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M. C. WILCOX, - - Editor.

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NOTES ON THIS, THAT, AND THE OTHER.

WE are glad to present in this number articles from the pens of Drs. W. H. and H. S. Maxson, who are now at the Rural Health Retreat St. Helena, Cal. Both of these physicians are of large experience, and write not from mere theory, but from experience. We hope to add from time to time other able and interesting original contributions to our list. We are glad that the new dress and make-up of the HEALTH JOURNAL is received with so much favor. We will present in another number some of the warm and unsolicited testimonials we have received.

IN our notes last month we said that there were three principal reasons why women do not break from the bondage, the cruel bondage, of fashion, and said we would notice them this month. We will not now notice them, as Dr. H. S. Maxson is enlightening our readers on the subject of dress, and will present cogent reasons for a reform in this particular in this and future numbers. As she is a woman and "knows" all about these things (so some of our readers may think), we trust her testimony will be received, if ours is not. Truth spoken by man or woman is yet truth, and we believe that truth is just what our readers wish in the gospel of health.

THE first reason why women are so bound by fashion is ignorance of themselves and their wonderful and complicated physicial mechanism. A woman who understands her own internal arrangement, who understands what constriction of the waist means, how it compresses the lungs, thereby predisposing to pulmonary diseases; how it displaces stomach and liver, sometimes almost cutting the latter in two, thereby multiplying the "liver" but diminishing the living; how it presses the intestines down upon the lower organs, thereby causing lasting and painful disease—it seems to us that a sensible woman, understanding this, would break the bondage and go free forever. But it is not so much work to study a Parisian fashion plate as it is this wondrous body God has given us. And then, too, the dressmaker and the doctor must have a living.

A SECOND reason is a wrong education in taste. This is to some extent the result of the foregoing. Ignorance of the right way is oftentimes positive education in a wrong way. How it is that women can and do admire the full, rounded forms and motions, ease and grace, of children and animals that are left free to develop in nature's lines, and then suppose that women should be compressed, laced, moulded into ungainly, uncouth, unnatural shapes, incased in steel-girt corsage, while bones, muscles, nerves, and vital organs are crooked, crowded,

perverted, enfeebled, harassed, compressed, devitalized, and the whole system diseased, while the motions are as uncouth, ungraceful, unnatural as could well be acquired if special effort were put fort hwith that in view—how women can be so inconsistent is more than we can see. Sensible, healthful, unrestricted nature knows better, and looks better to those who see adaptation to ends, to those who admire the beauty of truth. We praise such beauty in the statues of marble, we ridicule it in the living forms of flesh and blood. Why not follow the beautiful, natural, healthful, life-preserving lines of nature rather than the perverted, wasp-like waists (and wastes) of the cruel tyrant, Fashion.

BUT this brings us to the third reason, and the most potent of all, doubtless. Women do not wish to be considered "odd." It is a "man-fearing" or "woman-fearing" spirit which controls them. They care more for the opinion of their neighbors, acquaintances, "set," or "society" than they do their own health or life, or posterity, or the service they may render their households. They hope somehow that the penalty of the violation of physical laws will not be visited upon them, that somehow they may obtain a plenary indulgence, and so deceive themselves till the due consequences are upon them, and weakness, pain, and misery are their daily companions. Dear women, dare to do right though you stand alone. Be moral and physical heroines in the matter of dress. Be strong in your God-given responsibilities as mothers, wives, and sisters, and do your part toward breaking the shackles of that tyrant, Fashion, who, with intemperance, numbers her victims by thousands.

IT is not a little striking as indicating the impotence of mortal man, that Sir Morell Mackenzie, the eminent throat physician of London, England, who died February 3, fell a victim to throat disease. He was a physician of large experience, and became famous as a specialist in diseases o the throat.

THE publishers of *Printer's Ink*, a journal devoted to the art of advertising and to advertisers, have been compelled for several issues to pay, under protest, postage at third-class rates, owing to a strange ruling of some stupid official that *Printer's Ink* is not a newspaper or journal, but an advertising circular. We do not know why it should be so rated any more than many other class or trade journals. The postal law evidently needs revision, and we hope it may soon be done, and that *Printer's Ink* will be compensated.

