lace, specially manufactured for the great international exhibition of 1851, at which it took a first prize. It took twelve girls two months to make this perfect specimen of the old hand embroidery and lace trade of Ireland. The cost was \$2,000. No work of to-day is so fine and exquisite as the drawn and embroidered border of this wonder. The main design is a chaplet of fern leaves, entwined with the rose, the shamrock, and the thistle.—*Sacramento Union*.

CHILDREN'S CLOTHING.

MUCH is said in these days concerning the rights of children, but there is certainly no right to which every child is more surely entitled than that of good, sound physical health. One of the first requirements of healthful clothing is that it allows unrestrained action of every organ of the body. This is absolutely essential for perfect development so long as the body is undergoing the process of growth. According to *Dress*, mothers often unwittingly violate this principle in the dressing of their children, by compelling them to wear clothing which they have partially outgrown, but which is not sufficiently worn to be discarded. Tight sleeves, tight bands, tight waists, etc., which have become such from the child's increased size, are certainly quite as harmful as those purposely so constructed; and added to this is the fact that the bones and muscles of the tender little ones are far more susceptible to the constriction of tight clothing than are those of persons of older growth.

The clothing of children should always be so made that it can readily be enlarged to accommodate the growing form, and should never fit so snugly as not to allow perfect freedom of movement to every organ. Whatever garments are worn about the chest and waist should always permit of an unrestrained, full inspiration, and it would be an excellent plan if mothers would frequently test the child's breathing capacity by placing a tape measure around its waist when in its night clothing, and allowing it to take a full inspiration, noting the number of inches expansion, and then adjusting its clothing to correspond with the full inspiration, allowing one inch or two for growth.—*Lend a Hand, Echoes*.

A HINT FOR AMERICAN WOMEN.

THERE is one thing about English women that I wish Americans would imitate, and that is their respect for whatever is real; in furs, in lace, in stuffs, in velvet, or in silk, whatever is really good is worn with a complacent air that expresses the air of satisfaction prevailing in the mind of the wearer. A silk velvet gown is not cast aside just because it is not a shade that all the rest of the world is wearing, says a letter from "Bab," and the fur that was good yesterday is good to-day, although some other one may have caught the popular fancy a little more pronouncedly. I do not want our women to ever become as dowdy-looking, but I do wish some of them would think over a little what I mean, and have some stability even in taste.—*Richfield Advocate*.

Publishers' Department.

RURAL HEALTH RETREAT.

It was our privilege again to visit this Rural Health Resort at the time of the annual stockholder's meeting, which convened on May 1. The prospect from this hill-side home, which is always grand, is especially so at this season of the year, when all nature is donning its light summer drapery. The view of verdant hill and dale, with the delights of the extensive flower-gardens upon the grounds, render the place very attractive.

It has been my privilege, for the last five years, to serve as president of this institution. In response to my earnest request, because of many cares in other directions, my name no longer appears as a member of the board. This, however, will not diminish my interest in the institution, nor shall I cease to work for its prosperity.

The stockholders elected the following persons as a Board of Directors for the ensuing year: W. P. Burke, M. D., R. A. Underwood, John Fulton, W. A. Pratt, Wm. Saunders, A. B. Atwood, and Joseph Leininger. Immediately after their election, the Board was organized by choosing W. P. Burke, M. D., as President; John Fulton, as Vice-President; and John Biter, as Treasurer, to serve also at present as Secretary. Dr. Burke was chosen as Physician-in-Chief of the institution, and empowered to employ his assistants. J. N. Loughborough and W. P. Burke, M. D., were chosen as editors of the PACIFIC HEALTH JOURNAL for the ensuing year.

Dr. Burke will now turn his attention to the building up of the Rural Health Retreat, and wishes it distinctly understood that no new patients are to be received at the Napa Sanitarium. Let all desiring the doctor's services take notice, and communicate accordingly. Direct all letters of inquiry respecting board or treatment to W. P. Burke, M. D., Rural Health Retreat, St. Helena, Cal. L.

HEALTH RETREAT CHAPEL.

ONE year ago it was voted by the stockholders of the institution that a chapel should be built, adjacent to the main building of the Health Retreat, and dedicated to religious services, provided it could be done without increasing the interest-bearing debt of the corporation. Accordingly, a call was made for loans and donations. Two parties responded by loaning for the enterprise the sum of \$2,250 one year without interest, and liberal pledges were made. The grading for the building was commenced in the month of August. Much labor was required in excavating and laying a suitable foundation in the hill-side for the two-story building 30x60, and as the site of the building is 100 feet from the main building, it was deemed best to construct a double corridor, arranged in such a manner that patients can be wheeled in their wheel-chairs up into the chapel or down to the gymnasium on the lower floor.

