

PACIFIC HEALTH JOURNAL

AND TEMPERANCE ADVOCATE.

VOLUME VI.

OAKLAND, CAL., JANUARY, 1891.

NUMBER 1.

W. P. BURKE, M. D., - - - - - *Editor.*

A 32-PAGE MONTHLY.

SUBSCRIPTION PRICE, : : \$1.00 PER YEAR.

Address.—All business for the JOURNAL should be addressed to PACIFIC HEALTH JOURNAL, care of Rural Health Retreat, St. Helena, Cal.

All Drafts or Money Orders sent in payment of subscriptions should be addressed to, and made payable to, Pacific Press, Oakland, Cal.

All Communications for the JOURNAL should be addressed to PACIFIC HEALTH JOURNAL, care of Rural Health Retreat, St. Helena, Cal.

SHORT SERMONS.

THE man who loves his duty never slights it.

A FRIEND is one who hunts you when you are lost.

COMMON sense is a hard thing to have too much of.

LOVE can see beauty where the world sees only deformity.

THE busier a man is, the less the devil can trouble him.

NO man is as good at home as his picture looks in a neighbor's album.

IF your life is not a blessing to others, it is not a blessing to you.—*Ram's Horn.*

WHEN you are down, don't despair, for God is yet alive, and he is a friend of the friendless.

DON'T look for a happy hereafter if your life has been bad; you might as well expect to gather grapes of thorns and figs of thistles.

IT is said that half the troubles of life are borrowed. If people will borrow, why not borrow happiness instead of trouble?

A PURE heart at the end of life, and a lowly mission well accomplished, are better than to have filled a great place on the earth, and have a stained soul and a wrecked destiny.—*J. R. Miller.*

RELATIONS OF MIND AND BODY IN EATING AND DRINKING.

THE soul is the source of many of the wrongs in human life, but it is not the *only* source. It is a fact that influences both good and bad pass over from the mind to the body; certainly it is equally true that these same influences pass from the lower to the higher nature. Vicious thoughts, lustful feelings and imaginations go from mind to body over the road of unbridled appetites, unrestrained passions, and unsubdued lusts, and the same corrupt feelings and evil imaginations return from body to mind over the same road, goading it on to the wildest conceptions of vice. Evil thoughts and imaginations give *inward tone* to the body, so the body *reacts* on the mind, by its appetites and passions, increasing the viciousness of the latter by urging it to courses of evil not directly its own. Deut. 21: 20 illustrates this thought. The record says, "This our son is stubborn and rebellious, he will not obey our voice; he is a glutton, and a drunkard." The *cause* of his stubbornness and rebellion lay in his gluttony and drunkenness. No vices could demoralize the body more, nor spur the mind to greater crimes. To say that stubbornness and rebellion were the cause of his gluttony and drunkenness does not help the matter. Morals must influence manners, therefore manners must reflect on morals; yes, they *interact*; that's just the point in view.

Christ, knowing the debasing power of bad bodily conditions, healed these before he presented his principles to the soul. His miracles on the body were, perhaps, primarily intended to reveal his divinity, but divinity in its manifestations always runs over the whole line of the natural, before passing into the supernatural; we see, then, his miracles had a *sanitary side to them.*

The power of a debased body on the mind has

been mostly overlooked by good people, and too many efforts are made to bring the mind into a holy state while the baser forces of the body are allowed full sway within. If these latter are wrong, prayer and psalm singing will not avail much. Paul compares a body with sinful ways to a thing of death; hence I say that that religion which takes no thought for good physical conditions is worth nothing, so close is the connection between vice and victuals. We would say, then, Hear the New Testament doctrine of self-denial, and obey, and there will come a glorious realm of liberty from bodily ills; heed it, though you may be called a fanatic; God will take care of the consequences.

My experience and observation teach that meals eaten hastily and nervously, under great mental activity, or great weariness of muscle, give poor digestion and nutrition for their return. The legitimate work of the teeth is imposed on the stomach and viscera. Time for eating would give good physical, intellectual, financial, and moral results. I say, then, with all the emphasis at my command, that our usual manner and times of eating result with us and with our children in great physical demoralization, great wickedness of spirit, and many premature deaths. Seven-eighths of all the bodily diseases and immoral acts are the legitimate results of improper dietetic habits, which lower the tone of the physical and moral system, and bring upon us prematurely some disease or sinfulness while we are under the pressure of legitimate toil or immoral provocation.

We account for the death of one-half of the human race before five years of age, through the violation of physical laws connected with dietary habits of both parent and children. Ordinarily children are born with such a low state of inherited physical vitality, and so little moral tone, that they cannot resist bodily or moral disease, nor throw it off when once upon them. In their bodies are found both the physical weaknesses and specific moral tendencies of their parents. Should the children live to pass the death-line for infants, they bear such unnatural relations to dress and diet that it is next to impossible for them to survive long. Some people think this is by direct edict of God, not knowing that it comes through violated law. God is not in it, only so far as he is in the laws of life here violated. If one overeats, or eats of innutritious food, and, becoming

ill, dies in the morning or noontide of life, it will not do to say that "God taketh away." The prime cause of all premature deaths lies in violated law, and the evidence is plainly written in our bodies. If the laws of health were obeyed in us, and in our ancestry, more than seventy years would be our lot. God "takes no pleasure in him that dieth," but gives life and all the forces of boundless nature to maintain that life until ripe for the grave. When the philosophy of Christ is wrought up in human lives by obedience to physical laws, the power of disease and death over our bodies will be greatly broken. Cease then charging to God what legitimately belongs to ourselves.

Disobedience to law brings penalties; sufferings result from disobedience. Disobedience to the laws of life brings the penalties of sickness and premature death. We think there is no field where disobedience manifests itself more frequently, and with so little thought of consequences, as in the false and unnatural habits of eating and drinking.

The voices of revelation and science agree that "the blood is the life." From the blood the organs of the body are built and rebuilt. The physical, mental, and moral natures are so intimately connected that whatever affects the one affects the others. The mental and moral natures, then, as well as the physical, can largely be determined by the quality of the blood. Blood is made from the food we eat, and, when properly circulated, repairs waste tissues and forms new ones. The prime object of food, then, is the building and rebuilding of bones, muscles, nerves, and all the tissues of the body.

The delight of appetite is associated with eating, but by too many it is made the *prime object* of eating, and the goodness of food is gauged by the sensations of palate, and not by the law of nutrition. Much of our food—delightful to appetite, because of habit—damages the delicate and intricate structure of stomach and bowels. It makes bad blood, and this blood carries corruption to the organs in the system, putting them in condition easily inflamed to anger, passion, or revenge; and right here is the vital connection between bad blood and bad morals.

Like begets like everywhere, the same in the physical, in the moral, and in the vegetable world. "Every seed after its kind," "Evil communications corrupt good manners," "Whatsoever a man sow-

eth, that shall he also reap," and "By beholding we become changed," are all expressions in the same catalogue of thought. By beholding evil and associating with it, we become changed into it. By beholding the pure and the good constantly, we are changed into purity and goodness. Should we approach another in the spirit of anger, we raise the same spirit in him. Approach him in a spirit of love and meekness, and you meet the same spirit there.

(To be continued.)

NERVES AND CELLS.

A FEW drops of water from a stagnant pool, when examined under the microscope, reveal the lowest form of life, the study of which is very curious and interesting. These transparent, jelly-like protoplasmis are not more than one-five-hundredth of an inch in size, and many are less; yet they move about, eat, and are sensitive to sound or motion. They have no organs of locomotion, yet seem to have the ability of thrusting out feet when they desire to move. They have also power to contract, although possessing no muscles. If one of these minute creatures comes against a spore or germ, it immediately puts out a lip on one side, and then on the other, and soon the germ or spore is on the inside, instead of on the outside, of the protoplasm; yet it is just as plainly visible as before. This mite of protoplasm has wrapped up in it all the properties of living matter.

The cell life, or protoplasm, of the human body is precisely analogous with that described above, except in size, being only one-fourth as large. These cells are called human amœba, as distinguishing them from other amœba. Each muscular fiber may be considered as a long row of these little living cells. The liver is made up of just such living cells, each busy making bile, while some of those of the stomach manufacture gastric juice.

In the cells of the brain and spinal cord, the property of sensibility is chiefly developed, while in the muscles the contractile property is chiefly developed.

In the brain these are known as nerve cells, and they send branches down through all parts of the body. Some cells have one, some two, and others a larger number of these thread-like branches or fingers leading from them. A nerve is simply a bundle of these fine threads from the cells, bound

all together, just as the wires which go to make up a submarine cable are bound together so as to constitute one insulation. It would take twenty thousand of these little nerve fibers to make a band an inch wide. In the brain there are some three or four trillion of these cells. They are arranged so as to form the outer layer or covering of the brain, and constitute what is called the gray matter, while the little threads or filaments they send out are deeper in the brain substance, constituting the white matter. These nerve fibers so ramify in all directions that they reach every portion of the body. The point of a pin thrust in the finger would cover a good many of them. In the brain itself these telegraph lines have a great variety of work to do. Some of them have charge of the sense of hearing, and if they become disordered, will cause a person to hear noises which are purely subjective and not real. The same is true of those which preside over the sense of sight. A story is told of the arrest of one man by another for an assault committed in the dark. The complainant was asked, "How do you know that this is the man who struck you, since the night was pitch dark?" "Well," was the reply, "he struck me in the eye, and made me see stars, and by the light of the stars I saw him!" Of course this was impossible, since the stars he saw were merely subjective visions, not real. Light depends upon the excitement of the cells of the brain, and not necessarily upon the eyes alone.

If a blood clot is formed in the brain, the nerve cells of that part are destroyed, and though the long-reaching filaments which lead from that part of the brain to some portion of the body, the arm, for instance, are still there, they convey no sensation, and the condition which we call paralysis is induced.

A class of nerve cells of especially vital importance is that which is capable of receiving impressions sent inward to the brain on the sensory nerves. These cells are not all alike, since through them we experience many different sensations—pain, fatigue, hunger, thirst, heat, cold, etc., besides the special sensations we denominate hearing, seeing, tasting, and smelling, each of which has its special line of nerves connecting the various seats of impression, such as the ear and the eye.

There is another class of cells which has an entirely different property, possessing the ability to send impulses outward. These may be called

cells of work. The nerve cells of the brain send down impulses to other cells, from which nerve fibers are distributed to the various muscles, forcing them into activity. The cells of the brain and the spinal cord, as well as the muscles, are constantly storing up energy, to be released as thought or action when the proper stimulus comes. All the work we do, mental or physical, is through this releasing of energy by impulses sent down from the brain. There are similar nerve cells which cause the heart to do its work. One set of cells accelerates its movements when necessary; another restrains it. Bile making and the manufacture of gastric juice are also under control of certain brain cells, as are all other bodily processes.

There are other cells which do not produce work, but which regulate work. We go on breathing without taking thought, because there are certain cells which control the breathing automatically. These cells are very sensitive to carbonic acid gas, and when this gas accumulates a little in the body, these cells send down an impulse to the lungs to take in more air, and thus expel the gas, which is dangerous to life. This answers for a few seconds, when the cells again recognize that the body is liable to be poisoned unless more air is taken in, and thus send down another impulse to the lungs to act. Sometimes we are nervously excited in some way, perhaps by reading a very interesting book, or listening to an absorbing story, and we forget to breathe as regularly or as deeply as we should, when we are roused up with a deep breath or sigh, which makes up for our remissness. Nature rallies her forces by this deep inspiration.

Other cells of the brain have the power to determine the weight of objects. Still others have the power of balance of movements, being sort of regulators. This regulation of balance is a very remarkable thing. When this is perfect, as in health, the different parts of the body know instinctively their relations, part to part. The finger tips of the two hands can be brought exactly together, though the eyes be closed, the action bringing into play thousands of nerve and muscle cells in harmonious concert. We are able to do this because the two sides of the body are so perfectly made that one part knows where the other part is.

Every part of the muscular system is represented in the gray matter covering the cerebrum. Each little fold or convolution has its corresponding muscle or group of muscles which it controls.

Thus is every part of the body, every thought, and power, and action, voluntary or involuntary, governed by some special group of nerve cells set apart for the purpose.—*Good Health.*

FOODS.

THE prolongation of life depends upon the strict observance of the laws of nature. Remember Hufeland said "that the nearer and truer we were to Mother Earth, and the closer our intercourse with nature, the closer we approached the source of eternal youth and health." I am confident there are no royal roads to health or longevity, but it is necessary to understand how nature intended we should live in order to live long and comfortably, then live it. The prolonging of life has made but little if any progress during the last century or two, but the way is opening, and a close study of nature and her laws is what is required, and if we can understand the effects and applications of these laws as regards the human body, we can most advance the science of longevity.

The conditions and circumstances that favor long life, and enable us to run the gauntlet of ills and reach a good old age with unimpaired organs, that enables one to live in comfort and pass painless into that state which should be the natural ending of the larger part of mankind, should be sought after. Climate as well as food must have a great influence, since it determines the productions of the earth and nature of the food we eat. Diet influences our inclinations and characteristics, while climate, to some extent, determines our choice of drink, of clothing, and occupation. Our practice teaches us that our occupation has much to do in determining how long we may live; with what diseases we are to die, and the accidents or physical troubles we may expect to encounter.

All scientific men I think now agree that long life depends largely upon diet. We find those who live on a spare diet get well faster under treatment than those who eat too much. Children run but little risk to disease if on a spare diet, especially those who have not been on a meat diet, and are more likely to recover when sick than those who live grossly and on a flesh diet. Galen believed and taught that by dieting and fasting a proper time, diseases were avoided entirely. My observation is that delicate people can reach a good old age by a spare diet, and that

health depends on it. Diogenes met a young man going to a *feast*; he laid hold of him and carried him to his friends, and claimed he was running into *great* danger and that he prevented him. It is a pity that there are not more Diogeneses now to prevent young men and young women from running into such dangers, for the true physicians are constantly employed in countermining the cook and distiller. I believe that gluttony and excess rob the world every year of more inhabitants than pestilence, war, and famine. There are among our modern "magnificent" tables, gout, fevers, rheumatism, consumption, catarrhs, dropsies, and innumerable other troubles carrying away our people every year.

