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AIM to be true, to be honest, to be faithful, and fear not!

DISHONEST "respectability" is a mortgage on the moral character.

"BETTER is a little with righteousness than great revenues without right."

THERE is no doubt but man may double his capacity work and for enjoyment, by improving his dietetic habits.—*Holbrook.*

PLATE sin with gold, and the strong lance of justice hurtless breaks; arm it in rags, a pigmy's straw doth pierce it.—*Shakespeare.*

THE French newspapers declare that the dance as a social joy is doomed—going out of fashion at the command of the women who lead Parisian society.

IF you want to be miserable, think about yourself—about what you want, what you like, what respect people ought to pay you, and what others think about you.

GOLD is so malleable that it may be beaten into leaves requiring 28,000 to measure one inch, and so tenacious that a wire only the thirteenth of an inch in diameter will sustain a weight of 150 pounds, while a lead wire of the same dimensions will sustain but 28 pounds, and a tin wire only 34.7 pounds.

### TYPHOID FEVER.

(Continued.)

WHAT was said in a former article, setting forth the well-supported theory of the propagation and spread of typhoid fever must be sufficient to banish the dread any may have that the disease is one of mysterious origin, liable to catch the person, or the person to "catch the disease," unawares.

One of our cotemporaries says:—

"Typhoid fever is never directly transmitted from person to person. One can handle patients suffering from typhoid fever without danger of contagion. Physicians and nurses who take care of such patients are no more frequently attacked with the disease than are persons who have never seen such cases. Repeated testimony is borne by hospital physicians to the fact that in large hospitals in which many cases of typhoid fever are cared for in the same wards with other patients, not a single hospital patient, physician, or nurse has been attacked by the disease. There are often enough cases that seem to show direct contagion, but a closer observation shows that, even in these, the assumption of another way of infection is not only possible but more probable. . . .

"The most convincing experiences show that typhoid fever never originates in any unusual amount of decomposing matter, nor from any circumstances favorable to decomposition, but it is always preceded by the introduction of a case of the same disease. In most large cities typhoid fever is always present to some extent, so that in them the result of the introduction of the disease can hardly be traced. In small places, however, it sometimes happens that after a long immunity from the disease a single case will be introduced, which gives rise to an extensive epidemic, and for years after this there will be single cases or repeated epidemics. . . .

"The inhalation of the exhalations from privies, sewers, etc., in which the typhoid poison exists, may suffice to occasion an attack. In such cases it is probable that minute particles of solid matter suspended in the air are the carriers of the conta-

gion, which gains access to the stomach and bowels through the mouth and nose. Often the disease seems to be spread by the bed linen and the clothes dirtied with the dejections of the patients. This explains why washer-women are so frequently attacked, and why the relatives who nurse the patient are so often the first victims. Drinking-water is, however, the most frequent and general medium of transmitting the disease. In general it may be said that *the disposition of any locality to an epidemic of typhoid fever depends largely upon the extent to which the inhabitants breathe or drink the contents of their privies.* . . .

"Much more extensive than the epidemics produced from a single well are those which take place when an aqueduct is infected with the typhoid poison. One of the most remarkable examples of such an occurrence took place in 1888, at Plymouth, a small city in Luzerne County, Pa. The water supply of the place was obtained from a series of reservoirs which were fed by a mountain stream. During the winter, near the banks of this stream, a case of typhoid fever was cared for, the excreta from whom were habitually thrown out on the frozen and snow-covered ground toward the stream. With the spring rains and thaw the accumulated dejecta were washed down into the stream and carried to the reservoirs, thence to be distributed throughout the town. In fifteen days thereafter, cases of typhoid fever began to develop, and before the conclusion of the epidemic 1,200 people sickened with the disease, and one hundred died, out of a population of eight thousand."

Of the purification of water for culinary and drinking purposes, Dr. Kellogg says:\*

"If you are not absolutely certain that the water is pure, boil it, because boiling will kill the germs. There are no germs that will survive a boiling temperature, therefore all germs are killed when the water is boiled. You will not be likely to catch typhoid fever if you boil your water and milk. As you know, there was an expedition sent from Germany to Egypt to see if they could find out the particular germ that caused cholera; the members of the expedition took pains to boil the water that they drank, and went freely among the patients in the cholera district, and only one of them suffered from cholera. Now, the same thing is true in regard to milk. In regard to this matter of boiling water and milk, we are really behind many barbarous and semi-civilized people. The Chinese, in many parts of their native land, will not drink water unless it has been boiled. In that country many people live in boats on sluggish streams, and all sorts of filth go into the river, from which the drinking water also comes, and yet natives do not suffer from cholera, simply because they boil the water. Many tribes of savages live surrounded with filth, yet do not suffer from epidemic diseases

for the simple reason that they always boil the water used for drinking purposes. They would not take a drink of water if it was not boiled any more than you or I would eat grains or vegetables that were not cooked. I have under my medical care a large nursery of small children. During the last summer, when a great many children have been sick of bowel diseases in the same community, not one of these children has suffered from any kind of bowel trouble, during the whole summer, simply because the water was boiled and the milk was boiled."

Having learned something respecting the source from whence typhoid fever is derived, there are a number of questions which naturally arise. These we will give and notice in their order. 1. How long after exposure to typhoid fever before the symptoms will begin to manifest themselves? 2. How long is the disease in developing after the symptoms begin to be manifest? 3. What are the symptoms by which typhoid fever may be known? 4. How may we know when typhoid fever is likely to be fatal in its results?

These questions we will now notice by number. 1. We will say, on the authority of the Michigan State board of health, the period of *incubation*, or the interval of time that elapses between receiving the cause of typhoid fever into the system and becoming sick therefrom, is not uniform, but is very often about eleven days, sometimes as long as twenty-one days. 2. What is termed the *forming period* of the disease lasts about four days. 3. The *symptoms* by which typhoid fever may be known, says Dr. Kellogg, are: "Lassitude; irregular chills, sometimes followed by perspiration; frequently headache; confusion of mind; irritability of disposition; no appetite; nausea or vomiting; nose-bleed; pain in back and limbs; looseness of the bowels; as the disease advances, countenance becomes dull and stupid; cheeks, hands, and arms red, or of a dusky hue; wakefulness; more or less delirium in severe cases; patient talks in his sleep, tries to get out of bed, picks at the bedclothes, etc.; jerking movement of the tendons at the wrist; tongue coated whitish, yellowish, or brownish, usually smooth and glassy, or dry and hard—tremulous; a brownish accumulation on teeth and lips; bleeding of gums; bowels distended with gas; tenderness low down on the right side; gurgling on pressure; hemorrhage from the anus or bowels, or both; a few slightly elevated rose-colored spots on the abdomen; fever less in the morning, increased in the evening; pulse ninety to one hundred and

\*J. H. Kellogg, M. D., in Pontiac, Mich., Sanitary Convention.

twenty." 4. The means usually relied upon in determining the fatality of cases of typhoid or other fevers, is to watch the temperature of the patient. This is usually taken under the armpits, or under the tongue, by a thermometer constructed for that purpose. The temperature of the body in health is  $98\frac{1}{2}^{\circ}$ . A temperature of  $107^{\circ}$  is likely to prove fatal, although there are instances where the patient has been known to recover when the temperature had risen two or three degrees higher than that. In the depressing condition, sometimes called "the sinking spells," the temperature goes as low as  $94^{\circ}$  or  $95^{\circ}$ , and sometimes even lower than that. A very low temperature is regarded by most physicians as grave a symptom as a high temperature. It does not, however, so frequently occur.

The time of the continuance of the typhoid fever is generally from two to four weeks. The idea that there are critical days in the run of the fever seems to be discarded by intelligent physicians.

The question will now naturally arise, When we find, by the symptoms, that we have a genuine case of typhoid fever in the house, what shall we do? Of course we must do all we can for the comfort and relief of the afflicted one, and this we shall be inclined to do as faithfully as we regard the life of our loved one; but we must consider also that other precious lives, just as dear to their friends, are at stake, and that it is a duty we owe to humanity to do all in our power to prevent the spread of the disease. It is well for the family of those afflicted with the disease, to consider themselves, for the time being, a board of health, carrying out the instructions given to such for the suppression of the disease. Let it be deeply impressed upon the mind that there is a cause for the typhoid fever, and let it be the determination to spare no pains in ascertaining that cause. If your own skill is not sufficient to ascertain this, then report the case to your health officer, if there be one, that the water source may be examined, and its condition be ascertained. Keep ever in mind that the most fruitful source of typhoid fever is impure water. Do not drink water which has a bad taste or odor, or which comes from a source which is likely to render it impure, especially if there is reason to believe that it may contain anything derived from a person sick with typhoid fever. In case you must use water from a suspected source,

see that it is boiled before using. This will kill the disease germs that may be in the water, and prevent the spread of the disease. Do not be deceived with the idea that your filter is going to remove the fever germs; it will not, but boiling, as before shown, will kill them.

Disinfect all discharges from the bowels of the patient sick with typhoid fever. To be on the safe side, it is best to disinfect the discharges of all persons suffering with diarrhea, because what may appear only as such may prove to be one of the symptoms of typhoid fever. One of the best disinfectants recommended for such purpose is prepared by adding to one gallon of soft water four ounces of chloride of lime, of the best quality, which should contain at least 25 per cent of available chlorine. One quart of the solution should be used for the disinfection of each discharge in typhoid fever. Mix well and leave in the vessel at least one hour before emptying the same into the privy vault or water-closet. Disinfect the contents of the privy on the premises, or any other that has been used by the patient. Disinfect all articles of clothing or bedding that have been soiled by discharges from the patient. To disinfect the privy, use four ounces of the best quality of "chloride of lime" to each gallon of material in the vault.

Having considered the mode of prevention, we will, in our next, note the mode of procedure with the patient. J. N. L.

(To be continued.)

#### DIGESTION.

DIGESTION will not begin till the temperature of the food has been raised by the heat of the stomach to ninety-eight degrees. Hence the more heat that can be imparted to it by slow mastication, the better. The precipitation of a large quantity of cold food into the stomach by fast eating may, and often does, cause discomfort and indigestion, and every occasion of this kind results in a measurable injury to the digestive functions. Ice-water drunk with cold food of course increases the mischief. Hot drinks,—hot water, chocolate, etc.,—will, on the contrary, help to prevent it. But eat slowly, anyway.—*Sel.*

THE knowledge beyond all other knowledge is the knowledge how to excuse.

## FROM INFANCY TO OLD AGE. NO. 5.

THERE are many difficulties in fixing a standard dietary for all persons, because quantity, quality, and relative proportion of foods, are a necessity. Waste and repair should balance each other. One may be filled to repletion and yet be starving, or may "feel empty" and still be feeding too heavy. Here it is we have the origin of most diseases. To avoid the starvation diet on the one hand and that of the glutton on the other is a point which demands the closest attention of the individual.

A normal appetite is a safe adviser and is of a personal nature. To secure it, one must conform to the conditions of assimilation of foods and the functional expenditure of their appropriated energy.

The indiscriminate mixing of foods is not well, because it carries with it liability to excess. Foods should be mixed according to their food value and compatibilities. The public mix many kinds of food, because of the force of habit, and a few people mix, to be sure to secure any deficiency in the food value of one or two kinds. But this is not wise. The better way is to find the value of food and mix in right proportion to furnish the required amount of proteids (albumens), carbohydrates (starches), fats, and mineral matter, considering the digestibility and compatibility of the mixtures in your own particular case. You should also observe that it is necessary, in choosing food, to know *the work* of the individual—whether it be muscular or mental—the *age* figures largely, the *temperature* of the weather, the *temperament* of the individual, the *digestive powers*, the *disease*, if you have any, the *weight* of the person, and the *season of the year*. These are all important points in selecting foods for sustenance.

As to age in selection of food there need be no mistake. Milk is the food of the child, and when one year or thereabout be reached, well-cooked wheat in some form, as whole-wheat flour, may be added with advantage. Sugar should not become a part of the child's diet, as colic and bloating result.

As age advances, different kinds of grains, as rolled barley, oatmeal, corn meal in winter, and fruits, rice, sago, and tapioca may form a part of the dietary.

When adult life is reached and work begins in good earnest, the individual must look well to his food to maintain good health. If the work be

mental, the foods must consist largely of that class of foods which contain phosphates. Heating and stimulating adjuncts, such as mustards, peppers, and their condimental cousins, must be avoided. Eat largely of apples, figs, blackberries, grapes, almonds, strawberries (if they agree), wheat, rye, rolled pearl barley, millet (the seeds of the huge grass called sorghum), potatoes, if digestion is good, and cow's milk in cold weather, if it does not leave a bad taste in the mouth in the morning. Other foods may be eaten, but should not form the principal dietary. Meat and fish are used much by the mental worker but more from habit than necessity, and when used the white-colored meats and white-meated fishes are the best.

Should the work be muscular, the food should consist largely of peas, beans, lentils, cabbage, cauliflower, carrots, beets, and other vegetables, wheat, oats, corn, rice and rye, potatoes and onions, fruits of all kinds when they agree with the stomach and bowels. Milk and cocoa may be used in cold weather.

In no event should the supply of food exceed the demand. People eat too much as a rule, and this habit cannot be guarded against too well. People of sedentary habits eat too much, as well as the hard worker, and bring on themselves some disease or devilry and then blame the Lord with it.

When man enters the latter third of life the energy and activity are slowed, and great decrease in the amount taken becomes a necessity. Were more attention paid to this than there is, our aged people would have better health, and life would be lengthened far beyond the age that most fathers fall under the scythe of death.