The report of the committee shows that the cost of grading, wall, corridor, and the two-story building painted, and

the chapel carpeted and seated with chairs, was \$4,021.23; and that of this amount \$1,820.65 had been paid in stock and donations, leaving \$49.42 to apply on the \$2,250 of borrowed money, which sum is due about the first of September. There were still unpaid pledges to the amount of a little over \$600 more. A call was made at the time of the dedication, and sufficient was pledged to clear the whole chapel debt. Those who had loaned without interest the sums above mentioned pledged \$1,100 of the remaining debt, thus assuming about one-half of the borrowed money. The

DEDICATION SERVICE

Was held May 4, in the chapel, at 3 P. M. The instrumental music for the occasion was from a new Beatty \$300 parlor pipe organ. This had been obtained by special contributions. As the organ poured forth its rich music, or in its deeper tones so completely resembled a church pipe organ, all pronounced the organ a success. The services of the occasion consisted of an anthem, rendered by the choir, "Great is the Lord" (Barnes). This was followed by Scripture reading, 1 Kings. 8:22-43, by Elder E. H. Gates, of Colorado. Prayer by Elder H. A. St. John, of San Francisco. A second anthem was sung, "Hear Our Prayer" (Sudds). Then the report of the building committee was made, as above. A hymn was read by Elder Godsmark, of Los Angeles, and rendered by the whole congregation. Sermon by Elder J. N. Loughborough, from Heb. 3:4. This was followed by some excellent remarks by Mrs. E. G. White, on the question, "Why seek a rural resort for a health institution?" to which answer was made, in a clear and forcible manner, "That the sick may be brought in contact with pure mountain air, pure water,—God's remedies,—and there, with genial surroundings, away from the din and smoke of city life, view nature, and regain their health." This talk was followed by a third anthem, "And Will the Great, Eternal God" (Tenney). This was followed by the dedication prayer, by Elder Underwood, of Ohio. The Doxology was then sung by the congregation, and the benediction pronounced by Elder W. M. Healey, of San Diego.

Thus closed a pleasant and very enjoyable occasion. The audience, comprised of patients, helpers, and visitors, consisted of 275 persons by actual count, and demonstrated the fact that the chapel could comfortably seat 300 persons. May the peaceful atmosphere which pervaded the chapel on the day of its dedication, ever hover over the home on the hill-side, and impart "life to the soul, and strength to the bones" of thousands who may seek rest and relief in this quiet resort. L.

CHICAGO POLICLINIC, 174 and 176 CHICAGO AVENUE.—The class last winter was attended by, and consisted of, 176 physicians. Among the resolutions passed by them at the completion of their course, was the following:—

"Resolved, That it is our deliberate conviction that we have here in Chicago and in the West, every requisite in skill and knowledge among teachers, and in abundance of clinical material, to thoroughly qualify all who would engage in the profession of medicine and surgery."

It is expected that the course will be repeated by the same lecturers, on a more elaborate and complete plan, next winter.

COOKING-SCHOOL.

MRS. F. L. McCLURE gave a course of fifteen cooking-lessons in connection with the closing exercises of the Healdsburg College. It was our privilege to be present on several occasions, and the following remarks made by members of the class show how they appreciate the instruction given. One said, "I have had the privilege of attending several of Mrs. McClure's cooking-classes and consider them all excellent, but this class, numbering from fifty to seventy-five, I regard the best of all." Another said, "One lesson alone is worth the price of the whole course." And still another, "The practical instruction given at one lesson, aside from the valuable recipes, is worth more than the price of the whole term of lessons."

BOOK NOTICES.

THE SUPPRESSION OF CONSUMPTION.—It has become quite a serious question with many of the most skillful physicians whether consumption, when firmly established in the human system, can be cured. There may be lung difficulties that yield to proper care and treatment, but when the hard tubercles have formed in the lungs, and decomposition of lung tissue has actually commenced, it is doubtful if, sooner or later, the whole structure of the lung must not yield to the disease. This being the case, the utmost care should be taken to prevent the lodgment of such tubercles in the lung cells.

"Suppression of Consumption" is the title of a work by G. W. Hambleton, M. D., President of the Polytechnic Physical Development Society of London, England, published May 10, 1890. The book is a 12mo, and may be obtained, post-paid, for 40 cents, by addressing N. D. C. Hodge, 47 Lafayette Place, New York City. Whether the disease be curable or not, we are all anxious to see what the doctor may have to say on the "suppression" of the disease, whether it be by prevention, relief afforded to the afflicted, or the cure(?).