I cull my knowledge from all sources, for everything which may affect health or life belongs to our domain. I find people do not use the same sense in considering their own diet as they do in regard to domestic animals. Do you feed your work-horse just as much when he don't work as when he does?—No! Then why do you eat just as much on rainy days when you are not at work as when you are? Why do you feed your little children on meat and eggs and other strong foods, and not allow your colts grain? You know that grain-fed colts never make as good and enduring horses as those raised on spare diet. Your children are subject to the same physical laws as those of the domestic animals. The diet is the great factor in making and unmaking the physique, and while we recognize in training the athlete, feeding the puppy, the colt, and other young, that the strong food does a lasting damage to these young animals, we are blind when we come to our own bodies. No truth could be plainer than the fact that meat-fed children age prematurely, and that meat is detrimental to long life. We can see, too, that it is natural and reasonable to believe that much of the moral, mental, and physical stunting and subsequent bodily ill-health in us comes from the carelessness and indulgence that parents allow their children. As long as parents thus abuse their children, they must not be surprised if their little ones are called out of this world before they reach adult age.

All the cases which have reached old age through a life of continued feasting and stuffing, had a great power of resistance and endurance. Give me the fruit and herb-fed son for a long and happy life; give me the person who has been raised on a spare

diet for a sound mind and a sound body. Sir Henry Thompson says, "The typical man of eighty or ninety is lean and spare, and lives on a slender diet." "Eat little and labor if you wish to be well." (Aristotle.) The hermits and monks of the early centuries owe their extreme age to a spare and unstimulating diet.

FRUITS AND CEREALS AS FOOD.

Most people consider fruit as simply a luxury, rather than a food. This is a great mistake; fruit should constitute one of the staples on our tables. There are many reasons why it should do so. In the first place, fruits, judiciously eaten, are healthful; there is nothing more so. They contain those fine organic fluids and acids which the system needs in its vital economy. Their juices make excellent drinks, both for sick people and well ones; and the fruit itself is delicious, especially if properly grown and ripened. Children like fruit above everything else; if there are exceptions to this rule, it is because the parent has perverted the child's appetite by giving it improper food, or else by making bad combinations in its diet, with the different kinds of food.

Just here is a subject which very few people understand, viz., the way to eat fruits and to get the best out of them. Many people tell me that fruits do not agree with them, and I do not wonder when I see how they partake of them. Most persons take fruit at the end of the meal, perhaps after dinner, when they have eaten vegetables of various kinds. This is not the way that fruits should be eaten. The best way to eat raw, ripe fruit is to take it by itself, on an empty stomach. Or a good plan is to serve it the first thing, on sitting down at breakfast, provided, always, that the rest of the breakfast consists of fruits and cereals. Bread and fruit (the latter may be raw or cooked), with, perhaps, a dish of rice, oatmeal mush, or other farinaceous dish, makes an excellent breakfast; the mush may be served with fruit or fruit juice, though some prefer milk or cream.

If the dinner consists of vegetables, meats, etc., fruits should not form any part of it; vegetables and fruits do not agree well together, particularly if the digestion is feeble. I notice that tea drinkers are apt to have trouble after eating fruit; and the same is true, as a general thing, of those who use tobacco; nor is it at all strange that as filthy

a thing as the weed should not do well with fruits. You know the old saying, that "birds of a feather will flock together," and I suppose the converse is true, that birds not of a feather have little liking for each other. Anything as clean and wholesome as fruits ought not to be found in company with a thing so unwholesome and poisonous as tobacco. It is said, too, that there is a principle in tea (perhaps in coffee, also) that "quarrels" with fruits.

But fruits and grains are never at sword's point; they are readily assimilated together; and for breakfast and supper, or for a lunch in midday, nothing could be better than cereals and fruits. Vegetables, if eaten, should be taken at dinner, with or without the grain preparations; and meats, if served, should also be taken at that meal. This subject of food combinations is one that should be more carefully studied. One trouble with the American people is that they have too many varieties on the table at a single meal. I was once invited to take supper with a few friends, and I counted no less than sixteen dishes on the table, though there were no meats served. I do not know what a dinner in that house would have been like. There is certainly great lack of taste in serving so many kinds of food at a single meal; it is bad physiology, as well as bad judgment.

Some people have an idea that almost anything can be eaten, provided one is sufficiently abstemious; that it is the quantity which does the mischief, rather than the quality. Certainly it is a bad plan to eat to a surfeit, to gorge one's self. It is best always to eat in moderation. But there are other sins besides overeating. It is very common to see a patient who is in such a morbid condition that he can scarcely eat anything; and this patient will often remark that nothing he eats ought to hurt him, since he takes so very little. In all probability it is the fact of disordered digestion that renders him unable to eat; he cannot assimilate the food. And perhaps the very thing that he needs is to make a change in his dietetic habits. This being done, his appetite gradually increases, and his health improves. It is well to remember that stagnation is not health; perfect health implies activity in the digestive and other organs; waste and supply is the natural order of things.

But I meant to say something in this article about the use of the whole grains in food. It is

folly to *peel* our grains, as is the custom, thus throwing away the most nutritious portions of them, and reserving a mass of starch. It is not starch that builds up muscle, bones, teeth, hair, nails, and the other tissues of the body. We want the "salts" in these grains, and the gluten. White bread and dishes made from white flour constitute a "starvation diet." No wonder we have rickety children, feeble spines, toothless gums, and not any too much hair on the head. Can we not improve in this matter? Even woody fiber in wheat and other grains has its uses. All that the wheat needs before it is ground is to be thoroughly rubbed or cleaned; if the outside portion is removed, the quality of the flour will be impaired. We want a certain coarseness in the food, to give normal activity to the alimentary canal. Food too highly concentrated causes this part of the organism to shrivel up; it loses tone. I would like to give proof of this, but cannot here.

One other word on fruits. If our people would use more of these, particularly in warm weather, they would save many doctor's bills. Fruits are excellent anti-bilious "remedies." Nature furnishes them in abundance at the time that we need them most. But many people render them worthless by eating them with a great deal of sugar, or with milk and sugar. As a rule, good, ripe fruit needs little hiring, except hunger and a wholesome appetite. Our people have yet to learn this.—*S. W. Dodds, M.D., in People's Health Journal of Chicago.*

SIMPLICITY in living, says a contemporary, strengthens the body and gives it greater muscular power and endurance. It should be added that it gives the medium of mental activity greater clearness and vigor. Simplicity of living is as beneficial to the intellect as to the body.—*Selected.*

A MRS. ENGLISH, of Sheffield, has just entered upon her one hundred and second year, the event being duly celebrated. She was one of twenty children, and is the last survivor. Her husband died fifty-seven years ago. She is said never to have had a day's illness in her life.

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

Disease and its Causes.

THE RIGHT WILL RIGHT ITSELF.

WHEN overcome with anxious fears,
And moved with passion strong,
Because the right seems losing ground
And everything goes wrong,
How oft does admonition say:
"Put trouble on the shelf;
Truth will outlive the liar's day,
And right will right itself."

By all the triumphs of the past,
By all the victories won,
The good achieved, the progress made,
Each day, from sun to sun,
In spite of artful ways employed
By perfidy and pelf,
Of one thing we can rest assured,
The right will right itself.

Unshaken in our faith and zeal,
'Tis ours to do and dare,
To find the place we best can fill
And serve our Maker there;
For he is only brave who thus
Puts trouble on the shelf,
And trusts in God, for by his aid
The right will right itself.

—*N. Y. Ledger.*

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

SINCE the fall in Eden, the race has been degenerating. Deformity, imbecility, disease, and suffering have been pressing heavier and heavier upon each successive generation since the fall, and yet the masses are asleep as to the real causes. They do not consider that they themselves are guilty, in a great measure, for this deplorable state of things. They generally charge their sufferings upon providence, and regard God as the author of their woes. But it is intemperance, to a greater or less degree, that lies at the foundation of all this suffering.

Eve was intemperate in her desires when she put forth the hand to take of the forbidden tree. Self-gratification has reigned almost supreme in the hearts of men and women since the fall. Especially has the appetite been indulged, and they have been controlled by it, instead of by reason. For the sake of gratifying the taste, Eve transgressed the commandment of God. He had

given her everything her wants required, yet she was not satisfied.

Ever since, her fallen sons and daughters have followed the desire of their eyes and of their taste. They have, like Eve, disregarded the prohibitions God has made, and have followed in a course of disobedience, and, like Eve, have flattered themselves that the consequence would not be as fearful as had been apprehended. Man has disregarded the laws of his being, and disease has been steadily increasing. The cause has been followed by the effect. He has not been satisfied with food which was the most healthful, but has gratified the taste, even at the expense of health.

God has established the laws of our being. If we violate these laws, we must, sooner or later, suffer the consequences. The laws of our being cannot be more successfully violated than by crowding upon the stomach unhealthy food, because craved by a morbid appetite. To eat to excess, of even simple food, will eventually break down the digestive organs; but add to this the eating too great an amount of food, and that unwholesome, and the evil is greatly increased. The constitution must become impaired.

The human family have been growing more and more self-indulgent, until health has been most successfully sacrificed upon the altar of lustful appetite. The inhabitants of the old world were intemperate in eating and drinking. They would have flesh meats, although God had given them no permission to eat animal food. They ate and drank to excess, and their depraved appetites knew no bounds. They gave themselves up to abominable idolatry. They became violent and ferocious, and so corrupt that God could bear with them no longer. Their cup of iniquity was full, and God cleansed the earth of its moral pollution by a flood. As men multiplied upon the face of the earth after the flood, they forgot God and corrupted their ways before him. Intemperance in every form increased to a great extent.

The Lord brought his people out of Egypt in a victorious manner. He led them through the wilderness, to prove them and try them. He repeatedly manifested his miraculous power in their deliverances from their enemies. He promised to take them to himself, as his peculiar treasure, if they would obey his voice and keep his commandments. He did not forbid them to eat the flesh of animals, but withheld it from them in a great

measure. He provided them food which was the most healthful. He rained their bread from heaven, and gave them purest water from the flinty rock. He made a covenant with them,—if they would obey him in all things, he would preserve them from disease.

But the Hebrews were not satisfied. They despised the food given them from heaven, and wished themselves back in Egypt, where they could sit by the flesh-pots. They preferred slavery, and even death, rather than to be deprived of meat. God, in his anger, gave them flesh to gratify their lustful appetites, and great numbers of them died while eating the meat for which they had lusted.

Nadab and Abihu were slain by the fire of God's wrath, for their intemperance in the use of wine. God would have his people understand that they will be visited according to their obedience or transgressions. Crime and disease have increased with every successive generation. Intemperance in eating and drinking, and the indulgence of the baser passions, have benumbed the nobler faculties. Appetite, to an alarming extent, has controlled reason.

The human family have indulged an increasing desire for rich food, until it has become a fashion to crowd all the delicacies possible into the stomach. Especially at parties of pleasure is the appetite indulged with but little restraint. Rich dinners and late suppers are partaken of, consisting of highly-seasoned meat, with rich gravies, rich cakes, pies, ice-cream, etc.

Professed Christians generally take the lead in these fashionable gatherings. Large sums of money are sacrificed to the gods of fashion and appetite, in preparing feasts of health-destroying dainties to tempt the appetite, that through this channel something may be raised for religious purposes. Thus ministers and professed Christians have acted their part and exerted their influence, by precept and example, in indulging in intemperance in eating, and leading the people to health-destroying gluttony. Instead of appealing to man's reason, to his benevolence, his humanity, his nobler faculties, the most successful appeal that can be made is to the appetite.

The gratification of the appetite will induce men to give means when otherwise they would do nothing. What a sad picture for Christians! With such a sacrifice is God well pleased? How much

more acceptable to him was the widow's mite. Such as follow her example from the heart, will have well done. To have the blessing of Heaven to attend the sacrifice thus made, can make the simplest offerings of the highest value.

WOMAN'S CAPABILITIES AND OPPORTUNITIES AT THE AGE OF FIFTY YEARS.

A WOMAN'S life may be divided naturally into three periods. The first, or developing period, extends to the age of twelve or fifteen years; the second covers the time devoted to the acquiring of an education, and to business activities, if she thus elects, or to the cares and duties of maternity, if she be a wife and mother; the third embraces what remains of life beyond this period, and should be, in most respects, the ripest and richest of her years. But the condition in which she finds herself in this third period, both physically and mentally, depends altogether upon the foundation laid in her youth, and the care with which she has guarded her gifts during her maturer years. Whether she finds herself worn out in mind and body, perhaps a bedridden invalid, or reaches this period with the ripened wisdom of years and strength that shall make her influence wide, it lies with herself to decide; only the decision must be made while she is yet young enough to make the best things possible.

At this age, woman should have twenty of the best years of her life in which to make herself felt for good in the world. Whether or not this is the case depends upon how her younger years have been spent. A girl whose figure has been shaped to the notion of a French *modiste*, and whose highest ambition is to make a sensation in the ball-room and attend to the fashionable nothings of society, quite probably will never reach the age of fifty years but as a broken-down woman—an invalid both in mind and body. Those who thus fritter away their time in youth are wasting the vitality and energy nature intended for the reserve power of mature years,—forces that, once exhausted, can never be replaced. Youth is the preparatory period, not the period of prime usefulness; the time when energy is to be gathered and stored for the important years ahead, not the time when it can be ruthlessly expended, and the capital stock drawn upon. The woman who does her living in youth must expect to do her dying as soon as youth is past; perhaps

not the real passing away from life, but from all the activities and opportunities that constitute the pleasures of true living. She is but the dry and withered branch of a root through which still pulses the vital tide.

If a woman has lived a sensible girlhood, it is not true, as many hold, that if she marries and assumes the duties of motherhood, she is incapacitated for any further usefulness in the world. It is true that if she remains unmarried, she may, if she will, put the energy of her whole life into intellectual and philanthropic pursuits, devoting the time otherwise demanded for the training and rearing of children, to these purposes; but at the same time, in the successful management of a family, there is an experience gained that can be obtained in no other way, which a wise woman can put to most noble uses, to say nothing of honor reflected from the good deeds of the wisely-trained son or daughter. The duties of motherhood need not compel a woman to allow her mind to run to waste; and she need not break down bodily, if she gives herself proper care. If she is united to a man who respects the higher laws of marital purity, she may bear and rear a family of children, and still continue in health, if she has not ruined her physique by tight-lacing and lack of healthful exercise. But the woman who bears children too frequently, or who, to avoid it, resorts to common crimes against the unborn, or who does not properly care for her health,—that woman may expect nature's retribution. In cases where there is a predisposition to consumption, insanity, and other hereditary diseases, then is the time in which outraged nature will succumb to their ravages, unless guarded against with special care.

A very common cause of much of the ill health and mental inability of women at this critical age is the use of stimulants and narcotics, under the mistaken notion of tiding over the difficulties of this period by drugging poor weak nerves and an impoverished system. There is no time in life when the use of these substances should be so carefully avoided. Morphine, liquor, tea, and coffee have each very bad effects upon the delicate mechanism of the female frame. Tea and coffee especially derange the nervous system. Much is said about the large number of men who are victims of the liquor habit; yet the number of women who suffer from inebriety from the use of tea and coffee, and from taking morphine, is equally large, and the effect of these drugs is, through them, very pernicious to the

human race. There are millions of morphine takers whose vice is carefully concealed from even their intimate friends, and four-fifths of these are women.