THE New York *Voice*, of February 4 and 11, presents not a little evidence that postmasters in various parts of the country have prevented that journal from reaching those to whom it was addressed, and have returned copies of the paper to the publishers, saying it was "refused." The publishers wrote letters to some of these persons asking them why the paper was refused, and these letters were intercepted, as the envelopes in which they were inclosed showed that they were sent by the *Voice*. The *Voice* then sent out inquiries in plain envelopes from different post offices, and learned that the fault lay entirely with the postmasters, who criminally withheld the papers, presumably on account of partisan prejudices. It is a mean, dastardly act on the part of the postmasters, and the government will no doubt deal with them, as the matter has been laid before it by the publishers. This fact is interesting as showing the dishonesty of present political methods. We hope these criminals will be brought to justice.

PROF. E. W. HILGARD, of the University of California (Bulletin 96), states that "it is perfectly certain" that the present methods of bleaching dried fruit by the means of sulphur, at the very least greatly injures the flavor of the fruit. He continues: "This is especially true of the thinly-sliced apples and pears, which are quickly penetrated by the gas and assume a greenish-white tint, that, while it may be inviting to equally 'green' purchasers, assures the expert that the natural flavor is practically gone. The producer himself declines to put them on his table, but the dealer and the public, as at present informed, are willing to pay an extra price for it. This demand for unnaturally light-colored dried fruit is a 'fad,' like many others, which will have its day but will inevitably give way, in the course of time, to a preference for the better-flavored product having the tint which insures its being so." He further points out the fact that the sulphur-bleaching process "permits of rendering third and fourth-class fruit equal in appearance to the best, and is, therefore, easily used for fraudulent purposes." From all of which it follows that dried bleached fruit should be avoided, and Professor Hilgard should have our thanks.

M. C. W.

NERVOUSNESS.

BY W. H. MAXSON, M. D.

"DOCTOR, I am so nervous I can scarcely live. Can I get well? and how long will it take?" These and similar questions are heard on every side in a busy practice, and they are pertinent questions, from the fact that a large portion of the human race in this day and age of the world have been profligate in the expenditure of the vital forces, and, like the prodigal son, would now like to escape the consequences of a misspent life. Life is the dearest earthly boon we possess, and when the young and middle-aged groan over the effects of wasted nerve force, it is, indeed, unfortunate that, from a physical standpoint, we find no "father's house" where we can don the purple robe, kill the fatted calf, and "make merry," no royal road to suffering humanity whereby health and physical ease can be obtained and the suffering ones sit down under the parental roof to enjoy the fat of the land.

Nature's laws are just, not merciful—and retribution is sure.

By spiritual relationship and divine mercy we may escape the penalty of our own iniquities, but by physical laws each sufferer pays for the transgression, even to the utmost farthing.

How much am I in debt to nature's laws? am I willing to pay it? and how long will it take? is a physiological problem upon the solution of which depends our happiness and usefulness, and the individual who begins to solve the question early in life will evade much pain and sorrow, as well as save time and money for the upbuilding and furtherance of some noble aim in life.

No doubt the Lord, when he created man in his own image, breathed into his nostrils that degree of life that placed man, his crowning work, above every other created creature, and well able to stand at the head of all the "dominion" given him, ruler supreme in his physical relationship over the beasts of the field, the fowls of the air, and every creeping or living creature upon the earth.

In his supremacy he must have enjoyed perfect immunity from pain or disease, by virtue of having possessed a degree of life or vital force adequate to repel and keep the citadel of his being free from the baneful effects of climatic changes, dangers from the beasts of the field, as well as all other adverse influences, able also to withstand the inroads of germ life, which we now realize is the mortal enemy of the human race. Consequently the degree of vitality allotted to every human being, less the effects of heredity, will place the individual, if properly developed and fostered, above every disease to which flesh is heir. Quite likely nations of the past have come upon the stage of action and passed away the individuals of which have never experienced the pangs of painful dyspepsia or the depression of nervous prostration. Neither is it uncommon in the nineteenth century to meet here and there one in or past the prime of life who, by virtue of great vitality, has never experienced a sick day in all his life. And yet in no age has there been so high a rate of mortality as in the present age, in no race such vitiation of the vital force, with all its dreaded consequences, as in the present race.