We must remember that starches, sugary and oily foods, are required in cold weather more than in the hot season. The heat of the body is lost on exposure to cold and needs to be supplied by appropriate food. In hot weather the watery fruits and vegetables rich with mineral matter are needed to cool the body. During the cold season all the heavier articles of diet may be taken with profit.

It is a crime to use impure and insufficient food, but the individual should have what is necessary of the best that can be obtained. Impure food, when digested, passes into the blood and continues its course to every part of the body, and retards and prevents instead of promoting nutrition. Thoughtfulness and carefulness will pay every

time in securing pure articles of food. The cook should be educated to know the value of all foods as to their nourishment and their cooling or heat-producing qualities, how to prepare and bring out all there is in the food, and must lay the fundamental principles of cooking deep in the knowledge of foods.

Those who have been interested in these articles may find a continuance of the same line of thought in a series of articles on "Foods," in future numbers of the JOURNAL.

W. P. BURKE, M. D.

### IMPAIRED SIGHT.

IF, like some of the lower orders of creation, human beings had some 30,000 or more eyes, the individual care of each might be of but little importance. We have but two, and though intended to last for a life-time, they are generally shockingly abused. It is because we are "fearfully and wonderfully made" that they serve us as long and as well as they do, a little beyond the prime of life.

Like other powers, sight does not bear forcing, hot-house development; in all cases such treatment proving a waste of vital force. Sight, like breathing, is natural, demanding no unusual effort. But, if the circumstances are such as to seem to demand great effort, the act becomes labored, exhausting, followed by a loss of vitality and perfection. Natural sight is secured simply by opening the eyes, suffering them to see, instead of a compulsory effort. I speak from positive convictions when I say that the light of the sun is as much the food of the eye as bread is of the stomach or air of the lungs. Of course, all discomfort from the glare and brightness of the sunlight should be avoided, and yet more injury to the sight is sustained from darkness, while attempting to see, than from even excessive light. It is safe, as a means of resting the eye, to turn the face to the sun, the eyes closed, bearing as much as one can with perfect comfort. Sight is thus stimulated, improved, and strengthened. If these principles are correct, the use of the eye, when all of the light passes through stained glass, or when gas-light is substituted for it, must prove, as experience testifies, very unfavorable to the best sight.

In accordance with these principles, the following are some of the causes of impaired sight: 1. Sudden changes from very light rooms to dark

ones, or the reverse, causing more or less pain, which is always an indication that something is wrong. 2. The flickering of gas-lights and the instability of all lights, since the sight is more or less labored. 3. Reading in the cars, or when the body is not at rest, as well as in a recumbent posture. 4. The use of tobacco, especially chewing, except so far as the smoke particles of tobacco get into the eyes, tobacco poisons the whole system, seriously affecting the optic nerve. 5. The intense light of the kerosene lamp, the same being true, in some degree, of all artificial lights. 6. The use of the eyes at the twilight hour, in moonlight, or any imperfect light, when an effort is made to see. 7. The exposure of the eye to the bright light of a fire, etc., with the added heat. 8. Reflected light, as from the snow, in a very bright day. 9. Long-continued darkness, the result of which is the same to the sight as fasting till one becomes very weak, is to the powers of the body. The fishes of the Mammoth Cave have been so long deprived of light, having no use for eyes, that they have disappeared utterly. To be deprived of the stimulus of the eye (light) for any great time, therefore, produces a debilitating effect. 10. Gluttony, debauchery, intemperance in any respect, especially the use of ardent spirits, gross living, and venery, the latter particularly. The wise man recognized this principle when he asked, "Who hath redness of eyes?" 11. All undue effort, all use that produces fatigue or harm, it being always safe to stop at this alarm.—*Dr. J. H. Hanaford, in St. Louis Magazine.*

### DANGER IN POSTAGE-STAMPS.

THE *Sanitary News* calls attention to the fact that a postage-stamp may in various ways convey contagion. One of the simplest and most plausible is that in which a postage-stamp, partly attached to a letter to pay return postage, is sent by a person infected with some disease, to another person. The disease is transferred, in the first place, to the adhesive stamp through the saliva, and in being attached to the letter by the receiver, the poison may be transmitted to him in turn through the saliva. Another cause may be the infection of the stamp with disease germs. That this is true can be proven very simply by a microscopical examination.

We often see persons holding change for a moment in the mouth, probably not knowing that in-

vestigation has shown that disease germs can be carried by money. If they could see through what hands the money has passed, they would hesitate before using such a third hand. Silver money is as bad as paper money; but while many would hesitate to hold a dirty bank-note in their mouth, they think that a silver piece, because bright, is apparently clean.

#### BRASS-MULE MEDICINE.

A TRAVELER recently returned from Pekin says that he saw there a peculiar method of cure. In a temple outside one of the city gates is to be found a brass mule of life size supposed to have wonderful healing properties. Patients suffering from every imaginable disease seek this temple to obtain a cure.

The method pursued is as follows: Suppose you suffer from sciatica, you go with all speed to this famous temple, and, having discovered the particular part of the brass mule corresponding to the painful region of your own body, you must rub the animal a certain number of times and then with the same hand shampoo your own disabled member, and then—well, then the pain goes.

The special feature of this method of cure is its delightful simplicity. Is your tooth aching? Just scrub the mule's teeth and afterward your own, and *voilà!* the cure is complete. Have you an ulcer of the cornea? Pass the tips of your fingers to and fro over the particular eyeball of the mule, and then with regulated pressure rub repeatedly the afflicted eye.

The mule has unhappily lost his sight during the many years he has been engaged in his benevolent work, the eyeballs, we are told, having been gradually worn away, as the result of constant friction, until now you have only the empty orbits to operate upon.

The animal is patched in all directions with fresh pieces of brass put on to cover holes produced by the constant friction of eager patients, and a new, perfectly whole mule stands ready at hand awaiting the day when his old colleague, having fallen to pieces in the temple, shall give him an opportunity of likewise benefiting posterity.—*Chicago Herald.*

ONE pound of green fruit canned weighs just about seven times as much as the same quantity when dried.

#### THE NORMAL MAN.

PROFESSOR HUXLEY asserts that the proper weight of man is 154 pounds, made up as follows: Muscles and their appurtenances, 68 pounds; skeleton, 24 pounds; skin, 10½ pounds; fat, 28 pounds; brain, 3 pounds; thoracic viscera, 3½ pounds; abdominal viscera, 11 pounds; blood which would drain from the body, 7 pounds. The heart of such a man should beat 75 times a minute, and he should breathe 15 times a minute. In 24 hours, he should vitiate 1,750 cubic feet of pure air to the extent of 1 per cent. A man, therefore, of the weight mentioned, should have 800 cubic feet of well-ventilated space. He would throw off, by the skin, 18 ounces of water, 300 grains of solid matter, and 300 grains of carbonic acid, every 24 hours; and his total loss, during that period, would be six pounds of water and a little more than two pounds of other matter.—*The Sanitarian.*

#### FOLLOWED THE PRESCRIPTION.

A PENNSYLVANIA diploma-mill "professor" gave a graduating class the advice never to acknowledge ignorance, but always, when called, to give some treatment. One of the class settled in Williamsport. The "professor," while visiting the town, got a bone in his throat, and called in his former student, who gravely proceeded to grease him. The absurdity of the procedure caused the "professor" to laugh violently, which dislodged the bone, whereupon he demanded of his student why he had been greased, who replied: "You told me when I was about to graduate, always to do something, so I greased you, not knowing what else to do."—*Health Record.*

DR. JAMES BLAKE advises the consumptive to join with several friends, procure horses and wagons, and set off upon a long journey, sleeping in the open air, no matter what the weather. He seems to think this the only way in which it is possible to induce the consumptive to sleep in the fresh air.

NEVER chide your husband before company, nor prattle abroad of affairs at home. What passes between two people is much easier made up before than after it has taken air.

## Disease and its Causes.

### WHAT RULES THE WORLD.

THEY say that man is mighty,  
He governs land and sea,  
He wields a mighty scepter  
O'er lesser powers that be;  
But a power mightier, stronger,  
Man from his throne has hurled,  
"For the hand that rocks the cradle  
Is the hand that rules the world."

In deep, mysterious conclave,  
'Mid philosophic minds,  
Unraveling knotty problems,  
His native forte man finds;  
Yet all his "ics" and "isms"  
To heaven's four winds are hurled,  
"For the hand that rocks the cradle  
Is the hand that rules the world."

Behold the brave commander  
Staunch mid the carnage stand,  
Behold the guidon dying  
With his colors in his hand.  
Brave men they be, yet craven  
When this banner is unfurled;  
"The hand that rocks the cradle  
Is the hand that rules the world."

Great statesmen govern nations,  
Kings mould a people's fate,  
But the unseen hand of velvet  
These giants regulate.  
The iron arm of fortune  
With woman's charm is purled,  
"For the hand that rocks the cradle  
Is the hand that rules the world."

—American Israelite.

### HOME DUTIES OF THE FATHER.

BY MRS. E. G. WHITE.

WHILE we have dwelt upon the importance of the mother's work and mission, we would not lightly pass over the duty and responsibility of the husband and father, in the training of his children. His efforts should be in harmony with those of the God-fearing mother. He should manifest his love and respect for her as the woman he has chosen and the mother of his children.

Many husbands do not sufficiently understand and appreciate the cares and perplexities which their wives endure, generally confined all day to an unceasing round of household duties. They

frequently come to their homes with clouded brows, bringing no sunshine to the family circle. If the meals are not on time, the tired wife, who is frequently housekeeper, nurse, cook, and housemaid all in one, is greeted with faultfinding. The exacting husband may condescend to take the worrying child from the weary arms of its mother, that her arrangements for the family meal may be hastened; but if the child is restless, and frets in the arms of its father, he will seldom feel it his duty to act the nurse, and seek to quiet and soothe it. He does not pause to consider how many hours the mother has endured the little one's fretfulness, but calls out impatiently, "Here, mother, take *your* child." Is it not *his* child as well as hers? Is he not under a natural obligation to patiently bear his part of the burden of rearing his children?

In most families there are children of various ages, some of whom need not only the attention and wise discipline of the mother but also the sterner, yet affectionate, influence of the father. Few fathers consider this matter in its due importance. They fall into neglect of their own duty, and thus heap grievous burdens upon the mother, at the same time feeling at liberty to criticise and condemn her actions according to their judgment. Under this heavy sense of responsibility and censure, the poor wife and mother often feels guilty and remorseful for that which she has done innocently or ignorantly, and frequently when she has done the very best thing possible under the circumstances. Yet when her wearisome efforts should be appreciated and approved, and her heart made glad, she is obliged to walk under a cloud of sorrow and condemnation, because her husband, while ignoring his own duty, expects her to fulfill both her own and his to his satisfaction, regardless of preventing circumstances.

He feels that his wife belongs to him, and is subject to his order and dictation, and liable to fall under his disapprobation. Who gives him this right of dictation and condemnation? Does the law of God, which commands him to love God with all his heart, and his neighbor as himself? Does he find it among the injunctions of the apostles, who exhort, "Husbands, love your wives, and be not bitter against them"? No, there is no moral or religious defense for such an unjust authority.

Domestic duties are sacred and important, yet

they are often attended by a weary monotony. The countless cares and perplexities become irritating, without the variety of change and cheerful relaxation which the husband and father frequently has it in his power to grant her if he chose, or rather if he thought it necessary or desirable to do so. The life of a mother in the humbler walks of life is one of unceasing self-sacrifice, made harder if the husband fails to appreciate the difficulties of her position and to give her his support.

But to return to the father who has so unconcernedly resigned the fretful child to its mother. How is his time employed while she is doing the double duty of preparing the meal and quieting the child? Frequently he may be seen, his feet elevated to a level with his head, reading a newspaper and smoking a cigar. Tobacco, then, is his solace. There are his children, of various ages, and of restless, nervous temperament, transmitted to them by the tobacco or liquor-using father. But, after giving those children their stamp of character by his own morbid appetite and selfish indulgence, he shirks the responsibility of training them, and of correcting the faults which they have received as a legacy from him.

Fathers should unbend from their false dignity, deny themselves some slight self-gratification in time and leisure, in order to mingle with the children, sympathizing with them in their little troubles, binding them to their hearts by the strong bonds of love, and establishing such an influence over their expanding minds that their counsel will be regarded as sacred.

The average father wastes many golden opportunities to attract and bind his children to him. Upon returning home from his business he should find it a pleasant change to spend some time with his children. He may take them into the garden, and show them the opening buds, and the varied tints of the blooming flowers. Through such mediums he may give them the most important lessons concerning the Creator, by opening before them the great book of nature, where the love of God is expressed in every tree, and flower, and blade of grass. He may impress upon their minds the fact that if God cares so much for the trees and flowers, he will care much more for the creatures formed in his image. He may lead them early to understand that God wants children to be lovely, not with artificial adornment, but with beauty of character. the charms of kindness and

affection, which will make their hearts bound with joy and happiness.

Fathers, the golden hours which you might spend in getting a thorough knowledge of the temperament and character of your children, and the best method of dealing with their young minds, are too precious to be squandered in the pernicious habit of smoking, or in lounging about the dram-shops.

The indulgence of this poisonous stimulant disqualifies the father to bring up his children in the nurture and admonition of the Lord. The directions given by God to the children of Israel were that the fathers should teach their children the statutes and precepts of his law, when they rose up, and when they sat down, when they went out, and when they came in.