In respect to the increased activity of the intellect during this third period of woman's life, it can be shown that most of our justly famous women have won their honors and done their best work at about this age. Fanny Fern was forty-two before she published her first book, and Harriet Beecher Stowe was forty-four. Frances Willard said recently, on her fiftieth birthday, that she felt as if she had yet another fifty years of hard work before her. No woman ought to feel as if her life-work was ended at the turning of a well-rounded half century. There are many reasons why the period just entered upon is most desirable. The drains upon her system by the fulfillment of womanhood are past; she has now more of leisure, and the experience of years behind her; and if she has lived as a rational being ought, she has acquired considerable wisdom, by which she will be able to help her children and friends, and widen her influence for good in society at large. Of course, during the time when family cares and responsibilities were pressing, she could not be expected to labor in public work. Her task was then the noble one of training up the laborers of the future. But if by economy of time and strength she cultivated her mind and body, she laid a foundation for a good work to be done when her family no longer required her constant care. Then may come the crowning work of her life. Such a woman will be looked up to and revered by her sons and daughters. She will not be crowded into the background and forgotten, or looked upon simply as a person to be tolerated and charitably dealt with. There is nothing more pitiable than a mother who has allowed herself to fall behind and grow rusty, in consequence of which her children look upon her as an old foggy, who knows nothing of what is going on in the world, and whose opinions are not worth heeding. Opinions change, thoughts and tastes change, with the changing generations. She is a wise mother who keeps abreast of the times, and thus holds her true position as the head of the household, the rightful leader and director; she will never grow old to her children.

This is the beautiful picture of advancing age we have in the Scriptures, which hold many words of praise for the woman who grows wise with advanc-

ing years. "Strength and honor are her clothing," and "her children rise up and call her blessed." She is a business woman, too; for "she considereth a field, and buyeth it." The closing years of life should be the peaceful harvest wherein a woman reaps the fruitage of well-spent years, and should be, in every sense of the word, the best and richest of any she has known.—*Kate Lindsay, M. D., in Good Health.*

PHYSICAL EDUCATION IN RELATION TO MENTAL DEVELOPMENT IN SCHOOL LIFE.

THE respective claims of physical and mental training, and the evils arising from the neglect or abuse of either, are obviously questions of the highest medical as well as social interest. This neglect now presents itself in two different aspects. On the one hand, the children of the poor in England are compulsorily subjected, at an absurdly early age, to a forcing and injurious system of mental cultivation. Whilst, on the other hand, in the case of those of a better social position, the physical powers are not uncommonly overtrained, at the expense of the mental faculties. Of these errors the former is the most important, and to its operation is, I believe, largely ascribable the apparent diminution of physical stamina observable in too many of the youth of the present day, as compared with the physically more robust, if intellectually less cultured, generation of the pre-educational period. Looking at the overtaken and anæmic little children now chained to the desk by the school boards, we might be tempted to believe

'Twas not the sires of such as these
Who dared the elements and pathless seas;
But beings of another mould—
Rough, hardy, vigorous, manly, bold!

At the present time, a large part of the first ten years of life, which should be primarily devoted to physical and moral training, is given up to the development of the mental powers, the child, when a mere infant, being compelled to attend some school, where the immature brain is forced into abnormal and disastrous activity. On its return home, jaded in mind and body, to prepare for next day's task, such a child is necessarily unfit for the enjoyment of the physical exercise which is essential for its bodily development and health, or for the still more important elementary training of the affections and moral faculties and instilling of

religious principles, which are better acquirable from home teachings than from any school board system. We are all, of course, agreed as to the duty of properly educating children so as to fit them mentally and bodily for the increasing requirements and competition of modern life. But as to the extent to which the former should be carried and the latter neglected in early childhood there is, unfortunately, a great discrepancy between the rulers of the education department and the views of those who have to deal in disease with the consequences of the violation of the laws of nature. And hence, whilst little children are thereby overworked into disease or death, the physician must still raise his protesting voice, albeit it would apparently seem unheeded.

During the first eight or ten years of child life, the amount of mental cultivation which a child's brain is capable of receiving with permanent advantage is much less than is commonly believed. No greater physiological mistake is possible than that of attempting any considerable degree of such culture until the sufficient development of the physical stamina and moral faculties is accomplished. The organ of the mind is as much a part of the body as the hand, and ere either can function properly, its vital force must be fostered and maintained by nutrition, and developed by physical exercise. A large proportion of those who come within the provisions of the elementary education code are semi-starved children of the poorest class, who, when thus debilitated by privation, are necessarily as much incapacitated for any mental strain as for the accomplishment of any herculean feat of physical strength, it being not less inhuman, injudicious, and impolitic to expect the former than it would be the latter from those so circumstanced.

If the State, for reason of public policy, determines that all children shall be compulsorily educated from their earliest years, it should certainly afford the means by which this may be least injuriously and most effectually carried out, by providing food and physical training, as well as mental education, for every pauper child attending an elementary school.

Amongst the results of overpressure in such schools under the boards referred to, is brain disease in all forms—viz., cephalitis, cerebritis, and meningitis, as well as headache, sleeplessness, neuroses of every kind, and other evidences of cerebro-nervous disorders. On no other ground

can the increasing prevalence of these affections amongst the little victims of the educational department be accounted for or explained, than by ascribing them to the new factors, "brain excitement" and "overpressure," which, in the case of young children, are now too commonly disastrously associated with the process of misdirected education and neglected physical training.—*Thomas More Madden, M. D., F. R. C. S. Ed., in Hall's Journal of Health.*

HOW TO EAT WISELY.

As a universal rule in health, and with very rare exceptions in disease, that is best to be eaten which the appetite craves or the taste relishes.

Persons rarely err in the quality of the food eaten; nature's instincts are the wisest regulators in this respect.

The great sources of mischief from eating are three—quantity, frequency, rapidity; and from these come the horrible dyspepsias which make of human life a burden, a torture, a living death.

Rapidity.—By eating fast, the stomach, like a bottle being filled through a funnel, is full and overflowing before we know it. But the most important reason is, the food is swallowed before time has been allowed to divide it in sufficiently small pieces with the teeth, for, like ice in a tumbler of water, the smaller the bits are the sooner are they dissolved. It has been seen with the naked eye that if solid food is cut up in pieces as small as half a pea, it digests almost as soon without being chewed at all as if it had been well masticated. The best plan, therefore, is for all persons to thus comminute their food, for even if it is well chewed, the comminution is no injury, while it is of very great importance in case of hurry, forgetfulness, or bad teeth. Cheerful conversation prevents rapid eating.

Frequency.—It takes about five hours for a common meal to dissolve and pass out of the stomach, during which time this organ is incessantly at work, when it must have repose, as any other muscle or set of muscles, after such a length of effort. Hence persons should not eat within less than a five-hour interval. The heart itself is at rest more than one-third of its time. The brain perishes without repose. Never force food on the stomach.

Quantity.—It is variety which tempts to excess; few will err as to quantity who eat very slowly.—*Sel.*

DON'T SCOLD.

MOTHERS, don't scold. You can be firm without scolding your children; you can reprove them for their faults; you can punish them when necessary, but don't get into the habit of perpetually scolding them. It does them no good. They soon become so accustomed to fault-finding and scolding that they pay no attention to it. Or, which often happens, they grow hardened and reckless in consequence of it. Many a naturally good disposition is ruined by constant scolding, and many a child is driven to seek evil associates because there is no peace at home. Mothers, with their many cares and perplexities, often fall into the habit unconsciously; but it is a sad habit for them and their children. Watch yourselves, and don't indulge in this unfortunate and often unintentional manner of addressing your children. Watch even the tones of your voice, and, above all, watch your hearts; for we have divine authority for saying that "out of the abundance of the heart the mouth speaketh."—*Hall's Journal of Health.*

RECKLESS EXPOSURE TO DISEASE AND ACCIDENT.

THERE is scarcely a day but we hear persons talking about the treacherous, changeable weather—the capricious, fickle weather.

They complain that they are continually taking cold and wish they were in a climate less changeable. The trouble is with themselves, however. The snow is hardly thawed from the ground, and the spring buds and fragrant flowers have barely intimated that spring is coming, before these persons have laid aside not only their wraps, but their underwear as well. The wonder is not that they take cold and have pneumonia, bronchitis, pleurisy, tonsilitis, and rheumatism occasionally, but that they escape as well as they do.

This evening, as we were coming home, a little girl, large enough to know better, seemed to get a great deal of comfort and fun running into the street and darting in front of the electric car to see how soon the motor man could check up. It seemed once that the car was within a foot of running upon her. And yet it is but a few days since a little boy was killed on our streets in this way, through recklessness on his part. We verily believe that the deaths and miseries resulting from

recklessness are more numerous and disastrous than those arising from unavoidable causes.

Sanitation is a many-sided science. The successful sanitarian must be a moralist and philanthropist as well as a physician. He must know and teach by example, as well as by precept, that vice leads to misery, and that recklessness is often associated with viciousness. If we can, by precept and example, impress upon those about us the fact that they who recklessly tamper with health, and wantonly expose themselves to danger, are criminals, and are perhaps unconsciously suiciding, we shall have accomplished a great deal.—*Bulletin, Iowa, Health Board.*

TOO MUCH STUDY BAD.

DR. O. SPRAGUE PAINE has made a specialty of studying the brain. This is what he said:—

Men very often die from overwork, especially brain workers. Many men work day and night almost, and so overtax their brains that they become mentally and physically incapable of performing their proper work, and eventually break down altogether under the mental strain. These then have to rest, and great care has to be taken in order that they may fully regain their health. In many cases they have broken down so completely that as long as they live they are mere wrecks of their former selves, and in many cases they fail to recover at all. A great many are troubled with sleeplessness, and fail to pay any attention to this, thinking that it is nothing at all. This is really a very serious and dangerous condition to be in. Persons who can't sleep can't rest properly. Eventually the brain will wear out. It is absolutely impossible to keep well without sleep. Men must have sleep or suffer for it, and the first organ of the body that will suffer will be the brain. Unless the brain is properly rested, the patient will break down and perhaps become insane.—*New York Mail and Express.*

THE ART OF PROLONGING LIFE.

EXERCISE is essential to the preservation of health; inactivity is a potent cause of wasting and degeneration. The vigor and equality of the circulation, the functions of the skin, and the aeration of the blood, are all promoted by muscular activity, which thus keeps up a proper balance and

relation between the important organs of the body. In youth, the vigor of the system is often so great that if one organ be sluggish, another part will make amends for the deficiency by acting vicariously, and without any consequent damage to itself. In old age, the task cannot thus be shifted from one organ to another; the work allotted to each sufficiently taxes strength, and vicarious action cannot be performed without mischief. Hence the importance of maintaining, as far as possible, the equal action of all the bodily organs, so that the share of the vital processes assigned to each shall be properly accomplished. For this reason exercise is an important part of the conduct of life in old age; but discretion is absolutely necessary. An old man should discover by experience how much exercise he can take without exhausting his powers, and should be careful never to exceed the limit. Old persons are apt to forget that their staying powers are much less than they once were, and that, while a walk of two or three miles may prove easy and pleasurable, the addition of the return journey of similar length will seriously overtax the strength.—*Hall's Journal of Health.*

OPEN-AIR EXERCISE.

At least an hour should be spent in the open air every day, if you wish to preserve your health. No man or woman can long retain health and vigor without it. The lack of it will entail injury to the nerves, the digestion, the blood, and the beauty of any woman.

Walking is better than riding, and with a little practice any ordinarily healthy woman can walk with profit at least two miles a day. Many will say that they get sufficient exercise in attending to their household duties, but I assure you that the tread-mill exercise of the house is a very different thing from that taken in the open air, if you are properly dressed to enjoy it.

FRESH air in the sleeping-room is of the utmost importance; but to sleep with the windows wide open in all weathers, as advised by some, is a very unwise proceeding, and one likely to do more harm than good. The morning cold bath gives a shock to the system which only vigorous constitutions can withstand. A moderately warm bath is safer for most persons, and a dry rubbing with a flesh brush is in many cases a much better and safer measure.

Temperance.

WHAT WILL YOU TAKE?

"WHAT will you take for friendship's sake?"

Oh, take the fruit which God has spread
In blushing beauty o'er your head.
Go, take the water from the spring,
And your Redeemer's praises sing;
But do not touch the rosy wine,
Nor let your feet to sin incline.
When tempted to embrace the foe,
Look up to Christ, and say, No!

"What will you take for friendship's sake?"

Oh, take the sunshine, bright and fair;
Take copious draughts of God's pure air.
Lay hold on Jesus' word and grace;
'Twill shield you from the tempter's gaze.
Oh, do not linger near the wine!
Its flame might quench the spark divine.
Though legions seek your overthrow,
Look up to Jesus, and shout your, No!

—*Light and Reflector.*

TOBACCO POISONING.

Babyhood, following the lead of a medical contemporary, has called the attention of its readers to the bad effects of tobacco smoke on young children; not smoke of their own manufacture, of course, but that inhaled from smoke-laden air. This is a subject we have never seen discussed before; but, irrespective of any question regarding the habit of smoking, *per se*, we think that everyone must agree with the conclusions reached by the writer quoted below:—

"Everyone is familiar with the effects of tobacco upon those unaccustomed to it, especially upon the young; but we are too apt to consider these effects as confined to the person smoking. This is a distinct error. The pleasurable effects generally are so confined, but the discomforts are not. Persons habituated to the use of tobacco are usually very incredulous about these discomforts and pay little attention to them. Yet many habitual smokers avoid a smoking-car, or smoking-cabin, and we have known many men in good health who have been obliged to give up attendance at their favorite clubs because their fellow-members smoked so excessively as to cause them an illness. We have even known a strong man, who rarely used tobacco, in need of medical aid from attending a directors' meeting, held in a rather small room, where the

majority smoked during the meeting, while he did not. With these facts before us, who can doubt the effect upon infants and young children before they acquire habituation? If a child is 'poorly,' with a poor appetite, is languid, etc., it is always worth while to inquire if this source of poisoning exists. It may seem that such caution is unnecessary, but we daily see the men of the family smoking in the same room with the children."—*Southern Health Journal.*

POISONING FROM CAYENNE PEPPER.