It is a well-established fact that most of the diseases incident to germ life, many of which carry a high rate of mortality, belong mainly to the nineteenth century.

The reason of this is apparent when we study the condition and vital status of the people of today, and become acquainted with the baneful practices that from generation to generation have eaten like a canker at the heart life and morals of the human race. Vital force may be divided into three parts. This we can reasonably infer from the fact that the capacity of the lungs is so divided; and as there is perfect co-adaptation in the system, we are led to believe it was originally designed that one-third of the vitality was to be used in the ordinary functions of the body pertaining to the elaboration of food with which to sustain the body, and one-third to be expended in the various avocations and lines of work to which we are called, and the other one-third guarded as a "reserve nerve force," with which the system retrenches itself in times of crisis, protracted illness, shock, or fright.

Thus we can see that when the vitality is recklessly squandered by pernicious habits of living, the system is deprived of the very force it so much needs with which to meet the exigencies of life, and in the absence of which life's bark is often wrecked in some of the fierce storms of life.

However, if only the "reserve nerve force"

were squandered, the individual would, as a rule, be comfortable if not called upon in emergencies. But often the vitality is lowered to that extent that the individual has none to spend in work, and, alas! too often the nervous system is so enfeebled that the functions of digestion and nutrition are feebly carried on. When the individual understands these facts and realizes where, in the scale of vitality, he or she is, and to what extent, spendthrifts, then it is an easy matter to understand the road by which the vitality, so largely overdrawn, can be in a measure regained.

In building up the vitality, food for the nervous system should be among the first considerations. By the laws of nature the nervous system cannot live without a food containing the elements of the nervous system in its make-up. Thus an analysis of that system will aid materially in adapting a food to its needs, and by such analysis we find nitrogenous foods alone can be appropriated to this end; consequently the foods containing a large portion of that element are best adapted to build up the nervous system. Among these oatmeal, graham, and whole wheat are staple articles of food. Peas and beans stand at the head in the leguminous foods. Animal foods are also of the same general constituency.

With these foods as a basis for a diet, good rest, and proper exercise, the nervous system will develop a degree of vitality that will place the individual above those functional disturbances so generally expressed in nervousness and neuralgias. As the nervous system is eminently an organ of sense, we would expect a derangement of the same to result in many and varied sensations, often pain, tenderness of the spine and nerve trunks in various portions of the body, scalding or tingling sensations in the line of the nerves, most often the intercostal nerves, which many times have led the individual to believe that he or she had some serious trouble with either the heart or lungs. But still more often comes a characteristic depression, a "tired-out" feeling that is still more alarming to the individual. This is generally occasioned by so little nerve force that tone cannot be given to the entire system at one and the same time, and when some work is placed upon one system, it may be the digestive system, it is obliged, in order to do that work at all, to call upon much nerve force that rightfully belongs to some other system. Hence drowsiness and stupor after meals, and incapacity to work or study.

Many of these symptoms and neuralgias, especially the latter, are designed to impress us that we need better nutrition. It is a cry of the nerves and nerve centers for food. And, instead of using narcotics, tobacco, stimulants, condiments, etc., articles which not only cannot be built into nerve tissue, but are positive hindrances to the vital function, and have to be eliminated at the expense of vital force, we take good, wholesome food, plenty of fresh air, and proper exercise, we will soon see many of the distressing nervous symptoms disappearing, and the glow and vigor of health will be the happy reward.

BRONCHITIS.

BY MRS. H. S. MAXSON, M. D.