This commandment of God is too little heeded; for Satan, through his temptations, has chained many fathers in the slavery of gross habits and hurtful appetites. Their physical, mental, and moral powers are so paralyzed by these means that it is impossible for them to do their duty towards their families. Their minds are so besotted by the stupefying influences of tobacco or liquor that they do not realize their responsibility to train their children so that they may have moral power to resist temptation, to control appetite, to stand for the right, not to be influenced to evil, but to wield a strong influence for good.

Parents, by a sinful indulgence of perverted appetite, often place themselves in a condition of nervous excitability or exhaustion, where they are unable to discriminate between right and wrong, to manage their children wisely, and to judge correctly their motives and actions. They are in danger of magnifying little matters to mountains in their minds, while they pass lightly over grave sins. The father who has become a slave to abnormal appetite, who has sacrificed his God-given manhood to become a tobacco inebriate, cannot teach his children to control appetite and passion. It is impossible for him to thus educate them either by precept or example. How can the father whose mouth is filled with tobacco, whose breath poisons the atmosphere of home, teach his sons lessons of temperance and self-control? With what dignity can he exhort them to shun the wine-cup, when he himself has fallen beneath the tempter's power, and is bound by an appetite that has no foundation in nature? He is in no condition

to rouse moral courage and independence in the young.

When we approach the youth who are acquiring the habit of using tobacco, and tell them of its pernicious influence upon the system, they frequently fortify themselves by citing the example of their fathers, or that of certain Christian ministers, or good and pious members of the church. They say, "If it does them no harm, it certainly cannot injure me." What an account will professed Christian men have to render to God for their intemperance! Their example strengthens the temptations of Satan to pervert the senses of the young by the use of artificial stimulants; it seems to them not a very bad thing to do what respectable church-members are in the habit of doing; but it is only a step from tobacco using to liquor drinking; in fact, the two vices usually go together.

Thousands learn to be drunkards from such influences as these. Too often the lesson has been unconsciously taught them by their own fathers.

A radical change must be made in the heads of families before much progress can be made in ridding society of the monster of intemperance.

If tobacco is what it is often claimed to be, a nerve quieter instead of a nerve paralyzer; if it is such a solace to men that they require it just before eating, just after eating, and most of the time between; if it is so great a comforter that large amounts should be expended upon it, and many hours of precious time devoted to indulging in its use, then why should not women use it? Would it not be as beneficial to them as to their fathers, husbands, and brothers? Women have cares and perplexities to soothe, and, viewed from the standpoint of the tobacco inebriate, they are sustaining great loss, and practicing a useless self-denial, in refraining from the luxury which affords their husbands and sons so much comfort and strength.

If men cannot maintain their energy and spirits without this stimulus, what martyrdom do women constantly practice in letting it alone! The very fact that women do live, and bear the heaviest burdens of mind and body without its aid, and that the best men conscientiously refrain from using it, is evidence that tobacco using is a necessity to no one, but simply a habit which enslaves its victim in a terrible bondage.

God forbid that woman should degrade herself to the use of a filthy and besotting narcotic. How disgusting is the picture which one may draw

in the mind, of a woman whose breath is poisoned by tobacco. One shudders to think of little children twining their arms about her neck, and pressing their fresh, pure lips to that mother's lips, stained and polluted by the offensive fluid and odor of the tobacco. Yet the picture is only more revolting because the reality is more rare than that of the father, the lord of the household, defiling himself with the disgusting weed. No wonder we see children turn from the kiss of the father whom they love, and if they kiss him seek not his lips, but his cheek or forehead, where their pure lips will not be contaminated.

#### LIVING LONG AND HAPPILY.

You sometimes see a woman whose old age is as exquisite as was the perfect bloom of her youth. She seems condensed sweetness and grace. You wonder how this has come about; you wonder how it is her life has been a long and happy one. Here are some of the reasons:

She knew how to forget disagreeable things.

She understood the art of enjoyment.

She kept her nerves well in hand, and inflicted them on no one.

She believed in the goodness of her own daughters and in that of her neighbors.

She cultivated a good digestion.

She mastered the art of saying pleasant words.

She did not expect too much from her friends.

She made whatever work came to her congenial.

She retained her illusions, and did not believe that all the world was wicked and unkind.

She relieved the miserable and sympathized with the sorrowful.

She retained an even disposition and made the best of everything.

She did whatever came to her cheerfully and well.

She never forgot that kind words and a smile cost nothing, but are priceless treasures to the discouraged.

She did unto others as she would be done by, and now that old age has come to her and there is a halo of white hair about her head, she is loved and considered.

This is the secret of a long life and a happy one.—*Ladies' Home Journal*.

SELF-RESPECT will wear better than flattery.

### THE APPLE CURE.

#### A Subscriber's Experience.

IN December, 1861, the writer of this sketch was located at Smithton, Pettis Co., Mo. His business at that time was to carry a rifle, and do his share in guarding that section of the Missouri Pacific Railroad lying between Sedalia and Otterville. Having at that time flour, salt pork, and coffee as staple articles of food, and being exposed to the cold, he contracted the yellow jaundice. Then he was summoned before the army surgeon, and the following dialogue between the surgeon and himself took place:—

*Surgeon*—"Got the jaundice."

*Patient*—"I am aware of it. Can you not excuse me from duty, and let me return to my quarters? I see the hospital is overcrowded; and I would rather not take much medicine. Please excuse me from duty, and give me a chance to get well at my quarters."

*Surgeon*—"Here is a little medicine—a few dried camomile flowers. Steep them in water, and use freely or sparingly just as you please, and report to me again after three days."

I took the little packet of camomile blossoms, and stalked to my quarters, feeling that I had obtained a victory. I made a little camomile tea, and sipped about a teaspoonful of it, and threw the rest away; and that was all the medicine I took. Then, since I had decided not to take any more of the surgeon's medicine, I sat down to study out a plan of dieting, hoping to cure my jaundice that way. I reasoned this way: I crave sour things, and I believe if I can get the right kind of sour things in sufficient quantity to satisfy my craving, I will get well. Just about the time I was excused from duty, the colonel of our regiment issued an order, addressed to the farmers living round about us, to bring into camp fresh provisions of various kinds, and sell them to the soldiers for their health. The colonel offered to furnish guards to protect the farmers from such soldiers as were disposed to steal from them. The order was promptly responded to, and within three days dressed chickens, head-cheese, apple-butter, cider, pies, doughnuts, vegetables, and *apples* came into camp for sale. I looked over the market and decided to try the apple cure. Apples of good quality could be bought any day for a cent apiece. About the second day after the surgeon had excused me from

duty, I bought twenty-five good tart apples and began treatment. I ate on an average twenty-five apples a day for fifteen days, varying my diet by the addition of pilot-bread, when I craved it. Pilot-bread is pure unleavened bread—the simplest bread that can be made from flour. After three days I reported to the surgeon, and he remarked, "You are no worse. He asked me no questions for a week or more, and the second time I reported, seeing I had improved considerably, he inquired about how much of that medicine he gave me I had taken. On being told, "None, to speak of," he said no more. On Christmas-day I was pronounced cured, and was accordingly returned to duty the day after Christmas. A diet of sour apples, with a little pilot-bread sandwiched in occasionally, cured me of the yellow jaundice within three weeks.

GEORGE W. COPLEY.

*Huntsville, Ark.*

NINETY-THREE thousand Englishmen, 57,000 Irishmen, and 17,000 Scotchmen emigrated to the United States in 1889; 22,000 English, 2,000 Irish, and 3,000 Scotch went to Canada; 23,000 English, 2,000 Irish, and 2,000 Scotch went to Australia; while to "all other places" went 24,000 English, 2,000 Irish, and 1,000 Scotch. The totals for the year show 164,000 English emigrants, 64,000 Irish, and 25,000 Scotch.

MANY people use glycerine on their hands when they go to bed, wearing gloves to keep the bedding clean. But glycerine does not agree with everyone; it makes some skins harsh and red. These people should rub their hands with dry oatmeal and wear gloves in bed.

*Pat* (in gaping wonder at the letters on a Hebrew butcher's sign)—"Here, Mike, 'tis yerself has the foine larnin'. Can yez rade that now?"

*Mike*—"I cannot; but if I had me flute here, I belave I cud play it."—*Boston Commercial Bulletin.*

SHAMEFUL SLAUGHTER OF COWS IN INDIA.—Over 125,000 cows are slaughtered annually in India to feed the British soldiers, and the supply of milk is consequently so scarce that thousands of native children die yearly.—*Philadelphia Record.*

VANITY is the weed that real culture destroys.

## Miscellaneous.

### RUSTLING LEAVES.

DRIFT the leaves beneath my feet,  
Rustling solemn, low, yet sweet;  
Solemn, for to me they say,  
"Time is passing swift away."

Like a softly-falling dirge,  
In most gentle tones, they urge  
Me to improve the present time,  
For to-morrow is not mine.

Yes, the days are gliding by,  
Coming, going, swift they fly.  
Rustling leaves, your message sweet  
I would voice, and oft repeat.

It is this,— "Though death reigns here,  
Turning all things brown and sear,  
Soon will dawn that cloudless day,  
Never marred by foul decay.

"Let our low, sweet rustling say  
Unto you, 'Each transient day,  
And each swift declining year,  
Do but bring redemption near.'"

MRS. M. J. BAHLER.

Oakland, Cal.

### CANCER; ITS TREATMENT.

BY G. H. STOCKHAM, M. D.

(Continued.)

WE have in former pages given a description of cancer, its peculiar formation, that it takes its name from a crab, from its resemblance to that crustacean, having roots which extend, like its claws, from the main tumor, through which it receives its nutriment. We have also stated what medical authorities have to say as to the causes which produce it, and our own conceptions on that part of our subject.

When we consider its terrible malignancy, especially towards its latter stages, when the whole system becomes thoroughly poisoned by the absorption of its own secretions, or juices, the intense suffering, and its fatal tendency, we may well ask, "Is there no balm in Gilead?" Has the Creator made no provision in all the realms of nature by which his creatures may escape from its ravages?

The answer to these questions, to the best of our ability, will be the subject of the following discussion. That it is one of the greatest importance is apparent, and demands as full an elucidation as possible.

We have shown that cancer is both a local and a constitutional disease, local as to the organ or part of the system to which it is attached, but constitutional as to its causes; that a predisposition to the disease must exist in the organism; that the longer it remains the greater the absorption of vital force and derangement of the body, *on which* as well as *in which* it exists.

It is evident, then, that the only hope of success in its cure lies in its being treated locally by removal of the tumor, and constitutionally by eliminating the cancerous taint, and thereby preventing its growth and possible return.

We shall first discuss the usual treatment as taught and practiced by the profession and by other practitioners.

Cancer is generally considered by all, or nearly all, medical writers, and by the profession at large, as an incurable disease, which idea is clearly expressed by one of the most distinguished teachers in the profession, an operative surgeon of our own country. He says, "Gentlemen, I never cured a cancer, and I don't believe that any other man ever did." Having operated without success so frequently, he reiterates his determination "never again to use the knife; that if any cure exists, it must be sought for, either *in agents we have not yet tried*, or in some *principle* which has not yet been developed;" yet this abortive method is still advocated and practiced by nearly all educated physicians, and taught in all the medical colleges in this and European countries, on the ground "that it retards the progress of the disease;" that, being incurable—in their opinion—"it is right and proper to palliate the suffering;" that this painful operation is an anodyne, because the patient dies sooner and dies easier.

The certain failure of the knife operation, even in the early stages of the disease, is because small portions of the diseased substance nearly always remain, also the small rootlets which proceed from the main tumor. These rootlets, many in number, may be, branching off in different directions under the cuticle, often extending for several inches from it, indistinguishable to the naked eye, and which have acted as feeders for the support of the cancer, are not removed by the operation. From each of these small roots almost invariably spring up new growths, which frequently surround the part removed by the surgeon, the result being that the patient is left in a far worse condition than before

the operation, rendering it absolutely abortive of any permanent curative result.

A prominent physician—now not living—who made cancerous diseases a specialty, and who had gained the reputation of being quite successful in their treatment for some years, and thereby obtained an ephemeral celebrity, adopted the following plan of procedure: He first removed the cancer with the knife, after which he applied caustic potash to destroy any portion of the tumor which might remain, which he could discover, and then applied emollient poultices to the eschar to induce suppuration, and heal by granulation; but this treatment, from repeated failures, he found inoperative, because of the impossibility of effectually destroying the small roots, as before stated. His reputation therefore must have been earned by removing benign tumors, which he had diagnosed as cancers.

The futility of this mode of treatment will be better understood by giving the history of a case which came under our own observation:—

A patient whose family physician we were, consulted us about a tumor in one of her breasts which had been increasing in size for many months. We pronounced it cancer. Not being an operative surgeon, and being unwilling to take the responsibility of treating it, we advised her to consult the physician above mentioned, who was then in the heyday of popularity. She accordingly made immediate preparation and left for New York, where he then resided, and put herself under his care. He removed the tumor with the scalpel, then applied the caustic, and the emollient poultices above mentioned. She remained several months, until the eschar was nearly healed, when he sent her home as cured; but it never thoroughly healed; instead, other tumors commenced forming, which extended around the excised breast, and under the armpits, and her whole system became impregnated with cancerous deposits. She lingered in pain and agony for about six months, when death released her from her intense suffering.

Another mode of treatment has been resorted to by some practitioners, which has been found to be equally inefficacious, and far more painful than the knife. Caustic was repeatedly applied to the tumor until it was entirely destroyed—as was supposed—and with it the sound parts to a considerable extent as well, and the eschar treated as before stated; but this plan soon got into disrepute, and was aban-

doned, for the following reasons: It was far more painful than the knife, and possessed no practical advantage over excision, the rootlets still remaining to do their deadly work in this case, as in the others named.