ACCORDING to the *Druggists' Circular*, a good authority, an English boy was recently killed by a dose of cayenne pepper, which his mother gave him as a remedy for a cold. In a few minutes the boy was found on his knees gasping for breath. After struggling for several minutes, he expired. The physician who was called, decided that death was due to the poisonous action of the cayenne pepper upon the heart. Probably few of those who use cayenne pepper understand that it is a poison. According to Prof. Grant Allen, of England, the oil of cayenne pepper is almost as deadly a poison as prussic acid. What is true of cayenne is true, although in a lesser degree, of the essential oils which constitute most of the irritating condiments, such as mustard, black pepper, capsicum, and similar substances. Nature has given to these substances a flavor which is repulsive to the unperverted palate, as danger signals to indicate their poisonous character. It is difficult to comprehend how a taste for substances which smart, burn, and blister as they go down one's throat, could ever have been acquired by human beings. All lower animals, as well as savages, reject these substances most vigorously when they are presented to them.—*Good Health.*

EXPLORERS' USE OF TOBACCO.

HENRY M. STANLEY carries his pipe with him wherever he goes, and usually carries it in his mouth. But Dr. Nausen, though addicted to the weed, habitually abstains from tobacco when on his travels. The same is true of H. H. Johnston and Joseph Thomson, who have some reputation as African explorers. Emin Pasha smokes cigars and cigarettes, and is very expert in rolling the latter.

SIR WILLIAM GULL ON WINE DRINKING.

THIS famous English physician does not hesitate, even in a country where wine drinking is so prevalent and customary, to express in the following emphatic language his condemnation of even the so-called moderate use of wine: "I think that instead of flying to alcohol, as some people do when they are exhausted, they might very well take food, and would be very much better without the alcohol. If I am fatigued with overwork, personally, my food is very simple; I eat the raisins instead of drinking the wine. I have had a very large experience in that practice for thirty years. This is my own personal experience. I should enjoin issue at once with those who believe that intellectual work cannot be so well done without wine or alcohol. I should deny that proposition, and hold the very opposite. There is a great deal of injury done to health by the habitual use of wines in their various kinds, and alcohol in its various shapes, even in so-called moderate quantities. It leads to the degeneration of the tissues; it spoils the health, and it spoils the intellect."—*Good Health*.

NOT ENTIRELY A SLAVE TO THE HABIT.

Visitor (philanthropically inclined)—Auntie, don't you think you would enjoy better health and live longer if you could quit smoking?

Auntie (aged 98)—I don't smoke all the time, mum. Sometimes I go half a day 'thout touchin' my pipe. Been doin' that away, off an' on, fur about—(to a great great grandson) you, George Wash'nton! give the lady a cheer ur I'll thess jerk the top o' yer head off'n ye!—fur about seventy-five year, mum. Land sakes, I ain't no slave to the habit.—*Chicago Tribune*.

THE POOR-HOUSE RUINED.

"ELI PERKINS," who was lately making observations in Iowa, was "interviewed" as he was passing through Sioux City. He had been at Ackley the day before for the first time in nine years. Nine years ago it had seventeen saloons, and the banks and farmers sent \$25,000 to the East annually to pay interest on farm mortgages. Now he found no saloon, or sign of a saloon, and a banker told him that they only sent \$2,500 East during the past year to pay interest on farm mort-

gages. Not a policeman there now, not a pauper in the poor-house, nor a criminal in the jail. The only bankruptcy there has been in Ackley is the bankruptcy of the poor-house. Poor old poor-house, it had to give up business, and the jail is full of cobwebs! "Yes," declared Eli, "temperance has hurt the poor-house and jail in Ackley. It has ruined these institutions." Iowa will endure such ruin with great complacency.—*National Temperance Advocate*.

REFORMING THE HEATHEN.

African Missionary (writing to Board of Missions, New York)—We are doing nobly. Send us a ship load of clothes for our converts, also some materials for civilized dishes, pork, corn, butter, bacon, lard, etc.; also some more Bibles.

SECOND LETTER.

All the savages are now dressed in civilized garb and are learning to eat Christian food. They are particularly fond of hot cakes and sausages, and always say grace before eating.

THIRD LETTER.

Send us a ship load of bilious pills and five hundred coffins, quick!—*U. S. Employment Guide, Le Mars, Ia.*

BRANDY ON THE NERVES.

BARON LIEBIG says that "brandy, in its action on the nerves, is like a bill of exchange drawn on the strength of the laborer, which, for lack of cash to pay it, must be constantly renewed. The workman consumes his principal instead of interest,—hence the inevitable bankruptcy of the body."—*Medical Brief*.

BUT few children in the coming age will be without the knowledge of the scientific fact of alcohol being a poison instead of a food. Whether they will have the moral stamina or physical soundness of organization to let it alone may be the development of still another age. For people do not live up to their knowledge, they only live up to and express their present development, which is the result of varied and intricate mental and physical conditions.—*Sel.*

BE sure your drink and food are clean and you will avoid much danger from disease.

Miscellaneous.

LOST AND FOUND.

I HAD a treasure in my house,
And woke one day to find it gone;
I mourned for it from dawn till night,
From night till dawn.

I said, "Behold, I will arise
And sweep my house"—and so I found
What I had lost, and told my joy
To all around.

I had a treasure in my heart,
And scarcely knew that it had fled,
Until communion with my Lord
Grew cold and dead.

"Behold!" I said, "I will arise
And sweep my heart of self and sin;
For so the peace that I have lost
May enter in."

O friends, rejoice with me! Each day
Helps my lost treasure to restore;
And sweet communion with my Lord
Is mine once more.

—Good Company.

CONCORD AND DISCORD.

IN our common life are to be found various degrees of concord and discord. We define concord as harmony, and discord as want of harmony. At the time when the earth's "corner-stone" was laid, little of discord was known, but all was complete harmony. The whole world was at that time an unbroken harmony—as a vast piece of music spread out before us. In nature, we see marked examples of concord. If we speak of them, it is because we personify them and clothe them with human qualities. Again, we find harmony in the musical instruments before us. The world is as one great orchestra, which, at the beginning, was in complete harmony. But one day a chord was broken, and a discord long and harsh grated upon the universe. All the reformers of the world are working to hush its sounds. In our modern orchestras all the instruments are tuned to the sound of one. There is going to be a grand tuning of instruments, and when done, we are going to sing without a discord. Then, at the laying of the top stone of the world's history, the same voices shall be heard as when the "morning-stars sang together, and the sons of God shouted for joy."—*Harriet E. Knipe.*

HASTE IN EDUCATION.

THE universities, colleges, and technique schools are often complained of for inefficiency of method, when the true cause of unsatisfactory results is the crudity of material ground through the educational mill. Wheat in the dough has to ripen before the best roller process can make good flour. The most perfect of cooks can scarcely make palatable green fruits. Even if green peas and spring lamb are a favorite of gormands, they are only as a side dish, or relish; not for the principal work of digestion. We recognize the dangers and the difficulties in early training of colts: why not study the impossibilities of making children and youth do a man's work in sciences and the arts? Yet all managers of schools and colleges find themselves pressed by popular clamor, by students themselves, and by parents, who ought to be wiser, to reduce the age of admission, and lower the tests of maturity for undertaking the heavier tasks of education and technical training.

There are, undoubtedly, reasons for this state of over-anxiety to complete education. The popular greed of gain in the West, and populous crowds of hungry competitors for a living in the East, have made people of all classes anxious to get forward in life—to live their life as quickly as possible. The reign of fashion in this particular is not less rigid nor more rational than in dress or etiquette. Worse than all is the popular misconception of education as a mere filling-up process, rather than a growth—a habit-forming process—that requires time and adaptation to maturing faculties.

Students themselves feel this pressure and respond with ardent zeal. Some of them are ready to master all literature and half the sciences before they are twenty. Many a youth of fifteen feels competent to learn half the curriculum in a vacation if he can graduate a year earlier by "skinning" examinations. Some are stimulated by emulation to do as much as a friend or an acquaintance who finished a college and professional course before reaching his majority. All feel anxious to keep up with companions, if not to outstrip them a little. Still others, not over-emulous, are anxious to get into college for the mere pleasure of going and coming with the crowd. Just as the little tot of a child cries to go to school with his brothers and sisters, the callow youth is uneasy to be left out of the excitement of college life so

eagerly detailed for his edification by an older companion or relative.

It is no wonder, then, that parents who mean to look after the very best interests of their children partake of this too general haste. It is economy, certainly, to bring the years of school life within the years of immature physical powers, while possible earnings are less. Most parents fear to put off the sending of children to college lest the formative years, passing all too quickly, be gone forever. Most parents take a natural pride in the precocity of their children, and some would risk health, mental capacity, and even character to have their boy the youngest of his class. Many, feeling unable or unwilling to exert the needed influence over growing independence in youth, hustle their children into college to shirk their own responsibility upon professors and presidents. Still others are simply careless in the matter, willing to please the youthful fancy for college life. Among these are people who do not scruple to antedate the birth of their children a few months for the sake of meeting requirements in age, and to press for only a trial in case of immaturities shown by examinations.

That all this haste is mistaken enthusiasm, nobody of thoughtful experience doubts. Would it not be well, parents, to call a halt ourselves, for the sake of the coming generation of men and women, whose opportunities are being wasted by immature attempts at training too severe and too extensive for their years?

It may be a help to some over-anxious fathers and mothers to see that we can keep up with the average without such haste. In spite of this pressure on the part of many, the average age of students in this college last year was nearly twenty years. Among graduates last June, the range was between seventeen and a third and thirty-two, while the average with young men was twenty-two and a half; with young women, twenty-one and a third. The youngest of these, often the very brightest, suffer in some respects from want of stamina for such work as the average student can do to advantage. Of those entering college last year, the average age was nineteen and a half, more than twenty and a half for young men. Why should any parent wish his boy of fourteen to cope with full-grown men and women in such a course of study? Why not keep him in a good common or

high school for two years longer, and have a strong man as well as a bright boy?—*Pres. Geo. T. Fairchild, in Industrialist.*

PUTTING TRUST IN THE LORD.

"No," said the lawyer, "I shan't press your claim against that man; you can get someone else to take the case, just as you think best."

"Think there's any money to be got out of it?"

"There would probably be some money in it, but it would come from the sale of the little house the man occupies and calls 'home,' but I don't want to meddle with the matter, anyhow."

"Got frightened out of it, eh?"

"No, I wasn't frightened out of it."

"I suppose the old fellow begged hard to be let off?"

"Yes, he did."

"And you caved?"

"No, I didn't say a word."

"Oh! he did all the talking, eh?"

"Yes."

"What did you do?"

"I believe I shed a few tears."

"The old fellow begged you hard, you say?"

"No, I didn't say so; he didn't speak to me."

"Well, may I respectfully inquire whom he did address in your hearing?"

"God Almighty."

"Ah! he took to praying, did he?"

"Not for my benefit, at least. You see I found the place easily enough, and knocked at the outer door, which stood ajar, but nobody heard me; so I stepped inside and saw through the crack of the door a cozy sitting-room; and there on a bed with her head high on pillows was an old lady who looked for all the world just as my mother did the last time I saw her on earth. Well, I was on the point of knocking, when she said, 'Come, father, now begin,' and down on his knees by her side went an old, white-haired man, still older than his wife, I should judge; and I could not have knocked then for the life of me. Well, he began; first he reminded God that they were still submissive children, mother and he; no matter what he saw fit to bring upon them, they shouldn't rebel at his will; of course it was going to be very hard for them to go out homeless in their old age, especially with the poor mother so sick and helpless; and, oh, how different it might have been if only one of

their boys had been spared to them! And then his voice kind of broke, and a thin, white hand stole from under the coverlet and moved slowly over his snowy hair; then he went on to repeat that nothing could be so sharp again as the parting with three sons—unless mother and he should be separated; but at last he comforted himself with the fact that the dear Lord knew it was through no fault of his own that mother and he were threatened with loss of their little home, which meant beggary and the almshouse—a place they prayed to be delivered from entering if it could be consistent with God's will; and then he quoted a multitude of promises concerning the safety of those who put their trust in the Lord; in fact, it was the most thrilling plea to which I ever listened; and at last he prayed for God's blessing on those who were about to demand justice," the lawyer continued more slowly than ever. "And—I—believe I'd rather go to the poor-house myself to-night than to stain my hands with the blood of a prosecution like that."

"Little afraid to defeat the old man's prayer?"

"You couldn't defeat it," said the lawyer. "I tell you, he left it all subject to the will of God, but of all the pleading I ever heard, that beat all. You see I was taught that kind of thing myself in my childhood, and why I was sent to hear that prayer I'm sure I don't know, but I hand the case over just the same."

"I wish," said the client, twisting uneasily, "that you hadn't told me about the man's prayer."

"Why so?"

"Well, because I want the money the place would bring. But I was taught the Bible straight enough when I was a boy, and I'd hate to run counter to what you tell about. I wish you hadn't heard a word, and another time I wouldn't listen to petitions not intended for my ears."

The lawyer smiled. "My dear fellow, you are wrong again," he said. "It was intended for my ears and your ears too, and God Almighty intended it. My old mother used to sing of God's moving in a mysterious way, I remember."

"Well, my mother used to sing it, too," said the claimant, as he twisted the claim papers in his fingers. "You call in the morning, if you like, and tell 'mother and him' that the claim has been met."

"In a mysterious way," added the lawyer.—*Selected.*

LIFE IN INDIA.

A WRITER on India states that in winter the climate is pleasant—something like a tolerably hot English summer. But in summer the one object is to keep cool. The best means of effecting this is with a punkah—a short curtain hung on rods fixed through the wall. A man sitting outside pulls a string attached to these rods, and thus keeps up a breeze night and day. Traveling is generally done at night. Everybody gets up early and does his work before the heat becomes too great. Servants are so cheap that most families have half a dozen of them. Earthquakes are not uncommon. Night is constantly made hideous by the howling of jackals. An Indian lady does not make much more fuss on discovering a snake than a European lady does upon discovering a mouse. The government reward for every snake killed has induced some of the natives to start snake-breeding establishments as a good source of income. Wild animals to-day rarely approach inhabited places in the day-time, though at night they are apt to prowl about favorite walks. The best protection against them is light. They cannot understand it. A man may safely pass through a jungle with all sorts of animals lurking about, provided he has a lantern in his hand. The boldest will not attack him them. Tigers have become so rare in some parts that the shooting of one is considered sufficiently interesting to be noted in the papers. Some animals are very tame, being held sacred. Pigeons are in some streets numerous enough to darken the air. In the town on the sacred Ganges River the bathing-places are crowded every morning, superstition, not the desire for cleanliness, being the motive power. Formerly dead bodies were thrown in the sacred river, causing deadly diseases. The government edict forbidding this has caused much grumbling.

STEPHENSON'S LEISURE HOURS.