WE have just received from Frank G. Lydston, M. D., Chicago, Ill., three very interesting articles, in book form. The first is entitled "The Local Treatment of Syphilitic Phenomena," being a reprint from the Cincinnati *Lancet-Clinic*. The second is entitled "Remarks on Hypertrophy and Atrophy of Tissue." This is a reprint from the New Orleans *Medical and Surgical Journal*. The third is a lecture on "Sexual Perversion, Satyriasis and Nymphomania," reprinted from the Philadelphia *Medical and Surgical Reporter*. These lectures are of especial interest to the medical profession, and though brief and concise—only comprising, all told, 38 pages—yet full of material for thought and study. They may be obtained by addressing the author, as above. Price not given.

WE acknowledge the receipt of two very interesting lectures, in book form, by Miss Beatrice Lindsay (of Girton College, Cambridge), editor of the *Vegetarian Messenger*, Manchester, England. The first of these lectures is entitled "Vegetarianism and the Higher Life." The lecture was delivered in the Brotherton Hall, Manchester, on March 23,

1887. It sets forth, in a clear and vivid manner, the superiority of a vegetarian diet for those who would develop and strengthen the intellectual instead of the animal powers of the man. The second lecture is entitled, "Man Not Carnivorous," and was delivered in the Brotherton Hall, on April 27, 1887. In this lecture she successfully refutes the idea that man by his physical construction was made to devour the flesh of animals, but rather that his physical constitution proves him to be, like his prototype, the anthropoid ape, adapted to a diet of fruits, grains, and vegetables. We will furnish these lectures, through the mail, from England to any who wish them, for ten cents for the two lectures.

CHAUTAUQUA COLLEGE.—One of the novel features of next summer's meeting of the Chautauqua Assembly is the training-school for university extension lecturers. The design of the school is to secure and train a corps of lecturers for university extension work. Among those who will assist in the work of this training-school are some of the best public speakers of the day. Further information may be obtained from Frederick Starr, New Haven, Conn., registrar Chautauqua University.

Fire and Hammer, a gospel temperance paper, has moved its office of publication from Eugene, Oregon, to Portland, Oregon.

OUR GENERAL AGENTS.

Arizona—Col. D. C. Hunter, Phoenix, Ariz.
 Arkansas Tract Society—Lock box 249, Little Rock, Ark.
 Australia—Echo Publishing House, North Fitzroy, Victoria.
 California Tract Society—1059 Castro St., Oakland, Cal.
 Canada—Mrs. R. S. Owen, South Stukely, Province of Quebec; and G. W. Morse, 62 Spadina Ave., Toronto, Ontario.
 China and Japan—A. La Rue, International Tract Society, Queens Road 219, Hongkong, China.
 Colorado Tract Society—S. E. Whiteis, Sec., 812 Nineteenth Ave., Denver, Col.
 Dakota Tract Society—A. H. Beaumont, Sec., Vilas, S. Dakota.
 England—Pacific Press Publishing Co., 48 Patenoster Row, London, E. C.
 Georgia and Florida—Charles F. Curtis, cor. S. Boulevard and Bryan Sts., Atlanta, Ga.
 Germany—L. R. Conradi, Sophienstr 41, St. Pauli, Hamburg.
 Illinois Tract Society—J. M. Craig, Sec., 28 College Place, Chicago.
 Indiana Tract Society—J. W. Moore, Sec., 175 Central Ave., Indianapolis, Ind.
 Iowa Tract Society—Leroy T. Nicola, Sec., 603 East 12th St., Des Moines, Iowa.
 Kansas Tract Society—L. Dyo Chambers, Sec., No. 821 West Fifth St., Topeka, Kan.
 Louisiana—A. F. Harrison, 40 Milan St., New Orleans, La.
 Maine Tract Society—M. Russell, Sec., W. Palmyra, Me.
 Michigan Tract Society—Hattie House, Sec., *Review and Herald* Office, Battle Creek, Mich.
 Minnesota Tract Society—C. N. Woodward, Sec., 336 East Lake St., Minneapolis, Minn., P. O. Box 989.
 Missouri Tract Society—J. Klostermyer, Sec., Rockville, Mo.
 Nebraska Tract Society—Eliza B. Burleigh, Sec., 1505 E. St., Lincoln, Neb.
 Nevada—Cal. Tract Society, 1059 Castro St., Oakland, Cal.
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 New Jersey, Del., Md., New York City, and Brooklyn, N. Y., and Dist. Col.—T. A. Kilgore, No. 43 Bond St., New York.
 New York State—N. Y. Tract Society, J. V. Willson, Sec., 317 West Bloomfield St., Rome, N. Y.
 New Zealand—International Tract Society, A. G. Daniells, Agent, Wellington, N. Z.
 North Carolina—N. B. England, Newton, Catawba Co., N. C.
 North Pacific—J. A. Burden, Sec., Box B 2, East Portland, Oregon.
 Norway—*Sundhedsbladet*, 74 Akersgaden, Christiania, Nor.
 Ohio Tract Society—L. T. Dysert, Sec., 1103 Case Ave., Cleveland, Ohio.
 Pennsylvania Tract Society—Amelia Cook, Sec., Box 2716, Williamsport, Penn.
 South Africa—International Tract Society, Somerset House, Roodland St., Cape Town.