Of late years many persons, both in the profession and outside of it, are using plasters to destroy the fungus, then healing the raw surface by subsequent applications. The composition of these plasters is generally kept secret, which is not in accordance with the ethics of the profession. However this may be, they cannot be highly censured. If a physician or other person discovers a principle of treatment and remedies not known to the profession, which are more successful than those in general practice, it is human nature that he should endeavor to derive some pecuniary profit from the discovery if valuable. "*Pro bono publico*" is the motto advocated by physicians as a body, but is generally ignored by the individual.

Various plasters are now in use, the object of all being the same, namely, the destruction of the cancer, paying little attention to constitutional treatment. Their mode of action, however, is more or less different in each. One of these, to distinguish it from all others, is called the "Iron Clad," because it adheres so tenaciously to the tumor that it cannot be removed until all the tissues underneath it are destroyed, good flesh and morbid. This generally requires about three weeks. During this whole period the patient suffers the most excruciating agony. But there is no certainty that the whole tumor is destroyed.

Although reported to be successful in some cases, it soon got into disrepute on account of the intense pain it caused, and its long continuance, which few could bear without producing serious constitutional derangement.

#### CHARACTER STUDIES AND A CAUSE. NO. 6.

BY FANNIE BOLTON.

DURING the lecture, Elsie watched with interest the effect on the audience. The people of the little town crowded up, together with Indian braves with plasters in their hair, and squaws with pottery to sell, but they were kept at bay until the lecture was over.

The traveling man and the rouged girl stood arm in arm, and ogled and giggled, and finally walked off to a restaurant-stand close by.

The loggers spat tobacco juice on the walks, but most of the people listened with interest, and Mr. Kelsey declared to Laurence the next day that immediate good results were seen in his car, as the whole conversation was on the theme of his lecture, and before it had been only the most commonplace and unprofitable.

"I wish," said Mr. Kelsey, "that we had literature to follow the interest."

"We have," said Laurence unstrapping his big valise. Mr. Kelsey and Laurence managed to get the permission of the train-boy, and distributed tracts and pamphlets, and loaned books and journals, and Laurence took several subscriptions for the journal, and was very happy and busy in his work.

Elsie was not idle either. After the Dutchman had supplied his boy with victuals, he seemed to feel that his responsibility ended, and the poor boy wandered around in a disconsolate fashion.

Elsie drew him into her seat. Then, seeing how dirty he was, she took him to the toilet-room and gave him a motherly scrubbing and combing, and then comforted him with a slice of fruit-bread and some apples.

"Where do you live?" asked Elsie.

"Don't live someveres," said the boy. "Somedimes von place, somedimes anoder."

"Where's your mother?"

"Don't got no moder. She's gone died," said the boy with no apparent realization of his loss.

"Poor little fellow!" said Elsie. "Do you go to school?"

"Nien."

"Can you read?"

"Nien."

"What do you do?" asked Elsie. "Do you play with the children?"

"Nien. Shoust go mid mine fader down mid de pork shop. I verk all de dime."

"Well, that is better than just lounging around," thought Elsie. "But what a dreary little boy! Would you like to go to school with the children and learn to read?"

"Yah," with a smile of delight.

"I'm just going to ask your father to let you."

Elsie took the little boy's hand, and for his sake managed to take the seat the Dutchman offered at his side.

"You vas von goot lady. My poy likes you," said the Dutchman.

"Yes, and you like him, don't you? He's a smart little fellow."

"You bet he is," said the Dutchman. "He can do much verk."

"Yes," said Elsie, "but he ought to go to school. He would learn quick, and would be able to help you very much more than at present. He would soon learn to read and write. Won't you send him to school?"

"Vell, I vill tink about dat. I haf not tink about it," said the Dutchman, scratching his head. "But I haf no blace for him. I took him mid me along to de shop every since his moder gone died, and he is a great poy to verk."

"Well, now let him go to school. Haven't you some good woman in mind that would take care of him like a mother?"

"No, I haf not," said the Dutchman with a serious look on his face. "I haf tried two or dree dimes for to get anoder voman, but dey vill not haf me, but I dink I vill get von yet," he continued more hopefully.

"No doubt," said Elsie, "but hasn't your little boy a good aunt somewhere?"

"Vy surely," exclaimed the Dutchman. "Dat is shust de ting. Vat a fool I vas not to tink of dat. She lives in de country, and her poy goes mid de school. How is dat, Hans? How would you like to go mid your cousins out?"

Hans looked perfectly delighted. So after a few hours of thinking, the Dutchman got Elsie to write a note to his wife's sister, telling her to meet them at the village. When they left the car for another route, Elsie said, "How glad I am that that poor boy will have a mother, some children to play with, and a chance for an education; and I do hope the good-hearted old Dutchman will get another good woman (she would have to be good to marry him) to clean him up. I declare, Laurence, as far as my observation goes, it seems to me that men need mothering from their babyhood up."

"Oh, I'm so tired, don't make me laugh, Elsie! But I'm willing to be treated like a great tired boy, and I'm glad I've got you.

Elsie arranged the pillows and covered Laurence with her shawl. Then she opened a package the Dutchman had given her as a parting present. He had handed it to her saying, "You vas kind to my poy, and give him some bread, and I give you dis for your dinner."

It was a great chunk of dried beef that looked

dirty and coarse, and smelled of its contact with the Limburger cheese.

"O Laurence, do look! The Dutchman has given me this for our dinner! Do you imagine yourself with a flow of heavenly thought after feeding on this? I suppose the old man thought we were given to meat eating. What shall I do with it?"

"Throw it out," said Laurence. "The quicker the better."

As Elsie could not get to the door for the men standing around it, she laid it on the sill near the wood-box, to wait another opportunity. The porter picked it up, and she saw him afterward eating it with evident relish.

"I had a most terrible experience this morning," said Elsie.

"What was it?" asked Laurence.

"That little Dutch boy brought me a piece of fresh baker's bread covered with what I supposed was butter. He wanted to pay me back for what I had given him, and insisted on my tasting it, saying it 'vas so goot.' I took a bite to please him, and O Laurence! it was spread with that horrible Limburger cheese. You can imagine the situation I was in. Of course I couldn't make up a grimace or spit it out, and so mar the poor child's pleasure as he stood grinning at me; and there I stood with that bite in my mouth, and I smiled and smiled like Shakespeare's villain, when I felt like—oh, I can't describe it! I hurried away as soon as I could and spit it out, and washed my mouth and hands till I got rid of the taste and smell."

Laurence laughed, and the young man across the way, who had heard the experience, joined in, and began conversation with Elsie on the Dutchman's peculiarities, which he declared were worse than Ah Sin's.

The next morning the train pulled up at E. The president of the Health and Temperance work was on the platform, waiting for Laurence and Elsie, but before Laurence recognized him, he shook hands with his many acquaintances.

Elsie took the young man's address who was on his way to the mines, and promised to write him a good sisterly letter occasionally. Laurence and the sarcastic young man proposed to continue their friendship by correspondence. The old-time beauty gave Elsie a five-dollar gold piece with which to do some poor soul good, and the

lady who had seen better days burst into tears as she bade her good-by, promising to write her of the many reforms she hoped to make. She upbraided herself for the many mistakes she had made in her married life. "I can see," she said, "since reading your books and hearing that lecture, that I have not done what I might have done to save my husband. I am going to go back to him and try again to save him and the children."

The traveling man had left the berouged girl, and seemed to be bargaining for a hack, and Elsie could not forbear speaking to her. The tears were in her eyes as she extended her hand and said, "Be careful, dear, and don't go anywhere with that wicked man. When a woman's purity and honor are stained, everything is lost. Remember that Christ died to save you."

The girl jerked her hand away and muttered something about "poking her nose into other people's affairs," and Elsie sighed as she saw the traveling man and the girl take a hack together and drive away.

"Well," said the impatient president of the committee, "you seem to have had a host of acquaintances on that train. I suppose you are all in good trim for hard work after your week's rest on the cars."

"Never better!" said Laurence.

"Rest!" exclaimed Elsie. "Why, Laurence has worked like a major ever since we left the coast. This large valise was full of literature, and he has distributed it to the passengers, taken orders for books and papers, helped men to reform, and only the great harvest-day will tell the results of his work."

"And I suppose you urged him on, little girl?"

"Oh, I didn't have to! I can't think of anything I did that is worth mentioning," said Elsie.

"That's all very well for her to say," said her brother, "but she has been the key to open hearts, or rather, I suppose neither of us have been anything but the rough instruments in the hands of the Lord. He has been good to us. And now what is there to be done here?" asked Laurence.

So they walked away, conversing together. The chairman put his fingers together in a very impressive gesture, and talked very earnestly, and a spectator might have thought from the serious aspect of the three friends that there was indeed most earnest work to do.

# Temperance.

## THE INEBRIATE'S LAMENT.

[The following lines were specially favorite with John B. Gough, having been written for him by a special friend, in full sympathy with his life-work.]

WHERE are the friends that to me were so dear,  
 Long, long ago?  
 Where are the hopes that my heart used to cheer,  
 Long, long ago?  
 Friends that I loved in the grave are laid low;  
 Hopes that I cherished are fled from me now;  
 I am degraded, for rum was my foe,  
 Long, long ago!  
 Sadly my wife bowed her beautiful head,  
 Long, long ago.  
 Oh, how I wept when I knew she was dead,  
 Long, long ago!  
 She was my angel, my love, and my guide;  
 Vainly from ruin to save me she tried;  
 Poor, broken heart! It was well that she died,  
 Long, long ago.  
 Let me look back to the days of my youth,  
 Long, long ago.  
 I was no stranger to virtue and truth,  
 Long, long ago.  
 Oh! for the hopes that were pure as the day;  
 Oh! for the loves that were purer than they;  
 Oh! for the manhood I squandered away,  
 Long, long ago.

## THE DRUNKARD'S RAILROAD.

TRAINS MOVE BY THE FOLLOWING PROGRESSIVE  
 TIME-TABLE.

LEAVE.	EXPRESS.	
Sobriety,	5 00	Reformationsburg,
Rumselfersville,	5 15	Robberstown,
Sippington,	5 25	Delirium Falls,
Tippleton,	6 00	Demonland,
Topersville,	6 13	Hornetsnest Thicket,
Loafersburg,	6 30	Snakesburg,
Rowdyville,	6 45	Screech-owl Forest,
Quarrelville,	7 00	Dismal Swamp,
Liarsville,	7 10	Hobgoblin Woods,
Fightington,	7 15	Rattlesnake Ledge,
Cursington,	7 23	Dark Tunnel,
Guzzler's Junction,	7 35	Whirlwind Crossing,
Drunkard's Curve,	8 00	Thunderland,
Debauch Slough,		Poison Switch,
Rioter's Hollow,		Bloody Chasm,
Arson Crossing,		Maniac March,
Theives' Gulley,		Misery Thicket,
Gambler's Causeway,		Desperation,
Kill-Conscience Cut,		Suicide Cave,
Prisonont,		Murderer's Gulch,
Beggarstown,		Hangman's Hollow,
Pauper Desert,		DEAD RIVER, OR PERDITION.

LIGHTNING EXPRESS.

☞ All trains will stop at Reformationsburg, if passengers desire to leave at that station. But all

persons so stopping will forfeit their through tickets to Perdition.

☞ Daily patrons of the road above Tippleton, supplied with through tickets at reduced rates.

☞ From Drunkard's Curve the train is an express—all taking in being done above that station, and principally of respectable people. Passengers for all places beyond are thrown out without stopping the train, except at Reformationsburg.

☞ Persons desiring to leave the train will find the stages of the Temperance Alliance at Drunkard's Curve ready to convey them free to any of the villages upon Cold Stream River.

☞ Passengers not allowed to stand on the platform, or to put their heads out of the window, below Debauch Slough, the corporation not wishing to alarm persons who are not patrons of the road.

☞ Sleeping-cars are provided for through passengers, who will be awakened frequently, that an opportunity for alcoholic refreshments may be given.

☞ Persons living in the vicinity of this road must "look out for the engine," as no bell is rung or brakeman employed below Drunkard's Curve, and the company disclaim all responsibility for damages.

☞ All baggage at the risk of owners. Widows and orphans in pursuit of baggage lost by friends on this road, are informed that the corporation will adhere strictly to the usage of the road, and positively will not restore lost baggage.

☞ The conductor of the morning Jersey Express is T. H. E. Devil, Esq., well known to the traveling public who patronize our line, and popular at the principal stations on the Dead River Line.

☞ Being the ruler of perdition, he spares no pains in securing the through tickets, or rendering other services to passengers bound for his kingdom.

☞ Passengers in the sleeping-cars, especially stockholders, will be waked up at Screech-owl Forest, Thunderland, and at the end of the road.

☞ Stages from Tobaccoland connect with all trains.

☞ Special trains will be dispatched at any time, on application made to the superintendent, for political conventions, picnic parties, and all associations owning allegiance to King Gambrinus, or King Alcohol.—*Health Reformer.*

**AN APPEAL IN BEHALF OF CONSTITUTIONAL PROHIBITION OF THE LIQUOR TRAFFIC IN THE STATE OF NEBRASKA.**

*To All Friends of Constitutional Prohibition:—*

The adoption of the pending prohibitory amendment will destroy the liquor traffic in Nebraska. It will complete the extension of prohibition territory from Texas to Canada, and from the Mississippi River almost to the Rocky Mountains. It will protect the borders of the present prohibition States of the West, and greatly assist in the enforcement of the liquor laws in all these States. It will be the repudiation of high license by the people who have given it the longest and fairest trial, and the indorsement of prohibition by the closest neighbors of the people of Kansas and Iowa. It will encourage and strengthen prohibition sentiment throughout the nation.