GEORGE STEPHENSON, the great railway pioneer, did not know his alphabet until he was eighteen years of age; but he no sooner became convinced of the necessity of learning to read in order to get on in the world than he set about it with all the energy he possessed, and went to school (though he made rather a big school-boy) while he was working twelve hours a day at very laborious work. Beside learning to read and write and acquiring

the other elements of education, he mended clocks and shoes for his neighbors in his "leisure hours." George Stephenson's example shows that a great deal may be done if we only make up our minds to do it.—*Boston Herald*.

CHARACTER BUILDING.

ALL character is developed from a succession of daily habits and accidents, the quality depending upon the proper or improper use of them. It has been said that if we take care not to form bad habits, the good ones will take care of themselves. But it would be better to concentrate one's thoughts on the good habits, and by doing so draw the attention from the bad ones. Certainly there are some habits, as application, intelligent observation, and perseverance, which require our special attention. Perhaps none are more important than the power of application. Without it, we are practically worthless. Thoroughness is another of the materials to which we must give our attention, and we might say it is essential to success. Who has not realized that early-contracted habits are the hardest to overcome, and are often never corrected? A mistake in the foundation of our character affects our whole lives. How much care, then, we ought to take during its formation! —*Nellie P. Little*.

HAVE YOU A MOTHER?

HAVE you a mother? If so, honor and love her. If she is aged, do all in your power to cheer her declining years. Her hair may have bleached, her eyes may have dimmed, her brow may contain deep and unsightly furrows, her cheeks may be sunken; but you should never forget the holy love and tender care she has for you. In years gone by she has kissed away from your cheek the troubled tear; she has soothed and petted you when all else appeared against you; she has watched over and nursed you with a tender care known only to a mother; she has sympathized with you in adversity; she has been proud of your success. You may be despised by all around you, yet that loving mother stands as an apologist for all your shortcomings. With all that disinterested affection, would it not be ungrateful in you if in her declining years you failed to reciprocate her love, and to honor her as your best, tried friend? We have no respect for a man or woman who neglects an aged

mother. If you have a mother, love her, and do all in your power to make her happy.—*Christian at Work*.

UNSOLVED MYSTERIES.

AN UNSOLVED MYSTERY—How a woman can stand on a cold day, with her sleeves rolled up and her head bare, and visit with her neighbor across the fence for fifteen minutes and not think of taking cold, and yet cannot sit in a cold church half an hour, wrapped in furs and plushes, without shivering all the time and sneezing a week to pay for it.

Another—How a young man can stand in front of the store, bareheaded, and buzz his girl for half an hour without a struggle, and yet can't go to the post-office without piling on all his clothing and then kicking about the beastly cold weather.

Another—How a little girl can go and slide downhill with the boys all day long when her throat was so sore in the morning she couldn't go to school.

Another—How a boy can walk four miles and skate until after dark the same day his back was so lame that he couldn't bring in a scuttleful of coal for his mother.—*Danville Breeze*.

How many lectures there are against scolding and fretting, and how true they all are, and yet how often we forget to practice and profit by the truth. Suppose we begin in a small way at first, and resolve that we will not use a scolding or angry tone, and if we cannot help using cross words, let us speak them in a pleasant tone. The tone of scolding tells upon the throat just where a woman who is not over-strong is apt to feel the ache of extreme fatigue. The children, too, who are great imitators, will be sure to catch the scolding tone, and will talk to their dolls, to one another, and by and by to their own children, very much as their mothers are now talking to them.

"ALL watches are said to be compasses, and the matter is explained in this way," says a writer: "Point the hour hand to the sun and the south is exactly half way between the hour and the figure XII on the watch. For instance, suppose it is 4 o'clock. Point the hand indicating 4 to the sun and II on the watch is exactly south. Suppose it is 8 o'clock, point the hand indicating 8 to the sun, and the figure X on the watch is due south. This is a good thing for woodmen and hunters to remember."

Household.

THE NEW YEAR.

SAID a child to the new year,
 "What hast thou in store for me,
 O giver of beautiful gifts? What cheer,
 What joy dost thou bring with thee?"

My seasons four shall bring
 Their treasures: The winter, snow;
 The autumn's, and the flowers of spring,
 And the summer's perfect rose.

O glad new year with all its seasons
 Brings fields where freshest clover grows,
 Where the herd contented grazes,
 With showers of songs, on wild mosses.

All these shall fill the new year
 With truth, courage, patience, and love.
 May all things breathe through the new year
 God's love forever praising.

—Sel.

QUERIES.

WILL you give us some advice about the development of children?

A YOUNG MOTHER.

Please first learn the great natural law, that physical development always precedes mental, and that there can be no intellectual strength except there be first a healthy body. Children are learning from the day of their birth; just think of what they accomplish the first few years of their existence. See the difficult language they learn with but little aid, the numberless objects they see, and the knowledge of human nature they acquire. Don't send them to school too early, but let them play in the open air and develop bone, blood, and brain, as well as muscle. Let the broad fields be their school-houses, and the trees, flowers, birds, and brooks their primers. Let their first lessons be direct from nature and not from books. Can't you see that an object is much better than its picture, and an oral better than its description!

The diet of your child should be plain, such as milk, whole-wheat bread, fruits, vegetables when a little older, and soups. These will give health and happiness, and whatever contributes to the one promotes the other.

Don't deceive your children. Deception practiced upon a trustful child reaches the limit of contemptibility. Be honest in dealing with your little one and there will be less distrust, crime, and wretchedness in the world.

SUPPOSE a person takes into the system more food than it requires, what becomes of the excess? WM. K.

Most of it passes into the circulation—there a foreign matter to be removed; the kidneys are overworked; excretory ducts of the skin are clogged; the lungs only throw off products of combustion, and the blood, overloaded with these impurities, is continually strained through the liver. The flow of bile is increased, the liver is enlarged, or at least very active, the bile overflows into the stomach, and "biliousness" results.

WHAT are nitrogenous foods?

W. P. R.

Food which contain nitrogen. All foods which contain albumen, as peas, beans, lentils, eggs, meat, oatmeal, etc., are nitrogenous foods, because they contain nitrogen.

WHY not feed children meat; the JOURNAL seems to be opposed to it? A MOTHER.

Because they are stunted morally, mentally, and physically by the use of it. The asylums for children in New York allow no meat for the first five years, and they enjoy better health and recover more promptly when sick than meat-fed children. The dog fancier does not allow his young whelps to have meat, because it stunts them, and they are sickly. The horseman does not give his colt grain, knowing that a colt on spare diet makes a better and enduring horse. The damage done to these animals is lasting. Diet is a great factor in making and unmaking the physique, and hardening or softening the tissues, and much of the bodily ill health arises from the carelessness and indulgence of childhood. I am certain the practice of promiscuous dieting and overfeeding of children ages them, and certain it is to be detrimental to the prospects of longevity.

DOCTOR, do tell us something about eating.

A PATIENT.

We are trying to tell you about eating all through the JOURNAL. Read the articles and see if you don't find something there on what to eat, how to eat, and when to eat.

I would add just here that no menagerie keeper would for a moment allow his inactive beasts to be fed as some of our sensible people feed themselves when not actively engaged. How an intelligent person will of his own free-will and accord stuff himself as they stuff the Strasburger goose, is a mystery. Why be surprised to see such a one called out of this world before his days are naturally half done; and when death does come to re-

lieve, the grossness of the body causes it to decompose and decay so easily, having all the elements of fermentation and putrefaction before death; while the bodies of those who take the opposite course, remain comparatively dry and uncorrupted.

NOTES IN COOKING.

BUTTER-BEAN SOUP.—Take one quart of beans, remove the skins (by soaking overnight), put them in a stew-pan with two quarts of water; let them boil till perfectly soft, then stir, and let them boil to a pulp; add salt to taste, one cup of sweet cream or two tablespoonfuls butter; to be eaten with toasted bread. This is a most delicate soup.

ORANGE PIE.—“Rub smooth a heaping tablespoonful of corn-starch and three tablespoonfuls water; turn over it a cup of boiling water, and cook until clear, stirring frequently, that no lumps be formed. Add one cupful of orange juice, a little grated rind and the juice of a lemon, and sugar to taste. Lastly, when quite cool, stir in the well-beaten yolks of two eggs. Bake with an under crust only. Meringue the top, when baked, with the whites of the eggs well beaten with a tablespoonful of sugar, and a very little grated orange peel sprinkled over it.”

SUGAR COOKIES.—Two-thirds of a teacupful of cream, one cup sugar, two tablespoonfuls of milk, one teaspoonful baking powder, flavor with the grated rind of a lemon; mix with flour as soft as can be rolled out, with very little stirring.

QUEENS PUDDING.—The crumb of one loaf of white bread, one quart of hot milk, one large tablespoonful of butter. Pour the hot milk over the bread, and add the creamed butter and one-half cup of sugar, the grated rind of a lemon, and three eggs; set the whites away on a plate in a cool place. Beat the yolks lightly and add to the pudding; pour into a buttered pudding dish, and bake slowly for three-fourths of an hour. While it is baking, beat the whites with a broad knife very stiff, adding a pinch of salt. Then sift one-fourth of a cup of pulverized sugar, and sprinkle in lightly as you beat it. Let it cool a little before meringuing it. Rough over the whites with a fork before putting back into the oven. Let it stay in the oven until the egg is lightly browned.

BREAKFAST CAKE.—One quart of milk, scalded and cooled; two eggs, separate the whites, setting

them away to cool, beat the yolks in a bowl until they are light; one tablespoonful butter, creamed till it is white; one-half cup sugar, added to the butter. Add flour enough to make a batter as stiff as you can stir; add the butter and sugar to the yolks and these to the milk, stirring in the flour. Add cup of English currants or seedless raisins. Whip the whites of the eggs with a broad knife until stiff, and add to the batter, folding into it lightly. Set it away in a warm place to rise until double its size. Pour into oiled dripping-pans without stirring down, and let it stand till quite light.

Glazing.—Two large kitchen-fuls of sugar and one of flour, one teaspoonful of grated lemon rind, mix thoroughly. Brush the top of the cake over with milk just before baking, and sprinkle the flour and sugar over it, at the same time moistening it with a little milk. Bake in a moderate oven three-fourths of an hour.

MRS. F. L. McCLURE.

“THOSE APPLES.”

IN the fall of 1864, at Danville, N. Y., I purchased ten bushels of sweet apples for winter use. I had eaten the Talman Sweeting baked, and found them excellent; and, judging by analogy, thought that any kind of sweet apples would be satisfactory, baked. “Those apples” were a little under medium size, very hard and “corky,” and unusually sweet. I put a dripping-pan full into the stove oven to bake. After a while, thinking they had been in long enough to be done, I looked at them and found them still hard and *burnished*. Putting them back and heating the stove still hotter, I gave them another trial. After a while I looked again and found them turned to charcoal on the outside and still unbaked. I never did bake them to the core. This peculiarity of “those apples” led me to reflect that I would have to appoint myself a committee of ways and means to devise a process to break down the refractory tissue of “those corky apples.” After mature deliberation, the committee of one went and filled up the dripping-pan again with “those apples.” Then he poured water into the dripping-pan till it was about a half inch in depth and covered over the dripping-pan that contained the apples with another of exactly the same size, which fitted closely. This formed a chamber for the steam. Then he made a

hot fire of yellow pine and left them to sweat. After the fire had got well under way, the damper and draft were both closed. When an hour, or perhaps an hour and a quarter, had expired, and the fire had burned down, and the stove had begun to cool, he looked at them and found them wrinkled and baked soft to the very core, and on the bottom of the pan a layer of the finest syrup, almost as thick as jelly. The apples were delicious themselves, and the syrup as pleasant to the taste as maple syrup. He never felt "sold" in the purchase of "those apples" after this successful experiment. The money invested in "those apples" proved to be an exceptionally good investment, though so unpromising at the end of the first experiment under the dry baking process. Heat and moisture combined will sometimes produce marvelous chemical changes.

GEO. W. COPLEY.

Huntsville, Ark.

THE LAUNDRY.

THE IRONING TABLE.

IRONS that have once been red-hot never retain the heat so well afterward, and will always be rough; therefore, while losing no opportunity of using your fire, be careful not to put them on the stove hours before they are needed; and after using them, do not set them away flat on the floor or shelf; always stand them on end. When it is possible, have every really useful modern appliance, of which there are so many nowadays, to make work easy.

To the woman who has no assistance in her work, even a small expense may be looked upon as economy, if it saves strength, that unpurchasable thing, of which young women are often so prodigal. I know, however, there are homes where true economy is recognized, and where a few dollars would not be grudging to lighten the wife's burden, yet if the dollars are not there how can it be done? Let us hope, then, at least, the husband is handy with tools, and can make some things he cannot buy; that he can put a shelf just where she needs it, to save her holding a lamp while she cooks the winter supper, and if he can make an ironing table which shall hold the necessaries for ironing, and when not in use form a seat, so much the better; but one thing not difficult to make, and which will save many a weary backache, is a seat exactly suited to the height of the woman needing it. All

small things can just as well be ironed seated as standing, if the seat be right.

Many a tired woman takes a chair and makes up her mind she will iron the collars and small things seated, but the resolution lasts only a moment; she is soon on her aching feet again, and then she believes she is too nervous to work in a sitting position. It is nothing of the kind; the seat is not adapted to the height of the table, and she really finds herself working at such a disadvantage for her arms that mechanically she assumes the old position. Let seat and table be adjusted to her, and she will soon find ironing, or making cake, or rolling out cookies, quite as easily accomplished in sitting as standing. The seat must be high enough to bring her elbows well above the table, and give her the same command of it as if she were standing, and with this seat she would, of course, require a stool or box on which to rest the feet.

Such a seat will be of little use in cooking without forethought to see that you have all your materials at hand before you begin to work. I know many an energetic woman with abundant strength, will say, "Oh, I would not sit to work!" and feel that it was a poor way of doing. But there are women less strong, perhaps, who have lost the strength on which they once prided themselves, and will just as readily say, "If I could only manage to sit."

At first it may seem that you have to jump up and down so often that you save little, but by degrees you will find the benefit, even if you only are enabled to sit five minutes out of twenty that you would otherwise stand, and, as you get used to the sitting, you will be astonished to find how many things you can do sitting, and how little the jumping up that appeared so tiresome at first will be needed when you have gotten used to providing against it. Many things we now stand to do, as I say, may be done seated, but I began to speak especially of ironing.

Most people, nowadays, use the skirt board for ironing everything. It should be covered with three thicknesses of heavy flannel, an old blanket is best, but a comfortable can be made to do; over this securely baste part of an old sheet, or any white cotton cloth without seams you may prefer for the purpose. The bosom board should be covered in the same way, and the covers of both frequently changed.—*Good Housekeeping.*

THE USE OF WATER AT MEALS.