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.

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

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

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

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

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

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

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

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

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

Wheatena.—This is a preparation of wheat which is subjected to a process by means of which it is partly digested, and rendered readily soluble in the digestive juices. Good for persons suffering with slow digestion and constipation; per lb. 12 cts.

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.

Diabetic or Gluten Food.—This is a form of bread deprived of its starchy and saccharine elements, but retaining all the other palatable and nourishing elements of the flour. By the use of this food and the observance of careful dietetic rules, this obstinate disease (diabetes) may be kept at bay for many years, and cured in cases where a cure is possible. It is prepared with great care, and has been thoroughly tested. It is a perfect substitute for animal food in cases of nervous debility, and is to be used in the same cases as those for which the gluten wafer is recommended; per lb. 30 cts.

Infants' Food.—Most of the food offered in the market as infants' food contains too much starch for the digestive powers of the infantile stomach. The article here offered will often be digested when other articles of food cannot be eaten without producing serious derangement of digestion; per lb. 30 cts.

Some of the goods here offered may be higher priced than those shortened with lard, etc., but you may rest assured of securing, in these foods, pure, healthful articles, conscientiously prepared.

For fifty cents you may receive, post-paid, a sample package of these foods, and thus decide what to order in larger quantities. Give them a trial. Address,

RURAL HEALTH RETREAT, ST. HELENA, CAL.

Orders taken also at Pacific Press, Oakland, Cal.

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CHURCH, CHAPEL AND PARLOR ORGANS.
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BEAUTIFUL PARLOR PIPE ORGANS.

This Organ contains reeds of finer quality, tuned and voiced to imitate a regular church pipe organ costing \$2,000. The action is a different and better quality than is found in ordinary Organs. The finish is of the best, having several coats rubbed down and finished in oil. The tone has no equal for power and sweetness. One of these may be seen in the Chapel at RURAL HEALTH RETREAT, St. Helena, Cal., reported as entirely satisfactory.

DON'T FORGET TO SEND FOR CIRCULAR.

ORGANS as low as **\$27:50** and Upward.

UPRIGHT PIANOS, for **\$130:00** and Upward.

OLD AND RELIABLE FIRM.

Best of References from those who have them in use.

Parlor, Church, Chapel, and Lodge Organs offered at immense BARGAINS during the next 30 days to have our latest styles introduced. Write for Latest Catalogue with full particulars.

Address,

DANIEL F. BEATTY,

Washington, New Jersey

HEALTH PUBLICATIONS.

The Home Hand-Book of Domestic Hygiene and Rational Medicine, by J. H. Kellogg, M. D. It is the most important work for domestic use that has yet appeared. It contains 1,624 pages, with 500 engravings, including 26 full-page plates, and a paper manakin, in two volumes. The price of this work, bound in muslin, richly embossed in jet and gold is, \$6 50
 In halfmorocco, gilt edges - - - - - 9 00

Eating for Strength, by M. L. Holbrook, M. D., 320 pages, muslin, with gilt title on back and side, price, 1 00

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Digestion and Dyspepsia, by J. H. Kellogg, M. D., 12mo., 176 pages, with colored plate, price - - - - - 75

Nasal Catarrh, ten lectures on the nature, cause and cure of this "great American malady," by J. H. Kellogg, M. D. Illustrated by cuts and colored plates, 120 pages, price - - - - - 75

Practical Manual of Health and Temperance. How to proceed in many emergencies, and containing many useful hints and recipes, by J. H. Kellogg, M. D., 320 pages, price - - - - - 75

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Diphtheria, its nature, cause, prevention, and treatment, by J. H. Kellogg, M. D., 64 pages, with colored plates, price - - - - - 25

Social Purity, by J. H. Kellogg, M. D., 64 pages, price 15

Any of the above works can be obtained, post-paid, at their respective prices, by addressing Rural Health Retreat, St. Helena, Cal.