The unusual importance of the contest is fully understood and appreciated by the national liquor associations. Their financial resources are practically exhaustless. Great newspapers are being bribed to suppress the truth and disseminate falsehood. Avarice, appetite, ignorance, prejudice, and passion are being carefully fostered and appealed to in the interests of the liquor traffic. That, wherever possible, fraud will be attempted at the coming election is reasonably certain.

But the people of Nebraska are of more than average intelligence. From the presence of the lawless and licentious elements of population, which congregate in large cities and in mining and manufacturing communities, the State is comparatively free. If the relative effects of prohibition and license are fairly and fully presented to the voters of Nebraska, a large majority for the prohibitory amendment may be confidently expected. If the friends of constitutional prohibition in other States will contribute one-tenth as much to secure its adoption as liquor dealers in other States will expend to defeat it, we will be reasonably certain of victory.

The Non-Partisan Prohibitory Amendment League has been organized solely for the purpose of securing the adoption of the proposed prohibitory amendment to the constitution of Nebraska. It is composed of members of all political parties. It is the only State organization in Nebraska broad enough in its character to receive into its membership, and furnish work for, every man, woman, and

child of whatever religious or political belief, who favors constitutional prohibition. In its fight against the combined liquor interests of the nation it needs the active sympathy and financial aid of the temperance sentiment of the whole nation. It needs such aid now. Splendid opportunities for vote-making are being neglected for want of funds to utilize them. You are invited to aid the league in its fight for prohibition, by contributing to the campaign fund, and by asking your friends to do likewise. Will you not induce your local temperance and church organizations to take a collection to aid in the Nebraska campaign for the American home? Every dollar received will be so expended as to secure the best results in vote-making. Send all contributions to the league treasurer, Hon. John M. Stewart, at Lincoln, Nebraska.

C. A. ATKINSON, *Pres.*

C. A. ROBBINS, *Sec.*

**"NO DRUNKARD."**

A LADY who often visited in a large Liverpool hospital became greatly interested in a fine young soldier; he was very ill, but bore great pain with true soldier-like courage.

One day the young fellow said to the visitor: "I should like to tell you of a scene I shall never forget. To my dying day I shall hear the ringing words I want to repeat to you. At the time of which I speak we were in Jamaica. In our regiment there was a fine young fellow, the son of a clergyman in the south of England. His father found that his example and influence were doing much harm in his parish, and that all remonstrance with him was in vain. He told him, therefore, that he must give up drink (the cause of all the trouble) or leave home. The young man deliberately chose the drink, left his happy home, and, before many months had passed, enlisted as a common soldier. He was a great favorite in the regiment when he was sober, but he drank whenever he got an opportunity. One day, in a drunken quarrel, he received terrible injuries to the back of his head. He was taken to the hospital and put in the bed next to mine. He lay motionless and quite unconscious, and looked as if he were dead. Hour after hour passed, and still there was no change.

"The doctor and nurse came and went, but the handsome young fellow saw and heard nothing.

At midnight he suddenly opened his eyes, and the stillness of the quiet wards in that Jamaica hospital was broken by a young man's ringing tones of agony, as he said:—

“My comrades, I've been up to the golden gates of heaven, and they are shut against me! and all on account of the drink!”

“Then came a short pause, and then once more he spoke, in ringing, pleading tones:—

“O my comrades, beware of the drink!

“The next moment he closed his eyes and expired.”

Such was the young fellow's account. Do you wonder that those solemn, dying words made a lasting impression upon him?—*F. E. T., in Young Men's Review.*

#### DRUNKENNESS FROM COFFEE.

DR. MENDEL, of Berlin, calls attention to the use of coffee, in a manner to make his remarks of importance. The inebriety of coffee, if not as dangerous to others, may be as harmful to its subject as alcoholism, and generally leads to it. Dr. Mendel's studies have covered Germany, but he has given special observation to the great working force in the gun factories at Essen, where wages are high and employment uninterrupted, and a comparative degree of luxury is within the reach of all.

The people of Essen drink immense quantities of coffee, bringing the average for a large portion of them up to a pound a week, many men taking much more than that. The result is a form of neurosis, in which the nerves are disturbed in a degree and manner approaching that which accompanies *delirium tremens*. Intoxication is followed by gloom and sleeplessness, and about all the disorders characteristic of acute nervous derangement, added to a hate for work. As in the use of alcohol or opium, temporary relief can be had by more and stronger coffee, by tinctures of coffee formed by crushing the berries in spirits; but the cure of a confirmed coffee drunkard is next to unknown, unless the final change to pure alcoholism be counted as a cure.

Troubles of this nature are said to be much more widely spread than one would think from the immediate evidence. Most of the stages of excessive coffeeism are too obscure to be apparent. And they are increasing. Tea is merely a weaker agent of the same sort, so that in fact there is no

such thing as a cup which cheers without inebriating. Moderation must be the law for tea and coffee as for alcohol.—*The Sun.*

#### GIRLS, DO YOU MIND?

“Do you mind if I finish my cigar?” I did a young man ask, as he seated himself in a carriage beside a pure young girl who I knew disliked the very sight and smell of a cigar.

Imagine my surprise to hear her answer, with apparent truthfulness, as they drove away, “Oh, no, sir!”

“What could have made Laura speak in that way?” was my wondering thought whenever the circumstance occurred to me afterward. I was bold enough to speak about it the next time I saw her, and this is what she said:—

“Why, I couldn't be so impolite as to tell him I did mind, when I was so little acquainted with him; and, besides, uncle would not like to have me rude to his friend. But I almost wish I had, for the smoke and ashes blew in my face all the way home. I suppose I told a lie, but I can't see any help for it.”

Now, dear girls, just as likely as not you have done the very same thing sometime, or will be tempted to do it in the future. Do you really think it would be so very rude to say, “I had rather you would not, if you please;” and would you care for his friendship very much if he was ungentlemanly enough to take offense, or sneer at what he might call your affectation?

And have you never thought that you would like to rescue your brothers and their young friends from the pernicious influence of “the weed,” which corrupts the very atmosphere of your homes, which should be as pure as the air outside? Then take your stand firmly against it, without fear of being thought rude, disagreeable, or fanatic.—*Selected.*

#### CIGARETTE INSANITY.

THE recent reports on insanity in Illinois show that 10 per cent of the insanity cases in Chicago are due to the use of the cigarette. Still, no restriction is put upon dealers in the poisonous thing, and it is sold freely throughout the State, while the most rigid laws are enforced against druggists who sell opium. The most of cigarette

packages contain a dangerous portion of opium when it is considered that a package a day is small consumption for a victim of the habit.—*Sel.*

#### ENGLAND AND CHINA.

PROFESSOR LEGGE, of Oxford, reports, in his "Religions of China," the following conversation between himself and the Chinese ambassador at London in 1877: "'You know,' said the Chinaman, 'both England and China. Which country do you say is the better of the two?' I replied, 'England.' He was disappointed, and added, 'I mean looking at them from a moral standpoint; looked at from the standpoint of benevolence, righteousness, propriety, which country do you say is the better?' After some demur and fencing, I again replied, 'England.' I never saw a man more surprised. He pushed his chair back, got on his feet, took a turn across the room, cried out: 'You say that, looked at from the moral standpoint, England is better than China! Then how is it that England insists on our taking her opium?'"

IN appearance the beer drinker may be the picture of health, but in reality he is most incapable of resisting disease. A slight injury, a severe cold, or a shock to the body or mind, will commonly provoke acute disease, ending fatally. Compared with other inebriates who use different kinds of alcohol, he is more incurable and more generally diseased.—*Scientific American.*

A GIRL of only twelve was committed as "a confirmed drunkard" to an industrial school in San Francisco, a short time since. Her mother stated that the girl would steal, beg, or do almost anything to get liquor, and that she had been drinking for nearly a year. All attempts either to reform her or prevent her getting liquor had been failures.

I NEVER suffer ardent spirits in my house, thinking them evil spirits, and if the poor could witness the white livers, dropsies, and shattered nervous systems which I have seen as a consequence of drinking, they would be aware that spirits and poison are synonymous terms.—*Sir Astley Cooper.*

IT is stated that there are 40,321 physicians in the Empire of Japan. The population of that country is put down at about 40,000,000.

SOME idea of the amount of patent medicine used, may be obtained from the fact that the manufacturer of a single medicine gave an order to glass manufacturer for more than three and one-half million bottles, to be delivered within the next six months.

THEY ARE NOT FOUND IN JAIL.—I have had 22,000 prisoners through my hands since I have been the governor of this jail, but though I have inquired, I have not discovered one teetotaler among them.—*Governor of Canterbury Jail.*

A NEW danger has been discovered in the use of tobacco. The makers of cigars are many of them tuberculous, and in moistening the tips with their saliva they are said to infect the cigars with tubercle bacilla. What next?

A LARGE Atlantic liner during one crossing is said to require as part of its provisions, 20,000 lbs. of meat, 2,000 lbs. of fresh fish, 10,000 eggs, 1,000 head of poultry, 360 tins of sardines, and six tons of potatoes.

BEWARE of drunkenness. It impairs the understanding, wastes the estate, banishes the reputation, consumes the body, and renders a man of the brightest parts the common jest of an insignificant clown.

"LAST year," says a recent lecturer, "the British nation consumed enough spirituous liquors to form a lake fifteen feet deep, one hundred and twenty feet wide, and ten miles long."

THE Jubilee of the Cunard fleet has been celebrated. It is just fifty years since the *Britannia*, the first Cunard steamer, started on her maiden voyage across the Atlantic.

RETURNS prepared by the Home Department show that in Japan there were, on January 1, 40,321 licensed doctors.

"THE happiest people I have ever met couldn't tell to save their life what made them so."—*Josh Billings.*

To a greater extent than we realize, the length of our lives lies with ourselves.

## Household.

### GOOD TEMPER.

THERE'S not a cheaper thing on earth,  
 Nor yet one half so dear ;  
 'Tis worth more than distinguished birth,  
 Or thousand gain'd a year.  
 It leads the boy a new delight,  
 'Tis virtue's firmest shield,  
 And adds more beauty to the night  
 Than all the stars may yield.

A charm to banish grief away,  
 To snatch the brow from care,  
 Turn tears to smiles, make dullness gay,  
 Spreads gladness everywhere.  
 And yet 'tis cheap as summer dew  
 That gems the lily's breast;  
 A talisman for love as true  
 As ever man possess'd.

What may this wondrous spirit be,  
 With power unheard before—  
 This charm, this bright divinity?—  
 Good temper!—nothing more.  
 Good temper!—'tis the choicest gift  
 That woman homeward brings,  
 And can the poorest peasant lift  
 To bliss unknown to kings.

—Swain.

### THE APPLE.

It can be truthfully said that the apple is the prince of fruit, and, as Dr. Holbrook says in his recent works, "Eating for Strength" and "Fruit and Bread," that "of all fruits the apple takes the chief rank. It may be safely said that, except the various kinds of grains, there is no product of the earth in this country which is so good for food as the apple. This noble fruit is no mere palate-pleaser; it is very nutritious. Not only is it more nourishing than the potato, but it contains acids mild and gentle, as well as pleasing to the taste, which act in a beneficent manner upon the whole animal economy. An apple-eater is very rarely either dyspeptic or bilious. It is the natural antidote to most of the ills the flesh is heir to. Full of vegetable acids and aromatic qualities, which act as refrigerants and antiseptics, what an enemy it is to jaundice, indigestion, torpidity of liver, etc. ! It is a gentle spur and tonic to the whole biliary system.

"Of all fruits the apple is the most nutritious, being the richest of all in sugar and albumen. A

good apple is digested in about one hour and a half, and, with wheat, constitutes the best possible food, and forms the most excellent bodily tissue. Rightly, then, is the apple regarded by vegetarians as the noblest of all foods. Its nutritive value is unquestionable.

"The apple has not only the greatest number of varieties of all fruits—over twelve hundred—but it is also the most widely diffused over the earth. It accompanies man everywhere except to the extreme polar region, nevertheless its true worth is seldom appreciated. In the country, apples and other fruits often constitute the almost exclusive food of children, but the inhabitants of cities often complain that they cannot relish them; that they cause flatulence, and that after eating much of them they observe a loss of physical strength. But all these symptoms only indicate a weakened or diseased stomach. In most cases it is warm food and stimulating drink that have thus impaired the natural capacity for the digestion of fruits. In those families where much fruit is eaten, especially apples, the children, and indeed all who thus live, are distinguished by their healthy appearance, red cheeks, and cheerful temper; while those who eat little fruit, and whose food is that of our fashionable tables, are often quite the reverse in appearance and disposition. Although the nutritious qualities of apples differ somewhat with different varieties, they are all alike in their refreshing and enlivening qualities.

"It is essential that apples should be well masticated and insalivated. Apples eaten without proper mastication not only fail to nourish, but cause disturbances, belching, diarrhea, etc. The apple should enter the stomach in the form of a completely masticated and insalivated pulp. Digestion then immediately commences. But apples should not be eaten as a dessert. They differ too widely in their nature from other food, and when so eaten are apt to cause flatulence or rumbling in the stomach.