OPINIONS differ as to the effect of the free ingestion of water at meal-times, but the view most generally received is probably that it dilutes the gastric juice and so retards digestion. Apart from the fact that a moderate delay in the progress is by no means a disadvantage, as Sir William Roberts has shown in his explanation of the popularity of tea and coffee, it is more than doubtful whether any such effect is in reality produced.

When ingested during meals, water may do good by washing out the digested food and exposing the undigested part more thoroughly to the action of the digestive ferments. Pepsin is a catalytic body, and a given quantity will work almost indefinitely, provided the peptones are removed as they are formed. The good effects of water drunk freely before meals has, however, another beneficial result—it washes away the mucus which is secreted by the mucous membrane during the intervals of repose, and favors peristalsis of the whole alimentary tract. The membrane thus cleansed is in a much better condition to receive food and convert it into soluble compounds. The accumulation of mucus is especially well marked in the morning, when the gastric walls are covered with a thick, tenacious layer. Food entering the stomach at the time will become covered with this tenacious coating, which for a time protects it from the action of the gastric ferments, and so retards digestion. The tubular-contracted stomach, with its puckered mucous lining and viscid contents, a normal condition in the morning before breakfast, is not suitable to receive food. Exercise before partaking of a meal stimulates the circulation of the blood and facilitates the flow of blood through the vessels. A glass of water washes out the mucus, partially distends the stomach, wakes up the peristalsis, and prepares the alimentary canal for the morning. Observation has shown that non-irritating liquids pass through the "tubular" stomach, and even if food be present, they only mix with it to a slight extent. According to Dr. Leuf, who has made this subject a special study, cold water should be given to persons who have sufficient vitality to react, and hot water to others. In chronic gastric catarrh it is extremely beneficial to drink warm or hot water before meals, and salt is said in most cases to add to the good effect produced.—*British Medical Journal*.

EFFECT OF BAD POSITIONS.

AN erect bodily attitude is of vastly more importance to health than most people generally imagine. Crooked bodily positions, maintained for any length of time, are always injurious, whether in a sitting, standing, or lying posture, whether sleeping or waking. To sit with the body leaning forward on the stomach, or to one side, with the heels on a level with the hands, is not only bad taste, but exceedingly detrimental to health; it cramps the stomach, presses the vital organ, interrupts the free motion of the chest, and enfeebles the functions of the abdominal and thoracic organs, and, in fact, unbalances the whole muscular system. Many children become slightly hump-backed or severely round-shouldered, by sleeping with the head raised on a high pillow. When any person finds it easier to sit, or stand, or walk, or sleep in a crooked position than a straight one, he may be sure his muscular system is deranged, and the more careful he should be to preserve an upright position.—*Exchange*.

BEWARE OF THE HOUSE-FLY.

THE house-fly begins life fully grown, mature, and ready for business. There are no little flies of the same species, the small ones occasionally observed being different in kind from the larger ones. The house-fly does not bite or pierce the skin, but gathers its food by a comb or rake, or brush-like tongue, with which it is able to scrape the varnish from covers of books, and it thus tickles the skin of persons upon which it alights to feed upon the perspiration. Although the house-fly has no stinger, it is a pest, and a dangerous one at that. It is by nature a scavenger, and is a vehicle by which contagious diseases are spread. It poisons sores and wounds, and may carry deadly virus from decaying organic matter into food.—*Southern Health Journal*.

EFFECTS ON THE SYSTEM.

NITRIC acid acts upon potatoes, sugar, or syrups in such a manner as to produce oxalic acid. This taking place in the human system produces acidity and a train of sicknesses following it. Soda in various forms and under different names is taken unwisely to neutralize acids; the chemical salts produced thereby induce a continued susceptibility

to metallic and cankerous influences, and greatly injure the kidneys.

Food, when it contains sulphuric acid (vitriol), as very frequently in pickles and many cheap articles, if eaten by a person whose system has absorbed nitrate of potash (sweet spirits of niter) or saltpeter, as in hams and butter, are sure to become affected with an appearance similar to yellow jaundice, or yellow-fever-like discoloring. This is brought about by the amalgamation of two of the above chemicals, in the proportion of niter 100 parts, sulphuric acid 97 parts, producing nitric acid, which stains the skin yellow and destroys whatever animal substance it comes in contact with. A few drops of morphine mixed with nitric acid produces an immediate and deadly deep orange (or yellow) jaundice (?). Nitric acid is used to destroy corns and warts; and morphine is ignorantly prescribed as an internal remedy, and is often injected under the skin, with numerous fatal results.—*Victor B. Hall.*

DEADLY CATERPILLARS.

THE Philadelphia *Press* gives an account of a man, thirty-two years of age, who recently died of blood poison caused by the bite of a common green caterpillar. He was bitten upon the neck as he lay on the grass. The same paper tells of a young lady, twenty-one years of age, living in Philadelphia, who was at the time in a dangerous condition from the bite of a green caterpillar, which she received while sitting under a grape-vine. Severe illness, and even death, is sometimes caused from the bite of a fly. In all such cases, death, or severe illness, is caused by blood poison superinduced by the bite; and it is supposed that insects, usually harmless, whose bites are thus dangerous, have recently come from feasting upon some decayed and poisonous meat or other substance whence the poison virus is taken.—*SeL.*

THE USE OF VINEGAR.

FAR too much vinegar, says a good medical authority, is used to be compatible with good health. The general belief is that it is a wholesome and necessary adjunct to our diet; but really it might be almost entirely dispensed with except for pickling purposes. If used, it should be used sparingly. A slice of lemon is far preferable as a substitute, and limes may be used if convenient. If

vinegar must be used, that made from wine is much more wholesome than that made from cider. In this connection the following upon the effects of acids and alkalies on the stomach, from *Good Health*, may be read with profit: "An eminent Polish physician, Jaworski, has been experimenting to determine the effects of acids and alkalies upon the stomach. He finds that acids precipitate mucus, cause bile to flow into the stomach, increase the amount of pepsin in the gastric juice, but not its acidity, diminish the flow of gastric juice, and, in excess, produce disturbances of digestion. Alkalies, on the other hand, dissolve mucus and decompose pepsin. These facts explain the evil results arising from a continued use of vinegar, baking powder, saleratus, soda, and similar substances commonly used in cookery."

GRAINS AND OTHER SEEDS.

WHEAT inferior in quantity is often mixed with good wheat, but it is a general practice to mix inferior wheat with it in the grinding process; even chemically-changed and decayed wheat is sometimes used. Cracked wheat, a coarsely-prepared wheat, is sold for porridge, the flour having been sifted from it. This is too coarse for bread. It has been often found adulterated with "Jonathan," the husks of inferior grains. Wheat meal is properly a finely-ground wheat without sifting, and contains all the sweetness and nutriment, being full of brain, bone, and muscle material. This is sometimes adulterated by mixing inferior grain meals with it. Indian corn is adulterated and sold as sweet-corn by malting it, or using up the refuse of sugar-corn makers. It is dried, broken up, and sold as cracked sweet-corn, or it is soaked to swell it, and sweetened with sugar. This obtains a ready sale among foolish, thoughtless people, and is one of the causes of rheumatism, dropsy, and corrupt skin disorders. Oatmeal is adulterated with phosphoric preparations and other chemical gases to remove its musty or hot flavor, under pretense of adding brain-making quality.—*SeL.*

THE importance of letting the sunlight fall into all parts of our dwellings cannot be too highly estimated. Good health is dependent on sunlight and pure air. An eminent physician has said, "Sunlight should never be excluded except when so bright as to be uncomfortable to the eyes."—*Southern Health Journal.*

Healthful Dress.

YOUNGSTERS.

GOLDEN hair and eyes of blue—
 What won't they do?—what won't they do?
 Eyes of blue and locks of gold—
 My boy, you'll learn before you're old.
 The gaitered foot, the taper waist—
 Be not in haste, be not in haste;
 Before your chin sprout twenty spear,
 My word for't youngster, they'll appear.

Raven hair and eyes of night
 Undo the boys; and't serves 'em right.
 Eyes of night and raven hair,
 They'll drive you, lad, to sheer despair.
 The drooping curl, the downward glance,
 They're only waiting for the chance;
 At nick of time they'll sure appear,
 Depend upon it, laddie dear.

Shapely hands and arms of snow,
 They know their charm, my boy, they know;
 Flexile wrists and fleckless hands,
 The lass that has them understands.
 The cheeks that blush, the lips that smile—
 A little while, a little while—
 Before you know it, they'll be here,
 And catch you napping, laddie dear.

Hands, and hair, and lips, and eyes,
 'Tis there the tyro's danger lies.
 You'll meet them leagued, or one by one—
 In either case the mischief's done.
 A touch, a tress, a glance, a sigh,
 And then, my boy, good-by—good-by!
 God help you, youngster! keep good cheer;
 Coax on your chin to twenty spear.

—*The Century.*

AUNT SERENA'S LECTURE.

"GIRLS, I have a talk to give you to-day, on fashions. I dare say you all need it, and it's a question that cannot be too lengthily dwelt upon by anyone." Aunt Serena took up her knitting, elevated her glasses, and, without further ceremony, proceeded.

"First, I want to call your attention to the origin of this soul-and-body-destroying vice, yes, *vice*, termed fashion. In London and Paris these various styles are set forth by the fallen women of society, and they very clearly bear the impress of their base origin, and Satan himself would be puzzled to invent devices more deadly and hideous than can be seen in the fashionable circles of to-day. They distort the form, compress the vital organs, cramp the feet, and rob the face of every trace of beauty and expression, and virtually change the grace of womanhood into a mass of ribbons, feathers, and laces, to say nothing of the extravagance. And yet even those who profess to obey the divine injunctions are just as virtually slaves to these base-born and

horrible customs as ever any poor colored man who bowed to a tyrant's claim in the South. I wonder if they ever stop to think of the command which says, 'Be not conformed to this world.' If I were young and possessed as many natural graces as you, I'd let the world see that I was free; not that you shouldn't be neat and tidy—that's the very essence of womanhood—but I wouldn't let every article of my toilet be dictated by a slavish fear of 'what will people think?'

"The other day I was talking with a young lady, and she had a skirt which was very pretty, but a little too short. 'Why not put a narrow ruffle around the bottom,' said I, 'and make it longer?' 'O auntie, ruffles aren't stylish, now, I couldn't do that.' That was enough, and I just suggested that she would have to go to someone else for advice. But that's the way; the poor creatures will spend hour after hour, actually wearing their lives away studying fashion-plates and twisting and puffing and gathering here and there, and they don't have a single moment to spend on anything sensible. I wonder if they ever stop to think of what the good Book says about 'redeeming the time because the days are evil.' Their actions certainly don't show it.

"Just yesterday I stood watching a girl combing her hair. She twisted it all up in little coils all over the top and back of her head, and curled and frizzled a lot she had cut off in the back of her neck and over her forehead, till she looked perfectly ridiculous. 'What do you put your hair up so for, it is so unbecoming?' I said. 'Do you really think it looks well?' 'No, auntie, I really like it much better some other way myself, but it's the latest style, so it's all right.' 'Fudge and fiddle-sticks!' said I. 'If I were you, I'd have moral courage enough to suit myself.' But it wasn't any use. You can't change them.

"Then she said she would put on her wrapper, she was sure that would suit me, it was so plain and neat, and I did expect something sensible; but when I saw it, I lost all hope. There it was, with the big front gathered under her chin like an apron with ribbons tied across; and then the back looked like a skirt with the gathers ripped out dragging along on the floor to catch every bit of filth and dirt that was there. But I didn't say a word. It's no use.

"I've talked with persons who would hold up their hands in horror at the mention of the Chinese ladies bandaging their feet, but they were doing worse every day, pinching up their waists so that I could almost span them, and destroying the most delicate organs of the body. But they must do it, others did, and health is nothing compared to being in style.

"But I see my time is about expired. I could talk all night, but perhaps this is sufficient for the present; but, girls, I do hope you will reform, and show people that you have a little common sense; and I believe if you don't I'll disown every one of you. *Yes, I will*, as sure as my name is Serena Wiggins."—*The Valley Quill Driver.*

ANCIENT FEET.

A NOTICEABLE thing about the statues found in our museums of art, supposed to represent the perfect figures of ancient men and women, is the apparently disproportionate

size of their feet. We moderns are apt to pronounce them too large, particularly those of the females. It will be found, however, that for symmetrical perfection these feet could not be better. A Greek sculptor would not think of such a thing as putting a nine-inch foot on a five-and-one-half-foot woman. Their types for these classical marble figures were taken from the most perfect forms of living persons.—*Shoe and Leather Reporter*.

HOW TO DRESS CHILDREN.

THE MATERIAL SHOULD BE FINE, ALTHOUGH THE STYLE MAY BE VERY PLAIN.

THE maternal pride that prompts all mothers to dress their children as well as possible under adverse circumstances also induces them to spend many an hour over their clothes without begrudging either the labor or time. Fortunately, the most appropriately-dressed girls are the plainest clothed; but by being plain in style, it does not follow that the little frock is not to be of a dainty material, tastefully made and in a becoming manner. Do not put too somber a color upon a sad-faced child; neither have all-around sashes on a stout little figure which requires tapering effects.

A little thought will soon settle this part of the task, which is the simplest. Blouse suits of the cottons imitating flannel, lawn-tennis flannel, which is part cotton, and all-wool blue and white flannel and serge are the most comfortable of play dresses, and for little ones nothing can replace them. If trimmed in any manner, let it be with cotton or woolen braid, according to the material of the dress. Sew the gathered skirt, which is amply full and hemmed, to a silesia underwaist, and have a sailor blouse, with the regular sailor collar and coat or shirt sleeves, with a round neck or tiny band, as preferred. Misses wear the blouse suits made in a similar style, and their half-worn skirts may be entirely worn out with two or three odd blouses made in this fashion, or as belted waists of wash surah or striped tennis flannel.

Nainsook for gimps may be had ready tucked, or the white embroidery can be used. Separate gimps are advocated, as they are easier to wash. White frocks are of plain nainsook or embroidered flouncing, twenty-seven inches wide. Those of last season may be remodeled by adding a waist-belt of insertion, vest of the same, and revers of edging over a tucked gimp. If the skirt is too short, lengthen it with a row of insertion let in. Plaid and striped gingham are always neat with accessories of embroidery, and small-figured sateens are frequently made over for little ones and worn with the inevitable gimp, which is called an "American idea," though it originated in France.