HEALTH GOODS.

At the Rural Health Retreat there are kept constantly on hand the following valuable articles, which may be obtained, post-paid, at the prices affixed:—

Hygienic Corset - - - - -	\$2 00
" " Peerless Corded - - - - -	2 50
Emancipation Waist - - - - -	1 50
Form (Bosom) - - - - -	50
Dr. Gray's Abdominal Supporter - - - - -	2 50
Dr. Gray's " " with Hose Supporter (extra large) - - - - -	3 00
No. 1. Hygienic Supporter - - - - -	2 50
No. 2. " " " " - - - - -	3 00
School-girl Shoulder Braces - - - - -	50
Skirt Supporters - - - - -	35
" " Silk Stripe - - - - -	50
Shoulder Brace Skirt Supporter (Ladies') - - - - -	60
" " " " (Misses') - - - - -	50
" " " " and Hose Supporter - - - - -	1 00
Skirt and Hose Supporter - - - - -	75
No. 90 Hose Supporter, Daisy Clasp (Ladies') - - - - -	30
No. 80 " " " " (Misses') - - - - -	25
No. 70 " " " " (Children's) - - - - -	20
No. 60 " " " " " " - - - - -	15
No. 17 " " Shoulder Brace, Button (Ladies') - - - - -	50
No. 18 Hose Supporter, Daisy Clasp (Misses') - - - - -	40
No. 19 " " " " (Children's) - - - - -	35
No. 7 " " " " Shoulder, Button (Ladies') - - - - -	60
No. 8 " " " " " " (Misses') - - - - -	50
No. 9 " " " " " " (Children's) - - - - -	40
No. 10 " " " " " " - - - - -	35
Corset Hose Supporters (especially for Hygienic Corset) - - - - -	35
Hygienic Safety Supporter (monthly bandage) - - - - -	50
Skirt Supporting Hooks, double set of four - - - - -	25
" " " " Swivel, set of four - - - - -	20
Corset Laces (Elastic) - - - - -	10
Clasps for Supporters - - - - -	05
Combination Suit Patterns - - - - -	40
Fountain Syringe, Glass Tubes - - - - -	{ No. 1, 2 00 No. 2, 2 25 No. 3, 2 75
Rubber Water Bottles, 1 quart - - - - -	1 50
" " " 2 quarts - - - - -	1 75
" " " 3 quarts - - - - -	2 00
" " " 4 quarts - - - - -	2 25

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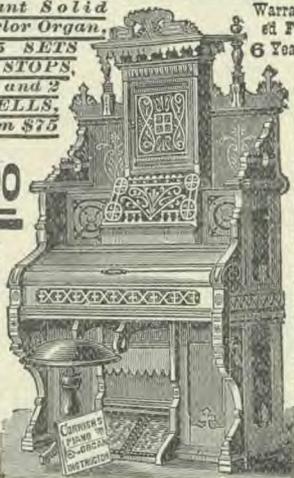
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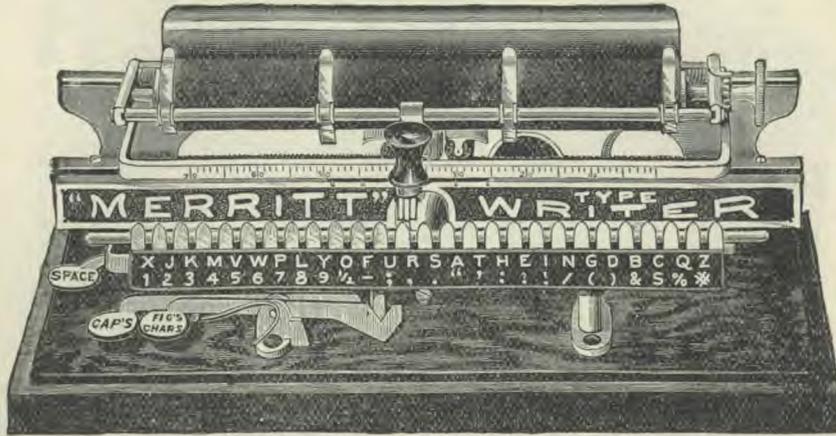


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