"This noble fruit may be served in a great variety of ways, or, best of all, may be eaten raw. For the latter way the finest, juiciest, most appetizing ones should be chosen—those which have a spicy taste and refresh almost from the moment they enter the mouth. As a part of the breakfast, delicious apples often put one in good-humor for the entire day. At least for this meal they might, with brown-bread and perhaps a glass of milk or a

cup of chocolate, for moderate workers, form almost the entire meal.

"In cooking apples, it should be borne in mind that heat often brings out of poor fruit fine qualities, so that varieties not suitable for eating uncooked, frequently make the best pies and sauce."

A. M. L.

#### ART IN THE KITCHEN. NO. 7.

THERE is no other article of diet that combines so many qualities as the delicious fruits that the Creator has so placed in the power of the children of men to enjoy. Almost every climate and zone has its fruits in their season. "And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat." Says an author: "Writers on dietetics do not rank fruits as highly as they deserve, because they are guided by the chemist, who finds much less solid matter in them than in grains. From this standpoint they do rank low; but their value is not to be estimated in this way. They possess precious qualities and virtues not yet known to chemistry. Their juices, distilled in nature's laboratory, need no boiling or filtering, and never convey the germs of disease. How easily they go through tissues of the body, leaving their precious salts of potash, soda, phosphorus, or whatever they may be, taking up the broken-down *débris* of the system and carrying it off. Their acids, how refreshing! their salts, how stimulating! their delicious flavors, how they play on the nervous system!" and he might have added, Their beauty is scarcely surpassed by the flowers that are so delicately painted by the hand of the Creator.

A physician writes on this subject: "There is scarcely a disease to which the human family is heir but the sufferings therefrom would be greatly relieved or entirely prevented by the use of fruits, which are now so generally forbidden. Many diseases would be conducted to a safe termination by the free use of fruits, because of the acids they contain. When our troops were fighting the Seminoles in Florida, many were sick with diarrhea and dysentery, and cured these disorders by stealing from the hospitals into the fields and eating fruits, blackberries especially. I have sent several children suffering with cholera infantum and with dysentery to the peach orchards of Dela-

ware, with most gratifying results; and where they could not be carried to the orchards to pick and eat the fruit fresh from the trees, I have had the little sufferers fed with sound fruit with equally good results. In typhoid fever, in the treatment of which such great care is enjoined as regards diet, fruits are not only often highly grateful to the patient, but work most favorable results. A physician who had been sick some weeks with this disease, says his diarrhea was cured by peaches. 'I ate the half of a large peach,' said he, 'and, feeling no ill effects, I ate the other half, then one or two more, and the next day as many as I desired. My bowels got better at once, and my recovery was rapid.' A typhoid fever patient, who had been about three weeks sick, and, though imploring, was allowed no diet but beef tea or milk punch, came under my care for a few days. I immediately ordered a free use of peaches and grapes, and the diarrhea at once ceased, and at the end of five days, when I relinquished the care of her, she was convalescent.

"In the treatment of scarlet fever and diphtheria, our summer fruits and many of the vegetables are most useful, and to the best may be added some, or in fact any, foreign fruit. There is scarcely a disease accompanied with fever but grapes and bananas may be freely given to the patient."

We quote the above because the real value of fruit both as a food and medicine is so little understood by the masses. We have lacked education in the use of fruit. Scarcely ever is it seen on the table, among the laboring classes, but if eaten at all is taken as a lunch between meals. The real value is thus lost. The table is deprived of a beautiful adornment and the guests of an important part of the most nourishing and delicious food. In our next we will speak of the relative value of different kinds of fruit.

M.

#### HOW TO FORETELL A STORM.

WHEN a storm is advancing, the wind blows to meet it. Thus a wind blowing from the east or southeast indicates the approach of a storm from the west. When the storm center has passed, however, the wind changes and follows the storm. If a person has a good barometer and a wind-gauge, he can tell pretty correctly when a storm is coming. Without the instruments the clouds may be watched, and when seen to be moving rapidly from

the southeast, and there are indications of the presence of moisture in the air, a storm is not far away.—*Illustrated Pacific States.*

### NOTES IN COOKING.

**LENTIL SOUP.**—Take one-half a pint of shelled lentils, wash and drain carefully to remove the dust, soak overnight, and drain off the water, put them in a stew-pan, add one quart of cold water, simmer gently on a slow fire; when soft, add one quart of boiling water, add three tablespoonfuls of fine sago, stir carefully till the sago becomes clear, and add one-half cup of cream, or tablespoonful of butter, and salt to taste.

**BOILED FISH.**—Put a sauce-pan or fish-kettle of water on the fire to boil. Clean the fish thoroughly in cold water, and put it onto a strainer or dish. When the water is warm, put the fish in, with some salt (there should be enough water to cover the fish), let it simmer gently from twenty minutes to three-quarters of an hour, according to the size of the fish. Skim it occasionally. When you find the skin of the fish is cracking, it is sufficiently boiled. Take it out carefully, and place on a hot dish, serve with creamed butter or egg-sauce.

**ENGLISH MUFFINS.**—One quart of flour, two well-beaten eggs, one tablespoonful of creamed butter, one tablespoonful of sugar, four tablespoonfuls of yeast, salt to taste, enough scalded sweet milk to make them thicker than griddle-cakes, or so they will drop nicely from the spoon; mix overnight and bake in hot gem-pans.

**POTATO YEAST.**—Pare and grate two common-size potatoes, stir these into one quart of boiling water, add to this one handful of salt and one handful of sugar, a pinch of hops, a teaspoonful of ginger, let it boil about five minutes; when cool, add half a cup of yeast to start it. The hops and ginger need not be used unless it is warm weather. This yeast will keep ten days any time in the year. Leave it uncovered in a cool, dark place; keep it in a stone jar.

**NO. 1 GRAHAM CRACKERS.**—Two and one-half pounds of white flour, two and a half pounds of sifted graham, half a pound of butter, half a pound of sugar, half a tablespoonful of salt, one quart of water or milk. Rub the butter into the flour and add the sugar and salt and wet up with the water; knead very thoroughly and roll one-fourth of an

inch thick and cut in squares, prick with a fork, and bake twenty minutes, or until dry.

**DROP COOKIES.**—One and a half pints of flour, one-half cup of double cream, one cup of sugar, three eggs, one teaspoonful of baking powder, one teaspoonful essence vanilla. Rub the cream into the flour and beat up the sugar and egg together; put the baking powder into the flour and add the sugar and eggs. Bake in rough, rocky heaps in a buttered dripping-pan.

MRS. F. L. McCLURE.

### VEGETARIANISM.

IN one of our exchanges we read:—

“Those who abstained from eating meat during the excessively hot weather have felt better and had less sickness than those who ate meat. During hot weather we are convinced that vegetarianism is right.”

If vegetarian diet is best for hot weather, why may it not be best for cold weather also? If the writer in our exchange means by vegetable diet those vegetables whose growth is peculiar to the summer months, such as cabbage, lettuce, cauliflower, beets, onions, carrots, turnips, parsnips, radishes, potatoes, etc., including also the fruits in their seasons, it is true of them that they are not so heating a diet as is the excessive use of meat.

If we extend the term vegetable diet a little farther than the above, and take in the grains and pulse, as beans, peas, and lentils, we should have a better diet in winter than one of flesh meats; for in such a diet the grains furnish more of the heat-producing element per pound than the animal foods. If now we include the vegetable oils and edible nuts under the term vegetable, we are greatly advantaged, from the fact that we obtain those elements which are recommended by consumers of flesh diet, while at the same time we escape the dangers arising from animal flesh affected with tuberculosis and other diseases.

A smoking father was trying to impress upon his little boy the evil effects of smoking upon the health of boys, when the lad innocently inquired, “Father, why is it not just as bad for a man?” So we thought in this case, if a vegetable diet is so much better in summer than the use of flesh meats, why may it not be better in winter to use healthful, heat-producing grains and nuts than to run the risk of getting the warmth of the body by the use

of animal flesh, which the butchers admit is nine-tenths of it diseased? L.

### "HIGH LIVING AND LOW THINKING."

It was not without some misgivings that I, Patience Green, engaged the winter school in District No. 4, Cragtown, for I well knew it to be a difficult place; but the problem of daily bread was awaiting solution, and this was the opportunity which presented itself. When we learned that Mr. Gray was to "board the teacher," Uncle Ralph said, "Well, the Grays are high livers; if you board there, you will be sure of enough to eat." This pleased me, for I was fond of good things, and although I had passed a satisfactory examination in physiology, I was lamentably ignorant of the practical laws of hygiene in regard to food.

In those days there was not so much said about hygienic living as at present, and, being blessed with good digestive powers, I often remarked that I would eat anything, if it only "tasted good."

Mrs. Gray was a "good cook," according to the custom of that time and place. The breakfasts of fried ham and savory sausage, or fried pork with cream gravy, accompanied by potatoes fried or baked, hot soda biscuits, doughnuts, pie, and coffee, and the dinners of fresh pork, roasted or fried, with vegetables, or a rich beef stew, with hot dumplings, and followed by mince, apple, or pumpkin-pie, were very acceptable to the hungry school-ma'am; and the suppers of hot biscuits, or fritters, with cheese, pie, cake, etc., "tasted good," to say the least.

This *menu* was varied by the many toothsome dishes peculiar to the New England kitchen of that day, but the thing I now especially remember was called by Mrs. Gray "stack-pie," and I was quite fond of it. Four or five thin, flat cakes, the size of a plate, were fried in boiling lard, and piled one above another, with a filling of cider apple-sauce between the layers. This was cut in generous sections, and formed a large part of the supper.

Occasionally Mrs. Gray would invite a few friends to "turkey supper," which would be served with all the accompaniments about nine o'clock. Will those who are accustomed to healthful diet imagine themselves trying to teach school on this kind of food? My brain was sluggish; how helplessly I puzzled over the problems in arithmetic and algebra! After supper I would sit and doze,

and Mrs. Gray, busy with her work, once said: "Patience Green, I never did see a young girl so sleepy as you are. Don't you feel well? Before winter was through, I grew sick. I then ascribed it to the hard work of teaching a winter school, but now think differently.

Dr. Van Curram uttered the single word "bilious," and administered pills and powders *ad nauseam*. I was not well for a whole year, and the wonder to me is that I ever did get well. This disagreeable experience was not wholly lost, for through it I learned to say, "Thank you, no," to the pork, sausage, and "stack-pie," the strong coffee, hot biscuits, and late suppers; in short, I had proved the truth of the much-ignored saying, "High living and low thinking go together," and had learned that "a sound mind in a sound body" is indispensable for one who would be a successful teacher of "the young idea."

PATIENCE GREEN.

### TABLE MANNERS.

GOOD manners are a passport everywhere, and young men who wish to succeed will pay the utmost attention to them. Especial care should be bestowed on table etiquette, as nothing is so distressing to a person of refinement as to be obliged to eat at the same table with an ill-bred person. The following hints, if carefully observed, will enable any young man to mingle with his fellows without giving offense. And take heed, young men; these little things are of importance.

Do not drink with a spoon in your cup. Place it in the saucer.

Do not drink your soup or coffee audibly. In fact, especial care should be observed in eating silently, for nothing is more disgusting than noisy chewing and drinking, except eating with the mouth open.

Do not, under any circumstances, use the fingers to push food on your fork or spoon.

Do not lean your arms on the table.

Keep your elbows close to your side, and don't flourish them in the air. In raising food to the lips, the lower part of the arm only must be used.

Do be careful as to the way you hold your knife and fork, for nothing will give you a more awkward and inelegant appearance than improper handling of these important articles. The knife should be held by the handle only. Do not touch

the blade with your finger. The fork should not be held with the whole hand except when cutting. In raising the food to the lips, hold the fork at the end of the handle, prongs upward, between the first finger and the thumb, the handle resting on the second finger. If you hold it otherwise you are obliged to duck your head and stick out your bow in order to eat.

Never walk out of a room before a lady. Open the door, then stand aside and allow her to precede you. In this way you follow her out and close the door for her easily. Nothing is more rude and ill-bred than a violation of this rule.

Do pay attention to the foregoing rules—and believe that good manners are important.—*Detroit Free Press.*

#### MEASLES AND THE CLOSURE OF SCHOOLS.

EXPERIENCE has taught that the sooner a school in which measles has become rife is closed the sooner the disease is stamped out, and the less the school attendance, in the long run, suffers. In schools of one thousand scholars the average attendance was reduced to seventy-five per cent. They were closed for a month, and opened with an attendance of eighty-eight per cent in the upper, and sixty-eight per cent in the primary departments. In other schools of seven hundred scholars the attendance was reduced to seventy-five per cent; after closure for a month the attendance was eighty-six per cent. To be effective, closure for measles must last three weeks at least, and usually a month. No child should be allowed to return from an infected house until a full fortnight has elapsed from the commencement of the last case.—*Lancet.*

A PHYSICIAN in the *American Magazine*, illustrating the evil custom of talking to an invalid about his pains, says that once he requested a mother to mark a stroke upon a paper each time that she asked a daughter how she was. The next day, to her astonishment, she made one hundred and nine strokes. A three months' visit away from home was prescribed.

THE so-called "ladylike" demeanor of girls is a thing to excite impatience. Girls brought up in strait-jackets of physical propriety—physical freedom will hurt nobody's "manners"—can never

have the grace of deportment, the variety of poise, the readiness in emergency, that will belong to girls of liberal physical training.—*Checkley's Method of Physical Training.*

#### HELPFUL HINTS.

FIVE times in twenty-four hours is sufficiently often to feed the baby.

ACCORDING to Herodotus, lettuce was cultivated as a vegetable 550 years before Christ.