Any dress to be made over for a young girl can have new sleeves, yoke, and skirt-border of tartan plaid woolen goods, cut bias. This may be used for any plain, dark woolen goods, and if the renovated dress is of striped material the extra portions added are of plain cashmere. Their sleeves are full, collars high, or plaited and turned over, and the skirts are usually full and gathered. Round waists, jacket bodices, and pointed basques having full fronts, are worn by young girls, with full vests, girdles, half belts, and cuffs

similar to those worn by older girls. The only silk addition made to their toilets is of surah or India silk in small figures.—*Ladies' Home Journal*.

HEALTHFUL DRESS.

WOMAN in a nice, neat dress, clean and suitable, and for beauty she will beat the flashy young fashionable all to pieces. People are good—either for something or nothing—and their dress will generally tell you which.

AN American traveler, being asked by a reporter what had startled him the most in his sight-seeing trip, said, "The street dress of the ancient Assyrian ladies." Among the collection of Babylonish antiquities of the British Museum were signets used by the ancient Babylonians. Some of these represented female figures dressed in the walking costumes of that very distant period. The style of the dress was very striking. The gown was a tight-fitting body, with long-fitting sleeves. The skirt clung to the figure, about as it does to-day on ladies fashionably attired. The distance from the waist to the hem of the garment was equally given to three broad flounces or overskirts, each made apparently of the same material, plaited in the accordion plaits so fashionable in this year, 1890. The hat worn was a high one; the figures being small, not much over one inch in length, the peculiarities of the hat could not be clearly made out. It seemed not unlike those which form so disturbing an element in the theater seats of the present day. The whole costume was of so familiar a nature that it would not attract special attention if seen upon our streets to-day, and yet these ladies lived and dressed over four thousand years ago. From these very curious and historical prints, the inference may be drawn that most likely the female members of Noah's family, when they sought refuge in the ark, wore high hats and accordion-plaited gowns.—*Argonaut*.

A YOUNG woman of Rochester, Ontario, astonishes strangers by the wealth and luxuriance of her raven hair. She is only five feet two inches high, but her tresses are seven feet six inches long. She says her hair causes her no trouble, and she doesn't know what headache is.

DEATHS FROM WILD BEASTS AND SNAKES IN INDIA.—According to the *Medical Press*, 1,587 persons were killed by snakes, and 385 by wild beasts, in the Madras presidency, India, in 1889. The number of cattle destroyed was 15,550.—*Medical News*.

DON'T make dress the great object of life; to think and talk of nothing but dress and artificial ornament of the person, "is to transform the trick of the courtesan into amusement for a fool."—ED.

NOBODY but a woman can write scientifically of woman's apparel. The man who attempts it is lost.

A SOUL occupied with great ideas best performs small duties.—*F. Martineau*.

Publishers' Department.

THE PACIFIC HEALTH JOURNAL FOR 1891.

THE labors of those who have edited the JOURNAL from its birth are greatly appreciated. The literary editor, Elder J. N. Loughborough, whom we have assisted for a time in the work, has been called from our coast to other fields of labor, and could not, therefore, longer take charge of this department of the work. We regret to lose his services very much; his long experience and fund of knowledge rendered valuable service as literary editor. Not many have toiled and prayed as he has done to aid others to become better, and we are thankful he can see fruits of his labors. We can say to him, *Well done*, and hope he will hear these words from divine lips after the toils of life are over.

We approach the editor's chair with some delicacy and a consciousness of the responsibilities it implies. We ask your heartiest sympathies and your kindest wishes. We have no great learning, but a large experience as a practitioner; claim no poet's genius nor painter's art, but do claim that there is no time like the present to work for the good of others. The time to work is all time. We find occult conditions to be investigated, difficult problems to be solved, and earnest work to be done. The onward march of discovery is not willing to be turned aside from its proper channel, and although the harvest is great, the laborers are few.

In this grand effort at the emancipation from ignorance, in this battle for the elimination of error and the upholding of scientific truths, the PACIFIC HEALTH JOURNAL will endeavor to perform its share in the conflict. The editor will avoid placing the corn so high that the people cannot reach it, but, ever mindful of their interests, will assist them by timely efforts.

We believe hygiene relates to food, drink, apparel, air, and *everything* which concerns the welfare of mankind, and that all these blessings have to do with the higher and lower natures of man. The HEALTH JOURNAL desires to aid others in spreading knowledge of hygiene through the whole earth, and assist in making mankind wiser and better. To many existence is a burden, and happiness a misnomer, because of their diseased condition, brought on by unhygienic living. To make the world purer and better, the JOURNAL starts out this new year with intentions to do better service in the future than it has done heretofore, if possible.

With compliments of the season, the PACIFIC HEALTH JOURNAL extends to every reader its best wishes, and bespeaks for each a happy and prosperous year.

BOOKS, PAMPHLETS, ETC.

WE acknowledge the receipt of a pamphlet, "The New Method in Certain Chronic Diseases," by W. E. Forest, B. S., M. D., published by M. L. Holbrook & Co., 710 Broadway, New York.

The method is not new to us, as we have used it for years in our practice and know its value, but will doubtless

be new to many. For the good which the pamphlet contains—and there is much of it—we cheerfully recommend it to all.

Southern Health Journal.—Of all the recent journals laid upon our table, there are none we prize more highly than this one. It is a quarterly at present, but we hope such encouragement may be given as to make it a monthly by January, 1891. It is edited by D. R. Overman, B. S., M. D., and managed by E. P. Loose.

We speak for it a circulation in keeping with its "devotion to health, happiness, and long life," and that it may sway an extensive influence over the minds and hearts of all. Its exceedingly low price of fifty cents a year ought to cause it to appear on everyone's table. Address, Specific Oxygen Company, Nashville, Tenn. Subscribe for it.

BOOKS.—We have received "Transactions of the Kansas State Historical Society, Embracing the Fifth and Sixth Biennial Reports, 1886-1888." This is the fourth volume. Compiled by F. G. Adams, secretary. It is full of information regarding the history of Kansas, and can be obtained at Topeka, Kansas, Publishing House, Kansas.

Good Health.—Edited and conducted by J. H. Kellogg, M. D., Battle Creek, Mich. We believe the doctor to be the safest of all advisers in his work, and would say, Take the *Good Health* if you wish to avail yourself of his knowledge.

AT THE RETREAT.

THINGS are moving at this place as usual. Many are rejoicing, because here they have found their health. The fine weather which has held sway at this place during the fall and winter must be felt and seen to be appreciated. There could not be found better weather, for the time of year, to treat the sick, and the results of treatment bear out in this assertion. Many seemingly incurable ones have found their health, under the directions of the physician and attendants.

There appears every few days from the printing office at the Retreat a leaflet on some topic of interest to the patient something for the sick one to read, showing how sickness is produced, how it should be treated, and how to get well. Our enterprise we think is the offspring of a real need, and the very best our heart and brain can put forth to promote the welfare of the patients, shall be done. We must show the people the great importance of preserving health, must point out the evil tendency of such habits as are leading people to fill premature graves.

From these leaflets may be gathered something for the JOURNAL, so if you wish to get some of the instruction given at the Retreat from time to time, take the JOURNAL and read it carefully.

We would be glad to receive questions from anyone interested in our work, that they may receive such answers as we are able to give through the "Queries" of the JOURNAL.

A LOFTY VIEW OF THE PHYSICIAN'S CALLING.

MEDICINE (said Dr. David W. Cheever, in a recent address) is not a trade; it is the noblest profession. Cling to that thought; never let go of it; the love of your calling; the relief of poor human suffering; the pursuit of science for its own sake. So surely as you choose the baser and material view, so surely shall your success turn to ashes in its fruition; so surely as you nourish the sacred flame of professional and scientific ardor, so surely shall you be warmed, sustained, upheld, amid reverses, calumny, disappointments.

If you are thus just to yourself, be as careful to be just to other doctors. The golden rule is the true code of ethics. Be gentlemen, and not rude, grasping boors; respect others' rights, and yours will be respected. In no calling does bread cast upon the waters so surely return after many days. I have come to believe more and more that no effort is ever lost, no work but brings back some result. If you maintain your honor, your industry, your health, there is nothing to fear.—*Baltimore Family Health Journal*.

THE MICROBES.

MR. WILLIAM RADAM and Professor Koch, of Berlin, are now creating the greatest stir perhaps, the former in a libel suit, the latter in that he is reported to have discovered a cure for consumption. Mr. Radam proposes to keep his discovery a secret. If his "Microbe Killer" will cure all diseases, what a responsibility is resting on him! How can he look on the men and women dying about him every day and refuse to reveal this great secret? The true physician never makes a valuable discovery but he publishes it for the benefit of suffering humanity. Professor Koch promises his secret to the profession as soon as it is satisfactory, that the thousands of suffering may be relieved, if possible.

We suggest that the microbe killers of both Radam and Kock are overdrawn. The truth is that the disease inviting the parasite is deeper and more deadly than any microscopical bug can be, and exists before the microbe in the body. The microbe is a product of the disease and not the cause of it. I think a person is safer with these bugs alive in him than to have a lot of dead ones decaying and rotting in the body, which it cannot get rid of, and chances of producing death by blood-poisoning. Next, someone will soon make a discovery claiming to have found a something which will bring the bug to life again to save the individual.

Candidly, if the parasite of any disease can be killed, and leave the person with more chances to get well, I will hold up both hands in favor of it. But preventative medicine is better than curative, and I say to all, Keep the system in such a condition that bugs will find no place to thrive.

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.—*Health*.

JOSH BILLINGS says, "The happiest people I have ever met couldn't tell to save their life what made them so." If he had said the "healthiest," instead of "happiest," he would have come nearer the truth; for the healthiest people are those who live simply and naturally, and who are not always worrying themselves about their stomach or their liver.—*Health*.

EFFECTS OF QUININE.—Dr. Barton, of Mississippi, in the *Memphis Journal of the Medical Science*, last March, charged that malarial hematuria, a disease prevalent in the low-river country of the South, was really nothing but cinchonism, due to the "absurd and criminal quantity" of quinine used. He stated that he is fresh from the teachings of late authorities in medicine, but has had to unlearn much about the use of quinine.—*Hall's Journal of Health*.

CASE OF ACONITE POISONING.—A correspondent reports a case of aconite poisoning in a farmer in Nebraska, who, having obtained some tincture of aconite for the purpose of using it as a liniment upon his horse, made an application of the liquid to his own head in order to relieve a headache. He rapidly developed symptoms of aconite poisoning, and died in about twenty-four hours.—*Medical News*.

PROF. V. C. VAUGHN has discovered the poison which produces cholera infantum and diphtheria, and hopes to be able to discover an antidote which may be introduced into the system as vaccine is introduced in case of small-pox, and which will in like manner fortify the system against the attack of the two diseases.—*Sanctum*.

PLEASE RENEW.

A GREAT number who are now taking the JOURNAL must renew their subscriptions at once, as their time expired with the December number. Look at your address label, and see to it. You cannot afford to lose the January number, as it is full of good things. Yes, send two new subscribers at \$1.00 each, and receive the JOURNAL free yourself. Just speak to two of your neighbors, and see if you don't get them.

The JOURNAL still remains at the nominal price of \$1.00.

PACIFIC HEALTH JOURNAL AND TEMPERANCE ADVOCATE.

A THIRTY-TWO PAGE MONTHLY MAGAZINE, devoted to the dissemination of true temperance principles, and instruction in the art of preserving health. It is emphatically

A JOURNAL FOR THE PEOPLE,

Containing what everybody wants to know, and is thoroughly practical. Its range of subjects is unlimited, embracing everything that in any way affects the health. Its articles being short and pointed, it is specially adapted to farmers, mechanics, and housekeepers, who have but little leisure for reading. It is just the journal that every family needs, and may be read with profit by all. Price, \$1.00 per year, or with the 300-page premium book—"Practical Manual of Hygiene and Temperance," containing household and cooking recipes—post-paid for \$1.40.

Address, PACIFIC PRESS, Publishers, Oakland, Cal.

HEALTH GOODS.

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

Hygienic Corset	\$2 00
" Peerless Corded	2 50
Emancipation Waist	1 50
Form (Bosom)	50
Dr. Gray's Abdominal Supporter	2 50
Dr. Gray's " " with Hose Supporter (extra large)	3 00
No. 1. Hygienic Supporter	2 50
No. 2. " "	3 00
School-girl Shoulder Braces	50
Skirt Supporters	35
" Silk Stripe	50
Shoulder Brace Skirt Supporter (Ladies')	60
" " " (Misses')	50
" " " and Hose Supporter	1 00
Skirt and Hose Supporter	75
No. 90 Hose Supporter, Daisy Clasp (Ladies')	30
No. 80 " " " (Misses')	25
No. 70 " " " (Children's)	20
No. 60 " " " " "	15
No. 17 " " Shoulder Brace, Button (Ladies')	50
No. 18 Hose Supporter, Daisy Clasp (Misses')	40
No. 19 " " " (Children's)	35
No. 7 " " Shoulder, Button (Ladies')	35
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
In halfmorocco, gilt edges	9 00
<i>Eating for Strength</i> , by M. L. Holbrook, M. D., 320 pages, muslin, with gilt title on back and side, price,	1 00
<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

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

75

Deep Breathing, 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,

50

Uses of Water 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

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

25

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

15

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

THE HYGIENIC
Abdominal and Back Supporter.



No. 1	30 to 35 inches.
2	35 to 40 "
3	40 to 45 "
4	45 to 50 "

Larger Sizes to order, 50 cts. extra.

These Supporters are made of selected material, and support the abdomen in the most comfortable manner. They are secured by elastic bands at front and back, which, combined with the stiff sections, give the desired support, and may be adjusted to any style of form by lacing both front and back. The buckles and slides being made of brass cannot rust, and being nickel-plated are not liable to corrode.

This Supporter may be worn with or without a Corset.

Price Complete, With Hose Supporter, \$3.00.

Send measure taken **very snug**, next the skin, over the full part of the abdomen.

Address,

RURAL HEALTH RETREAT,

ST. HELENA, CAL.

BIBLE SANCTIFICATION:
A CONTRAST OF
TRUE AND FALSE THEORIES.

By Mrs. E. G. WHITE.

This is a pamphlet of only 84 pages, but its value is not to be judged by its size. It is just what its title indicates: a faithful presentation of Bible truth on this important subject, and an exposure of the false theories prevailing in regard to it. Every believer in Bible truth should read it. Buy it, read it, and lend it to your neighbor. Price, 10 cts.

Address, PACIFIC PRESS, Oakland, Cal

SAFETY POCKET,

—FOR—

PENS AND PENCILS.

Attached by pin to coat or vest.

Price, with 2 pockets, 15 cents.
Price, with 3 pockets, 20 cents.

Who has not lost pencils and pens? Who is not in constant fear of losing his invaluable stylographic or fountain pen? Here is the preventive—simple, efficient and cheap.