THIS term is applied to a condition of the lungs characterized by rattling in the chest, cough, and, according to the acuteness and severity of the attack, more or less fever. Occurring in very young children, it is ever to be looked upon with apprehension, and is often the forerunner of a most grave condition, namely, capillary bronchitis, a disease which the wise physician meets with dread. The causes of this disease are predisposing and exciting. Among the former may be mentioned a weakened constitution, improper and stimulating diet, a disposition to perspire freely, frequent colds, improper clothing, neglect in clothing the limbs properly, too much clothing, especially about the neck, the occurrence of some constitutional disease, as measles, typhoid fever, etc. The exciting causes are most often exposure to cold, the inhalation of dust or irritating vapors, or it may follow long confinement in a close, vitiated atmosphere.

In an infant the attack may be ushered in by a convulsion. The symptoms are those of a cough, at first dry and harsh; a rise of temperature, which sometimes reaches 105°, the normal being 98.2°, the breathing rapid and laborious, sometimes reaching forty-six, and, in very bad cases, even eighty per minute; the face wears a distressed look; the nostrils are dilated with each breath; the head is hot, and the fontanel full of throbbing.

In treating the disease, if the case is at all severe, the advice of a good physician should be obtained, and that promptly, as the delay of a single day is often fatal. A little wise management,

however, at the very beginning, may often turn the scale and abort serious trouble.

It is well first to give the body a bath, wrapping first in a woolen blanket, and putting into water, at first warm, but gradually heated until perspiration is induced. The child may then be removed from the water, blanket and all, and enveloped in a thick, warm blanket, and a gentle perspiration maintained for an hour or more. Usually, if rightly managed, the child will fall asleep in the pack.

The wraps should be gradually removed, and the body bathed with hot alcohol, to which, if the fever is not high, a little oil may be added. The little one should then be kept in a warm place. If perspiration is easily induced by this treatment, it might be repeated with profit, even several times; but if, instead, the fever is increased by it, it should be discontinued, or care should be taken not to weaken the patient by too much sweating. This alone is often sufficient to give relief; otherwise, a flaxseed poultice can be applied and retained on the lungs. The poultice should be made of finely-ground flaxseed, the meal being stirred into boiling water and made about the consistency of mush. It should then be placed inside a bag of cheese cloth prepared for it and cut to fit the chest of the child, so as to cover the chest completely, provision being made for the encroachment of the neck and arms. The good effect will be increased by spreading over this a teaspoonful of sweet oil. This should be applied as hot as can be borne, being first tested by being pressed against the face of the nurse, and then quickly covered over with oiled silk or several thicknesses of flannel. This may remain several hours or all night without removing, when, if necessary, it should be replaced by a freshly-made poultice. Care should be taken, however, that it does not become cool.

If suffering from fever, the head of the child should be kept cool by sponging with cool water or alcohol. The feet should be kept warm. A mustard draft applied to the bottoms of the same will often aid in the good results. If the fever is high, the abdomen and limbs may be wrapped in a warm towel surrounded by a woolen blanket. Treated in this way, very few cases will become serious.

When a child has been suffering from a "cold on the lungs" for several weeks or months, often a happy result may be quickly obtained by putting it to bed for a few days and subjecting it to the above treatment. A slight attack may often be cut short by the application at night of a tepid, or, in a robust child, even a cold compress to the chest, well covered over with oiled silk and flannel. Care should be taken to observe that the compress becomes warm soon after being applied; in other words, see that the child reacts to the treatment; otherwise, the compress should be removed and replaced by a fomentation or poultice. We have known this, in many instances, to dispel a troublesome cough with a single application.

QUERIES.

ANSWERED BY W. H. MAXSON, M. D.

ONE reader writes, "Can you give us some suggestions in reference to sour stomach?"

Sour stomach is one of the most common symptoms of dyspepsia. Those suffering with sour stomach are usually weak and emaciated. However, it is a constant symptom, sometimes in those of average flesh and strength, but in those cases the flesh is not normally compact and lacks tone. Sour stomach occurs more often in women than men, no doubt owing largely to the indoor life of the gentler sex. It comes from lack of digestive tone, and usually one or two hours or more after eating. The digestive process, if slow and incomplete, will be followed by food fermentation, and portions of fermented food may remain in the stomach, in fact, from one meal to another, producing a constant sour stomach.