Too frequent feeding is one of the commonest mistakes in caring for infants.

TENDERNESS at the pit of the stomach is often relieved by drinking a cup of hot water before meals.

A TOWEL wrung out of cold water and bound over the stomach of a dyspeptic will often produce sleep when other remedies fail.

JUDGING POTATOES.—An English potato dealer cooks and eats some of the tubers before buying a lot, and then fixes the price. How the spuds look counts for less than how they taste.

FOR acid poisons, give alkalis; for alkaline poisons, give acid; white of egg is good in most cases; in case of opium poisoning, give strong coffee and keep moving.

IN case of a bite from a rabid dog, Dr. Billings, of New York, recommends that the wound be cauterized with strong carbolic acid. It is much less painful and more effective than with a hot iron. The wounds will also heal in less time.

DIPPING fish in scalding water will cause the scales to come off very easily, but if the fish are to be salted down, they must on no account be scalded. You may pour over them vinegar with the same result. Salt fish will soak fresh much quicker in sour milk than in water.

SILK handkerchiefs are ruined by careless washing, such as they are likely to get if put into the general wash. It is better to do them up by themselves, says the *Clothier and Furnisher*. They should be washed in lukewarm water, and rinsed two or three times in clear, cold water, without blue. Wring them out, fold and roll them tightly in a cloth, but do not let them get dry before ironing, or they will never look smooth. Colored silk handkerchiefs should be washed with fine white soap—never with strong yellow soap.

## Healthful Dress.

### WOMAN'S SPHERE.

"THEY talk about a woman's sphere  
As though it had a limit;  
There's not a place in earth or heaven,  
There's not a task to mankind given,  
There's not a blessing or a woe,  
There's not a whispered yes or no,  
There's not a life, or death, or birth,  
That has a feather's weight of worth,  
Without a woman in it."

—Mrs. M. A. Anderson, in *Journal of Practical Nursing*.

### TIGHT CLOTHING.

A YOUNG lady a few weeks ago applied to a physician for treatment. She suffered from continual headache, and had done so for years, and she had other troubles. The physician examined her thoroughly, and satisfied herself (the physician was a woman) as to the causes of the patient's maladies.

"I cannot treat you," said the doctor, "unless you will follow my instructions implicitly. But if you promise to do so, I think your health will improve immediately, and will soon be entirely restored."

The patient promised entire compliance with the instructions of the physician.

"The first thing for you to do is to take off your corsets, or wear them so loosely that your vital organs will not be at all compressed even when you take a full breath. Then suspend all your clothing from your shoulders, and have nothing hang from your hips. Procure a pair of low-heeled shoes about two sizes larger than you wear now. Give up drinking tea and coffee, or take them very weak. At first you may miss the stimulus, but only for a few days. Eat nourishing food at regular intervals, and go to bed early and get your sleep out. Walk to and from your place of business so as to get all the exercise possible for you in the open air."

A little medicine was given the patient for some local trouble, but treatment was relied on for the main difficulties. She did exactly as her physician told her. In a few days she was free from headache, and in a few weeks she was enjoying a degree of health up to that time entirely unknown to her. The heart was able without check from tight clothing to do its work; her lungs had full play, and could purify the blood without hindrance from corset laces; the abdominal organs, no longer crowded down upon the delicate organs below them, performed their functions without interfering with any other organs of the body; elasticity gradually came back to the step of the young woman, color came to her face, light to her eye, and the cheerfulness born of good health to her heart.

The physician from whose mouth this statement was received, averred that the good results this patient enjoyed were directly from the treatment she received and gave herself, and not from the medicine.

### ARMLETS, LEGGINGS, AND BOOTS.

SINCE the extremities are the prominent points of attack, especially if one is the victim of tightness of clothing, etc., it is of the utmost importance that these be well protected, as they can only be, in a fickle climate like ours, by wearing thick and warm armlets and leggings. Without these it is a matter of surprise how frail girls, with even less than one-half the weight of clothing worn by boys of the same age, endure exposures in our cold winters, no greater number of them actually perishing. In the former, ordinary protection for the arm, for example, a thickness of print, the lining, and possibly another, will scarcely equal the protection of the boy's jacket even, though most of them have much more in the form of flannels, an over-garment, etc., fully twice as much as these frail girls wear. And with the armlets, etc., the fashionable girl, even with the furs and *trinkets*, has but little, if any, more than one-half of the real protection of the average boy. This neglect cannot be based on the supposition that girls are harder than boys, that they have more vigorous frames, can really endure more; it is simply because Dame Fashion has so decreed. These girls may endure such exposure for a time, it may be, while in the vigor of youth, may survive, but the day of settlement must arrive, a time when pains and aches—for years kept smothered, germinating in a fruitful soil—will assume their sway, visiting delayed vengeance on the offender, though the victim was not the true offender. Nature's physical laws know no repentance, no forgiveness. Pain and suffering follow in the direct line of neglect, the penalty being sure to follow the disobedience.—*Western Watchman*.

### WOMEN'S HATS.

THE glory of a woman's toilet is her hat. To her it is dearer and of more concern than even the fold, the texture, the cut, and the make of her robe. Her hat is the cynosure of the eyes of all her female acquaintances, the attractive point which brings the gaze and criticism of her gentle women friends. Curiously enough, however, there is nothing about her dress that is more of a mystery to her. From the tip of her nicely-fitting shoes to the top of her well-shaped hat, the best-informed woman of the world knows more about every article that goes to make up her toilet than she does about the head-gear, which, next to a woman's hair, is her true glory. Of course, every woman is aware of the texture of a felt hat, but this article is intended to solve the mystery surrounding straw hats.

What are women's straw hats made of? It seems a simple question, and yet it is not one that the ordinary woman can well and truly answer. The braids are all imported, many from China. If I were to tell a young lady that the hat she wore was made of straw from the plantation of the emperor of China, I doubt if she would believe me, and yet it is so. Some of the braid is called Neapolitan, and is wide and coarse. The straw of what is known as Neapolitan pearl edge is found in Chu Foo. It grows tall, and the top is fine and the bottom coarse, one stalk thus giving two or more kinds of braid. Venetian grows tall, and is the opposite of Neapolitan pearl edge, whose base is coarse. The top of the Venetian is coarse, and is called mottled braid.

The center is somewhat finer, and of the stalks which are nearest the ground is made the fine Venetian braid.—*Richfield Advocate.*

**SHE DOESN'T EARN IT.**

"DEAR me!" said old Mrs. Jimsonweed, as she laid down the paper, "here's a piece that says Queen Victoria gets \$1,950,000 a year for being queen. Well, she don't airn it, now she jist don't! I don't keer how well she puts in her time; don't keer how airly she gits up of a mornin', nor how late she sets up nights darnin' and mendin'; don't keer how much dish-washin' she does, nor how much butter she churns, nor how much soap she biles, nor how many geese she raises feathers from, nor how many calves she brings up by hand, nor how free of moths an' bedbugs she keeps old Windsor Castle. I'd like the chance to be queen, an' do it all for half the money. Even then I wouldn't airn no \$2,000,000, an' she don't either—no she don't."—*Drake's Magazine.*

**ECONOMY.**

"I HAVE bought a beautiful rocking-chair at auction worth three dollars for only two dollars; so you see I made one dollar clear profit," said Mrs. Dallas.

"Did you need the rocking-chair?" asked Mr. Dallas.

"No."

"Then why did you buy it?"

"Why, to save money, of course. How could I have saved a dollar so easily in any other way?"—*Juvenile Instructor.*

HOME living and all its surroundings should in some way be simplified. It is not only the extravagance of our homes that worries us, but the everlasting detail of housework and constant care for the many useless accessories we crowd into our dwellings. A superfluity of hangings, bric-a-brac, and curtains all tend to darken, gather dust, and absorb odors of various kinds. If hard-wood finishings and furniture were more generally adopted, hard-wood floors with rugs instead of carpets, we would experience less work in taking care of the house, and thus reduce the worry and care, giving more time and thought to reading and recreation.—*Selected.*

IN accordance with a curious Austrian custom, one of Archduchess Valerie's wedding gifts has been a collection of articles of clothing worn by her in her days of babyhood. Her first wee pair of boots, preserved for this purpose by her nurse, was brought to her at Vienna by that worthy woman, who had traveled a long way to place them in her nursing's hands.

BEFORE the days of sewing machines, sewing silk was to be found in all work-baskets. Now, machine silk is generally found instead. But for hand sewing the old-fashioned sewing silk is much better. It does not fray so readily as machine silk, and hence is more durable. Tailors understand this, and always use it for hand sewing.

**BECOMING DRESS.**

WHY do fleshy ladies always wear draperies, puffs, and plaids, when they should wear stripes, close-fitting gowns, and black dresses? White and all the lighter hues enlarge, while the dark fabrics, and especially black, contracts. Paint a pillar or post that obstructs your view black, and note how much less it hinders the vision than when it was white. Close-fitting black goods for the short, thick-set woman, and flounces and frills for the tall, slender dames, is the proper caper.—*St. Louis Magazine.*

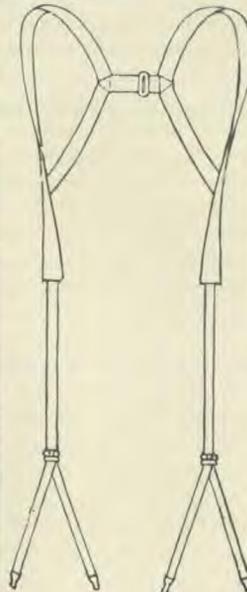
A FEW stitches in the worn ends of vest button-holes, and new buttons, have a wonderfully renovating effect. A worn lining inside a coat skirt gives a coat a very forlorn look. A good thick sateen of color suited to the coat, when basted in and hemmed neatly around the edges, taking care to have it just fit well without drawing or bagging, will make one's husband very happy.

WEAK hearts, the *American Analyst* says, are by no means so common as is often supposed. Many a man who thinks he has got heart disease is merely dyspeptic; and many a woman owes her symptoms to tight-lacing and improper eating. If the dyspepsia be cured and the tight lacing dispensed with, the symptoms of heart weakness will disappear.

VEN I comes home at midnight und my wife says notings, den I know dat she vas camped on my trail und vhill make me tired. Ven she jaws und blows und cries, den I know she vhas soon oafar it und doan' care.—*Carl Dunder.*

A JEWEL of a woman is better than a woman of jewels.

THE best government is self-government.



Shoulderbrace and Hose Supporter

By this simple and substantial device the stockings are nicely supported from the shoulder. These are sold at the Rural Health Retreat, as follows:—

- No. 7, Ladies' . . . .60 cents
- No. 8, Misses' . . . .50 cents
- No. 9, Children's . . .40 cents
- No. 10, for Children  
age 3 to 5 years . .35 cents

Sent, post-paid, on receipt of price.

## Publishers' Department.

### PACIFIC RURAL HEALTH RETREAT.

THIS institution at St. Helena, of which we have so favorably spoken heretofore, still continues to prosper. We believe it to be the best sanitarium on this coast, and, considering its climate and location, unsurpassed in the United States. It is worthy of the consideration and patronage of sojourners, as well as the afflicted of our own State. Dr. Burke, whose long practice at this sanitarium and Napa City has been so successful and popular, has become the principal physician at the Retreat.—*Illustrated Pacific States.*

### WHAT SHALL BE DONE?

DONE for what?—To accommodate the patients who are desirous of receiving the benefit to be derived from the mode of treatment employed at the Rural Health Retreat? You may say the best thing to be done for them is to let them go to the institution and take the treatment. Yes, that is what is being done, as fast as room can be made to accommodate them. The good work done there in relieving the afflicted is creating such a demand among the people for the same kind of treatment, by the friends of those relieved, that the ingenuity of the managers is taxed to its utmost to furnish room. The fastest friends of the institution are unanimous in saying more rooms must be constructed *immediately* to supply this want. Who will aid in such an enterprise? Who?

### NON-PARTISAN PROHIBITION LEAGUE.

IN the temperance department of this number we publish an appeal from the Non-Partisan Prohibition League of Nebraska. The document speaks for itself. The members of the league do not stop at high license, local option, or closing saloons *one day* in the week, but recognize the fact that a power which can do these things can do more. They strike for a digging up of the deadly upas by the roots—securing by State enactment the prohibition of the manufacture and sale of intoxicating liquors. We commend this worthy object to the attention of all our readers. May Nebraska soon be enrolled among those States that can boast the extermination of the "fire-water" from her borders.

SEWAGE.—In *Harper's Weekly* of July 19 is a four-page supplement from the pen of G. W. Hosmer, M. D., which takes up quite fully the subject of city sewage. The article contains some very valuable information respecting the disposition made of sewage by such cities as London, Paris, and New York, with the results, and suggesting the most healthful mode of disposing of the same. *Harper's Weekly*, with supplement, may be obtained from the news agents at fifteen cents per number.

### BOOK REVIEWS.

"PATRIARCHS AND PROPHETS, OR THE GREAT CONFLICT BETWEEN GOOD AND EVIL, AS ILLUSTRATED IN THE LIVES OF HOLY MEN OF OLD," by Mrs. E. G. White.