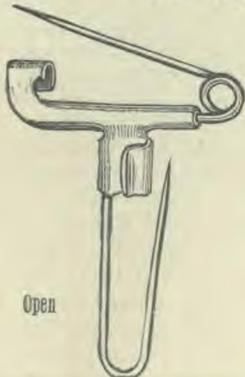
The SAFETY POCKET is usually worn with bottom in the vest pocket, and top fastened with the safety pin, not shown in the cut. The leather, by its elasticity, holds securely any size of pen or pencil. After a trial, no student, clerk, merchant, or lawyer will do without one.

Mailed to any address on receipt of price.

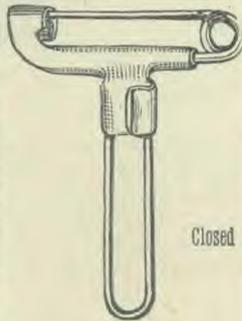
Address RURAL HEALTH RETREAT, St. Helena, Cal.



Skirt Supporting Hooks,



Open

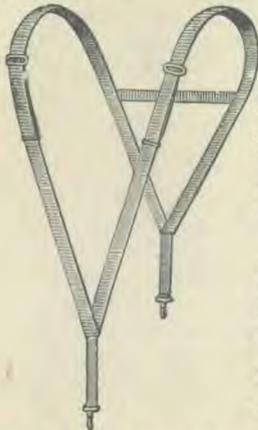


Closed

25 cents a set of four.

The Ladies' Hygienic Safety Supporter.

For firmly and securely holding in place the periodical bandage.



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

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

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.

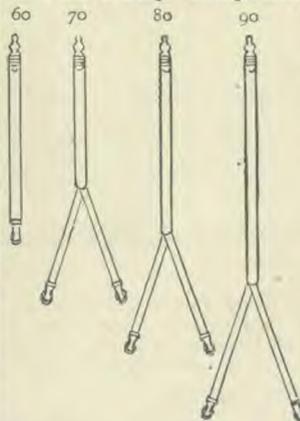
The Ladies' Hygienic Skirt Supporter.



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 functional 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



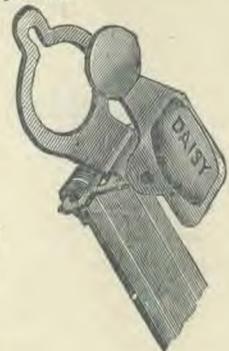
Obviate the necessity of ligatures around the limbs. The left hand cut, No. 60, represents the Supporter for a small child; price, 15c. per pair. No. 70, Children, 20c. No. 80, Misses, 25c. No. 90, Ladies, 30c.

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,

Rural Health Retreat,
St. Helena, Napa Co., Cal.



NEW HISTORICAL ATLAS AND GENERAL HISTORY.

BY ROBERT H. LABBERTON.

AS A CLASS TEXT-BOOK it is superior to any other in Unity, Brevity, Clearness, Logical Arrangement, and Suggestiveness.

AS A REFERENCE BOOK it should be in the Library of every school-room in the country; every Student of History should possess a copy.

In your Reading Circle or at home when you wish to consult an Atlas you need a map for a particular date. Your modern Atlas will not give it. This is the only Atlas which has a map for every period.

A MAP for any particular date can instantly be found by anyone, each map having over it in figures, the year or period it covers.

It is the only Atlas in which each nationality has, and always retains, its own distinctive color; hence every period has a map, and they are progressive, forming in themselves a panorama of events effective in the highest degree.

NEW MAPS OF ANCIENT EMPIRES.

It contains, now made for the first time, maps of the Chaldean, Elamitic, Egyptian, Kossean, Armenian, Hittite, and Assyrian Empires.

The text is brief, suggestive, fascinating, but gives in an attractive form the leading events in the history of the world (not a bundle of particular histories), free from unnecessary details. It has an index.

Labberton's New Historical Atlas and General History is indispensable to Libraries, Reading Circles, School Officers, Teachers, Students, etc. It contains 198 Maps, printed in colors, 30 Genealogical Charts, and is complete in one volume, 4to. Cloth, 312 pages. Sent by Mail or Express, prepaid, for \$2.50.

Address, PACIFIC PRESS, Oakland, Cal.

Healdsburg College

ONE OF THE MOST FLOURISHING SCHOOLS ON THE PACIFIC COAST.

PREPARATORY,
NORMAL,
BIBLICAL,
SCIENTIFIC AND
CLASSICAL COURSES.

MENTAL AND MORAL CULTURE AND PHYSICAL TRAINING COMBINED.—TWO HOURS OF EACH DAY DEVOTED TO USEFUL AND HEALTHFUL PHYSICAL EMPLOYMENT.

This school is open to worthy persons of both sexes. Testimonials of good character required of all applicants unknown to the faculty. This is not a reform school, and no one of uncertain morals will be admitted.

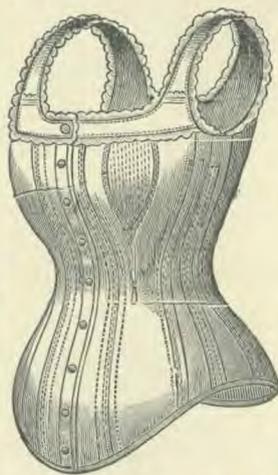
TERMS.—For board, lodging, tuition, etc., \$20 per month, payable monthly in advance. For Catalogue, address the president,
W. C. GRAINGER, M. B.
Healdsburg, Cal.

BOUND VOLUMES.

WE are prepared to furnish all the back numbers of the PACIFIC HEALTH JOURNAL in four bound volumes, with leather backs and corners, cloth sides, and gilt title upon the back. One book contains Volumes 1 and 2, the others are Volumes 3, 4, and 5. They will be sent by mail, post-paid, for the sum of \$2.25 per volume, or \$8.25 for the four bound books. These books contain a vast amount of reading of the greatest importance to those who wish to learn how to regain or preserve health, also just the information needed for those who wish to make a home healthful, agreeable,

and attractive. You will never regret investing the price of these volumes. Please send your orders, accompanied with the price for either one or all the volumes, and they will be promptly sent to your address. Direct to PACIFIC HEALTH JOURNAL, Oakland, Cal.

MADAME SALISBURY'S PEERLESS HYGIENIC CORSET WAIST.



UNEQUALED FOR
ELEGANCE
AND
PERFECTION
OF FIT.

—§—
GRACEFUL,
HEALTHFUL,
PERFECT-FITTING.

COMBINING
HEALTH, COMFORT,
BEAUTY and
DURABILITY
WITH
ELEGANCE OF FORM.

SEVERAL years' experience has led to great improvements in Hygienic Corsets and Waists, and we feel that we can now offer, with great confidence, the new waist which may be justly called the most **Perfect-fitting and Healthful** waist in the market.

In modeling the different parts, great care has been taken to blend together the curves of the bust, waist, and hips in such a manner as to give an easy, graceful, and beautiful shape, **perfect in fit**, and yet it does not bind or draw in any part. We claim absolute perfection of comfort and beauty.

With these new improvements, the entire weight of the skirts and stockings is transferred to that part of the shoulders best adapted to sustain their weight, and supporting them almost without the wearer's consciousness, and without the least inconvenience, thereby relieving the back and hips from all superfluous weight of the clothing that drags so heavily and increases the pressure brought upon the delicate organs of the pelvis.

Beautifully made in fine, soft-finished English Silesia, in white and golden brown, with patent button front. The buttons are of finely-finished pearl, secured with a patent tape fastening—with patent cord-edge button holes; under the buttons is a flexible steel, which may be worn or taken out at pleasure. Cords are used to give the necessary stiffness, also flexible side and back steels (in patent pockets); by removing them, you have absolutely the very best Health Waist made. Sizes, 19 to 32. Mailed on receipt of waist measure and \$2.50. Sizes 33 to 36, \$2.75. In stating size, deduct one inch from a snug measure taken at the waist line over the dress. Address,

RURAL HEALTH RETREAT,
ST. HELENA, CAL.

HISTORY OF THE WALDENSES.

By J. A. WYLIE, LL.D.

ILLUSTRATED BY TWENTY FULL-PAGE ENGRAVINGS.

THIS work describes the conflicts waged by the Waldenses and the martyrdoms they endured in defense of their faith and their liberty. Recent events have brought the Waldenses to notice, and thrown a new light upon the grandeur of their struggle and the important issues which have flowed from it. To them are we to trace the Constitutional liberties that Italy now enjoys. In their mountain fastnesses they maintained the faith of the early Christians, and by their untiring missionary labors this faith was diffused to all the nations of Europe, thus preparing the way for the great Reformation.

Contains 212 pp. Price, 90 cents.

Address, PACIFIC PRESS, Oakland, Cal.

BEATTY'S TOUR OF THE WORLD.

Ex-Mayor Daniel F. Beatty, of Beatty's Celebrated Organs and Pianos, Washington, New Jersey, has returned home from an extended tour of the world. Read his advertisement in this paper and send for catalogue.

BEATTY



Dear Sir—We returned home April 9, 1890, from a tour around the world, visiting Europe, Asia, (Holy Land, India, Ceylon, Africa (Egypt), Oceania, (Island of the Seas,) and Western America. Yet in all our great journey of 23,974 miles, we do not remember of hearing a piano or an organ sweeter in tone than Beatty's. For we believe we have the sweetest toned instrument made anywhere.

EX-MAYOR DANIEL F. BEATTY.

From a Photograph taken in London, England, 1889.

price. Now to prove to you that this statement is absolutely true, we would like for any reader of this paper to order one of our matchless organs or pianos, and we will offer you a great bargain. Particulars Free.

Satisfaction GUARANTEED or money promptly refunded at any time within three (3) years, with interest at 6 percent, on either Piano or Organ, fully warranted ten years. 1870 we left home a penniless plowboy; to-day we have nearly one hundred thousand of Beatty's organs and pianos in use all over the world. If they were not good, we could not have sold so many. Could we! No, certainly not. Each and every instrument is fully warranted for ten years, to be manufactured from the best material market affords, or ready money can buy.



ORGANS Church, Chapel, and Parlor Organs. Grand, square, and upright pianos. Beautiful Wedding, Birthday or Holiday Presents. Catalogue Free. Address Hon. Daniel F. Beatty, Washington, New Jersey.

WHO CHANGED THE SABBATH?

A TRACT of 24 pages, which fully answers this question, and shows how Sunday displaced the Bible Sabbath. Extracts given from Catholic writers. Price, 3 cents.

Address, PACIFIC PRESS, Oakland, Cal.

THE LIGHT RUNNING

NEW HOME

SEWING MACHINE

HAS NO EQUAL.

THE LADIES' FAVORITE.

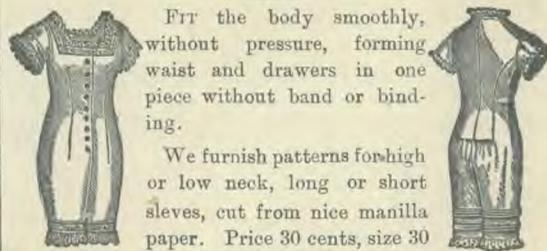
THE ONLY SEWING MACHINE THAT GIVES PERFECT SATISFACTION

NEW HOME SEWING MACHINE, G. ORANGE, MASS.
CHICAGO - 28 UNION SQUARE, N.Y. DALLAS, ILL. ATLANTA, GA. TEX. ST. LOUIS, MO. FOR SALE BY SAN FRANCISCO, CAL.

The New Home Sewing Machine Company, Pacific Department, Distributing Office: 725 Market Street, History Building, San Francisco, Cal. Write for a copy of our beautiful new Waltz Song, "Rock-a-by Dolly," mailed Free to any address, also a lithographed banner, a fine set of chromo cards, and illustrated catalogues. Mention this paper if you want a quick response.

COMBINATION UNDER-GARMENTS.

These Convenient Garments, Two in One, Combine Health, Comfort, and Economy.



Fit the body smoothly, without pressure, forming waist and drawers in one piece without band or binding.

We furnish patterns for high or low neck, long or short sleeves, cut from nice manilla paper. Price 30 cents, size 30 to 38 inches, bust measure, "even numbers."

Mailed, on receipt of the price. Address,

RURAL HEALTH RETREAT,
St. Helena, Cal.

The MERRITT IS *A Simple, Compact Machine,
Within the Means of All.*

EVERYBODY'S TYPEWRITER.

SENT TO ANY ADDRESS
ON RECEIPT OF \$15.00.

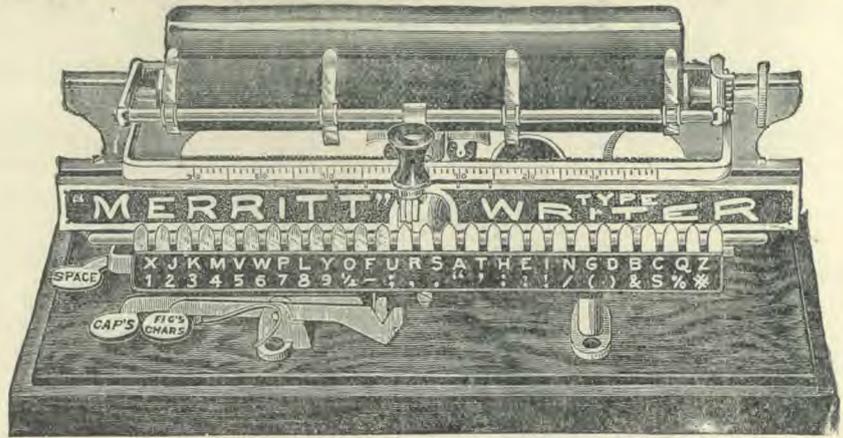
SPECIAL CHRISTMAS MACHINES.

MERRITT TYPEWRITER. OAK case, specially selected from rich, rare and beautiful wood, highly polished and finished, with dove-tailed corners, gilt trimmings, handle and fastenings, plush lined, on receipt of \$18.50.

LEATHERETTE case, elegant finish, satin lined, nickel plated and highly polished throughout, on receipt of \$17.50.

*Prints from Clear
Metal Type,
is Self-inking. Is the
only low-priced Ma-
chine that will both*

**DUPLICATE
AND
MANIFOLD!**



This is exact copy of The "MERRITT'S" work. It is equal to that of any High Priced Typewriter. Relieves fatigue from steady use of pen. Improves spelling and punctuation. Interests and instructs children. The entire correspondence of a business house can be done with it. Learned in a half hour from directions. Prints capitals, small letters, figures and characters,--78 in all. Price \$15, complete.

Write for Circulars, Voluntary Testimonials and sworn-to Speed Test of 60 words a minute.

LYON MANUFACTURING CO.,

Sole Agents,

59 FIFTH AVENUE, NEW YORK CITY

Mention this publication...