Much can be done in many ways to obviate this distressing symptom. The idea many people have that sugar neutralizes the acid is a mistake, as it will invariably have the opposite effect. Many have learned to depend upon soda, and while it gives some relief for the time, if it is kept up, it will have a pernicious effect upon the process of digestion, for the reason that the digestive juice has normally in its make-up a small per cent of hydrochloric acid, which would be neutralized by the soda, and the efficiency of the gastric juice impaired to some extent.

The primary cause of habitual acid stomach is slow digestion, and hence any measure that will improve and hasten the digestive process will be of permanent benefit to the sufferer.

1. Take the kind of food that has concentrated

nutriment and is easiest to digest,—graham, or whole-wheat bread,—better stale or twice baked, mushes from the same with cream, no sugar. Beef tea or broth may be taken sparingly, little fruit, and none but the ripest, and slightly acid, no pastries, sugar, or honey. The coarsest vegetables should be avoided. If meat is taken, it should be a good tender beef, broiled over an open fire. For the most obstinate cases we prescribe largely a meat diet for a time, with "twice-baked" whole-wheat bread.

2. A great mistake is often made in taking too great a variety of food at one meal.

3. Take the food with as little fluid as possible to make it relish. When milk is taken, two tablespoonfuls of lime water to the glass will be of use.

4. Two meals per day is better than three, as the stomach will need the intervening time to digest what is taken at two meals, and the best refreshing sleep is obtained from the two-meal system.

5. Exercise in the fresh air is of great importance. Riding, walking, or working with flowers will prove to have a beneficial effect.

6. Fomentation or hot-water bag over the stomach for half an hour after eating will stimulate digestion also. Late suppers and rich foods are always to be avoided. We have also found it to be of great benefit to wash out the stomach with the syphon stomach tube an hour before eating, and it is often remarkable how the spirits of the individual will rise when the stomach is relieved of its painful load.

WHAT can I do for sore eyes?

Much depends upon the cause of the trouble. If you have headache often, tender eyeballs, tested by closing the eyes, and then pressing on the balls, blurred vision, and inability to read but a short time without pain, and a tired-out feeling in those organs, quite likely it is disturbed vision, and the greatest relief will come from glasses properly fitted. None but the professional optician should be relied upon to test the vision, for often a slight error will produce serious results. Hot sponging or doughing will give temporary relief. The most common eye trouble, however, is acute or chronic conjunctivitis. If acute it is usually remedied by a slight astringent, hot alum-water spray two or three times a day, or two grains zinc sulphate and two grains morphine sulphate to the ounce of water. A drop in the outer corner of the eye twice a day will be all that is necessary. If, however, the case is chronic, and granulations appear on the lids, giving the feeling of "sticks in the eyes," and often glued together in the morning, it may take more energetic measures. It is often best in such cases to turn the lids out and touch the granulated surfaces with a smooth piece of alum, or lightly apply a zinc ointment. Rest for the eyes, and building up the general health, will aid greatly in effecting a permanent cure.

CHIEF OF POLICE MCCLAUGHRY, of Los Angeles, says that crime increases 40 per cent with every addition of 25 per cent to the population, from which he claims that unless there is some effectual means applied to stop the increase, the criminals will soon be in the ascendency. In speaking of the part which the pawnbroker has to act in many of them receiving stolen goods, he says that the pawnbroker does more to foster crime than all the burglars in the country.

The highest jurists in the land have united in saying that the saloon is one of the most effective causes of crime. Another cause he gives is gambling, while another still, which is worth consideration, is given in the following words: "Then, again, our boys are not taught to work while they are young. Let them have a trade, so that, in case they are thrown out of professional employment, they will have something on hand which will guarantee them daily bread." It is and ever has been true that an idle brain is the devil's workshop. Parents, keep your children employed in those things which will build them up physically and morally.

KEEP YOUR MOUTH SHUT.—Many disease germs enter through an open mouth. The mouth was not made for breathing, but for eating and speaking. The nose was made for breathing, and the air, passing through the long and moist nasal passages, is purified, and leaves behind dust, disease germs, and various impurities, while the air is warmed and tempered for the lungs. But when the mouth is left open, dust, dirt, and disease rush down into the lungs, and, fastening there, develop and destroy the whole system.—*The Christian.*

THE poorest education that teaches self-control is better than the best that neglects it.—*Sterling.*

WINNING.