In this work the author begins with the rebellion in heaven, shows why sin was permitted, why Satan was not at once destroyed, why man was tested, giving a thrilling description of man's temptation and fall, with a rehearsal of the plan of redemption devised for his salvation. She traces the conflict between good and evil down through the centuries to David's death, showing God's wonderful love for mankind by his dealings with the holy men of old. It is all written in a plain, simple style, and yet the themes treated are so handled as to awaken the liveliest emotions in the soul of the reader. The topics of the book are not new, but they are treated in a manner to give them a new significance to the reader. This volume contains over seven hundred and sixty octavo pages, with more than fifty illustrations, many of them full-page and designed and engraved in France especially for this book. It is put up in four bindings, the cover being beautifully stamped in jet and gold. The bindings and prices are as follows:—

Drab English cloth, marble edges.....	\$2 25
Light green English cloth, gilt edges.....	2 75
Library style, full sheep, marble edges.....	3 00
Full Turkey morocco, gold sides and back, gilt edges, extra finish.....	4 50

Persons desiring a copy of the book should address Pacific Press, 1059 Castro Street, Oakland, Cal., or 43 Bond Street, New York City, N. Y.

"JOTTINGS FROM THE PACIFIC, FIJI AND SAMOA."—This book treats of life and incidents in the Fijian and Samoan Islands, and is written by Emma H. Adams, author of "To and Fro in Southern California," and "Up and Down in Oregon and Washington." This is something new! It is the first number of an *Illustrated Young People's Library*, to be issued monthly by the Pacific Press Publishing Co., Oakland, Cal. Each number is to contain 160 pages, size about 5x7 inches. The books are issued in two styles of binding, viz., paper and cloth covers. It is the design of the writers and publishers that each number shall be complete in itself, although some subjects may cover two or more numbers. The subjects are to embrace quite a wide range, including history, biography, travels, etc. Taking the initial volume before us as a sample of what are to follow, there is a rare treat in store for the young people who secure these books. "Jottings from the Pacific" is written from real life in an attractive style, and at the same time is full of instruction to the reader. It contains fifteen illustrations, several of them being full-page. It treats of the government, religion, physical and social peculiarities of the islanders, and of the wonderful productions, coral formations, wonders of the southern seas, and cyclones in the southern seas. It describes a cannibal outbreak, presents Fiji traditions, funeral rites of the islanders, etc., etc. The books are put up in two forms, and may be obtained as follows: Monthly, at the yearly subscription price, paid in advance, twelve numbers in paper covers,

\$2.75, or for the same time, twelve numbers in cloth, beautifully embossed in jet and gold, \$5.50. Single numbers, paper covers, post-paid, 25 cents each. Cloth covers, post-paid, 50 cents each. Those wishing the books either singly, or to subscribe by the year, will please address Pacific Press Publishing Co., Oakland, Cal., or 43 Bond Street, New York City, N. Y.

"BIBLE STUDENTS' LIBRARY."—This is the title of a semi-monthly publication, consisting of pamphlets, issued by the Pacific Press Publishing Co., Oakland, Cal. Terms \$1.50 per year, or single numbers at prices varying according to the number of pages. The size of the page is about 4x6 inches. Before us lie three numbers of this publication, 27, 55, and 57. If these are to be taken as samples of the work, they contain much that must be of great interest to Bible students. No. 27 is entitled "The Bible; Its Inspiration and Importance." This is only a 16-page pamphlet, two cents, post-paid. But in its scope it treats briefly, yet forcibly, the purity, unity, impartiality, and comprehensiveness of the Scriptures, devoting also some space to the prophetic argument. No. 55 is a pamphlet of 134 pages, price 15 cents, post-paid, and takes up in a clear, but to many perhaps a novel manner, the subject of the judgment, its events and their order, showing especially the difference between the investigative and the executive judgment. It also treats upon the priesthood of Christ as compared with that of the Jewish priests. It calls attention also to his respective offices of prophet, priest, and king. No. 57, a 16-page pamphlet, price two cents, is a series of seven lessons for senior Sabbath-school classes, on the Life of Christ. These are questions with direct reference to Scripture texts for the answers. The titles of the lessons are: 1. "The Demand for Christ." 2. "Why Jesus Lived in This World as a Child, a Youth, and a Man." 3. "The Teachings of Jesus." 4. "The Saviour's Power over Temptation." 5. "Christ's Conflict with Death." 6. "Triumph over Death." 7. "The Love of God in Christ." These can be obtained from either the Oakland or New York office.

"THE SENTINEL LIBRARY."—This is a monthly publication, devoted to the defense of American institutions, and the preservation of the United States Constitution as it is. Terms, 75 cents a year. This also is a series of pamphlets, the same-sized page as the *Bible Students' Library*. These pamphlets vary in size from 8 pages to 200 pages. They can be obtained singly, post-paid, according to their size, being at the rate of about 8 page for one cent. Before us are two of the numbers, 30 and 31. The former is entitled "A Civil Sabbath; What It Amounts to?" The latter, "Union of Church and State; What Constitutes Such a Union?" These are each 8-page pamphlets, and can be obtained at one cent each, by addressing Pacific Press, Oakland, Cal., or 43 Bond Street, New York City, N. Y.

#### ACKNOWLEDGMENTS.

It is with pleasure that we acknowledge the receipt of the following publications:—

From George Hurst, of the U. S. Senate, two valuable volumes, the first, of 708 pages, being a report from

the U. S. Commissioner of Agriculture for the year 1888, and the second, consisting of 560 pages, being a report from the U. S. Secretary of Agriculture for 1889. These volumes are well illustrated by cuts, both colored and plain.

"PACIFIC STATES NEWSPAPER DIRECTORY."—From the proprietors of the Pacific States Advertising Bureau, San Francisco, we have received a copy of the fourth edition of their directory. It is a volume of 320 pages, substantially bound in cloth, and containing a carefully-prepared alphabetical list of the newspapers and periodicals published in California, Oregon, Washington, Idaho, Utah, Nevada, Wyoming, British Columbia, Texas, Colorado, Sandwich Islands, and Mexico. It also contains a great amount of information respecting the different counties in California, Oregon, Washington, and Nevada, as well as important facts concerning all the sections of country represented in its list of newspapers. Address Palmer & Rey, 405 and 407 Sansome Street, San Francisco, Cal.

We are in receipt of catalogues and announcements from the following medical colleges:—

Hahnemann Medical College and Hospital, Chicago, Ill. The college year, beginning September 16, 1890, ends March, 1891. For circulars, address E. S. Bailey, M. D., 3034 Michigan Avenue, Chicago, Ill.

National Medical College of the Columbian University, Washington, D. C. The sixty-ninth course of lectures begins Wednesday, October 1, 1890. For circulars, address A. F. A. King, M. D., Dean, 726 Thirteenth Street, N. W. Washington, D. C.

Long Island College and Hospital, Brooklyn, N. Y. The thirty-second annual session opens September 24, 1890, and closes June 5, 1891. The number of patients treated in this hospital during the year 1889 was 18,591. Address, for circulars, W. L. Cary, M. D., 826 Lafayette Avenue, Brooklyn, N. Y.

Chicago Polyclinic. The faculty of this institution have made the following appointments: Dr. G. Fütterer (late chief assistant to Professor Rindfleisch, of Würzburg); Drs. F. C. Hotz and E. Fletcher Ingals, professors of internal medicine, ophthalmology, and laryngology, respectively; also, Drs. Chas. F. Stillman, P. S. Hayes, and J. M. Patton, associate professors of orthopedic surgery, electro-therapeutics and medicine, respectively.

#### 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. Whitels, Sec., 812 Nineteenth A. ve., 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.

**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
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School-girl Shoulder Braces	50
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Shoulder Brace Skirt Supporter (Ladies')	60
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No. 90 Hose Supporter, Daisy Clasp (Ladies')	30
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No. 70 “ “ “ (Children's)	20
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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')	0
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
Address,	RURAL HEALTH RETREAT, ST. HELENA, CAL.

**HEALTH PUBLICATIONS.**

<i>The Home Hand-Book of Domestic Hygiene and Rational Medicine</i> , 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
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<i>How to Strengthen the Memory</i> , “never forgetting,” by M. L. Holbrook, M. D., 160 pages, muslin, with gilt title on back and side, price	1 00
<i>Digestion and Dyspepsia</i> , by J. H. Kellogg, M. D., 12mo., 176 pages, with colored plate, price	75
<i>Nasal Catarrh</i> , 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

<i>Practical Manual of Health and Temperance</i> . How to proceed in many emergencies, and containing many useful hints and recipes, by J. H. Kellogg, M. D., 320 pages, price	75
<i>Deep Breathing</i> , considered as a means of promoting the art of song, and as a remedy for throat and lung difficulties. Translated from the German by Werner, illustrated, with an added chapter on air and ventilation, by M. L. Holbrook, M. D., bound in muslin, with gilt title on the side, price	0
<i>Uses of Water</i> in health and disease. A practical treatise on the bath, its history and uses, by J. H. Kellogg, M. D., muslin bound, 12mo., 136 pages, price	40
<i>Diphtheria</i> , its nature, cause, prevention, and treatment, by J. H. Kellogg, M. D., 64 pages, with colored plates, price	25
<i>Social Purity</i> , 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.

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Don't think a “free” adv. means that you can “get something for nothing.” You have an opportunity to earn the goods without any outlay of money.—Ed.

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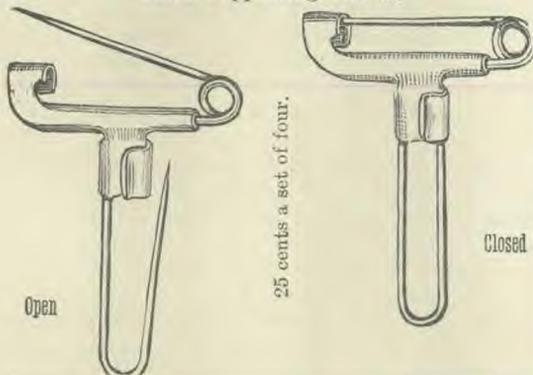
It combines **SIMPLICITY** with **DURABILITY**, **SPEED**, **EASE OF OPERATION**, wears longer without cost of repairs than any other machine. Has no ink ribbon to bother the operator. It is **NEAT**, **SUBSTANTIAL**, nickel plated, perfect and adapted to all kinds of type writing. Like a printing press, it produces sharp, clean, legible manuscripts. Two to ten copies can be made at one writing. Any intelligent person can become a good operator in two days. We offer **\$1,000** to any operator who can equal the work of the **Double Case Odell**.

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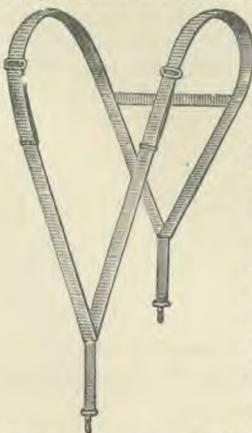
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*For firmly and securely holding in place the periodical bandage.*



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

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

Mailed on receipt of 50 cents.

For any of the above articles, address

**RURAL HEALTH RETREAT,**  
ST. HELENA, NAPA CO., CAL.

## How to Dress Healthfully.

THE Fashionable Corset and every other device for compressing the waist or any other part of the body, should *at once* be discarded, as they are the most fruitful sources of consumption, dyspepsia, and the majority of the ills from which women suffer. Suppose the waist does expand a little, the step will be more elastic and graceful, and a general improvement in health will soon result.

### What Drags the Life Out of a Woman.

There are other modes of dress that cause serious injury to the delicate organs of the pelvis. The many heavy skirts and undergarments which are hung about the waist, drag down the internal organs of the abdomen, causing them to press heavily upon the contents of the pelvis. Soon the slender ligaments which hold these organs in place give way, and various kinds of displacements and other derangements occur.

Dress reform corrects these abuses, and educates the people in the proper modes of dress. It requires that no part of the clothing should be so confining as to prevent unrestrained movement of every organ and limb. It requires, also, that the feet and limbs shall be as warmly clothed as any other portion of the body.

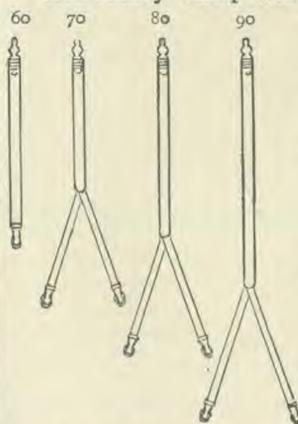
### The Ladies' Hygienic Skirt Supporter.



Can be attached to all the skirts in one minute, securing and holding them together, so they may all be put on or off in less time than one skirt is usually put on and secured. This Supporter transfers the weight of the skirts to the shoulders, from which is experienced relief and immediate improvement in health. Price, plain, 35 c with silk stripe, 50 c.

Garters are another serious source of functual obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. The stockings should always be suspended by being attached to some other garment by means of buttons or a proper suspender.

### The Daisy Clasp Stocking Supporters



Obviate the necessity of ligatures around the limbs. The left hand cut, No. 60, represents the Supporter for a small child; price, 15c. per pair. No. 70, Children, 20c. No. 80, Misses, 25c. No. 90, Ladies, 30c.

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

**Daisy Clasp Stocking Supporter.**  
To be attached at the waist.

Either the Suspender or the Daisy Clasp Supporters may be obtained, post paid, at their respective prices.

Address,

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## HEALTHFUL FOODS.

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

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

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

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

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

**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.

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**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.

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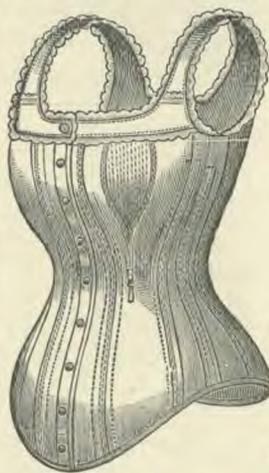
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