He wins at last who builds his trust
In loving words and actions just.

The winter blast is stern and cold,
Yet summer has its harvest gold.

Sorrow and gloom the soul may meet,
Yet love wrings triumph and defeat.

The clouds may darken o'er the sun,
Yet rivers to the ocean run.

Earth brings the bitterness of pain,
Yet worth the crown of peace will gain.

The wind may roar among the trees,
Yet great ships sail the stormy seas.

Full oft we fell the surge of tears,
Yet joy has light for all the years.

On every banner blazon bright,
"For toil, and truth, and love we fight."

—*Selected.*

STARVING A COLD.

HOW IT CAN BE DONE WITHOUT INCONVENIENCE TO THE SUFFERERS.

The man who originated the oft-quoted and unscientific maxim, "Feed a cold and starve a fever," either did not understand what he was writing about, or he has been widely misunderstood, to the great injury of multitudes who have acted on the absurd maxim. Presuming that the author of it was a physician, who knew something of the nature of a cold and the action of remedies, he must have spoken subjunctively, and not imperatively. And then it would read thus: If you stuff a cold the consequence will be that you will be thrown into a fever as the result of the stuffing treatment of the cold, and then you will have to starve the fever. This is a true and sensible interpretation of this commonly-received maxim, which has done as much harm as any of the thousand and one of the popular errors which prevail on medical subjects.

If it cannot be explained in the manner mentioned, it must be remanded to the Dark Ages of ignorance and superstition, and classed with lunar and stellar influences over the human body, witchcraft, and other absurdities long since exploded in the progress of true science. Without dwelling on the nature and causes of colds, or on what physicians call the pathology of these disorders, I will say that a low or even starvation diet for a few days, with the free use of warm or hot drinks [pure water is best], is better for a cold than any drug or combination of drugs. If with this a warm bath or a hot footbath is taken, little more will be needed. Nine cases in ten of colds can be broken up in this early stage by a hot foot or, rather, leg-bath, keeping the bath as hot as it can be borne until perspiration arises. After the bath, drink a half pint of hot lemonade and go to bed.—*Woman's Work.*

DON'TS FOR THE SICK ROOM.

"Trifles light as air" are often very mountains of discomfort and annoyance to the nervous, fretful invalid. A leading medical journal gives a few sick-room rules that those who tend the "prisoners of pain" would do well to bear in mind.

Don't light a sick room at night by means of a jet of gas burning low; nothing impoverishes the air sooner. Use sperm candles or tapers which burn in sperm oil.

Don't forget to have a few beans of coffee handy, for this serves as a deodorizer if burnt on coals or paper. Bits of charcoal placed around are useful in absorbing gases and other impurities.

Don't have the temperature of a sick room much over sixty degrees; seventy degrees is allowable, but not advisable.

Don't give the patient a full glass of water to

drink from, unless he is allowed all he desires. If he can drain the glass, he will be satisfied; so regulate the quantity before handing it to him. Don't neglect during the day to attend to necessaries for the night, that the rest of the patient and the family may not be disturbed.

Don't ask a convalescent if he would like this or that to eat or drink, but prepare the delicacies and present them in a tempting way.

Don't throw coal upon the fire; place it in brown paper bags, and lay them upon the fire, thus avoiding the noise, which is shocking to the sick and sensitive.

Don't jar the bed by leaning or sitting upon it. This is unpleasant to one ill and nervous.

Don't let stale flowers remain in a sick chamber.

Don't be unmindful of yourself if you are in the responsible position of nurse. To do faithful work you must have proper food and stated hours of rest.

Don't appear anxious, however great your anxiety.

Don't forget that kindness and tenderness are needful to successful nursing. Human nature longs to be soothed and comforted on all occasions when it is out of tune.—*Sel.*

THANKSGIVING DAY AND HOSTETTER'S BITTERS.

BY THOS. M'COWEN.

THANKSGIVING day, although formerly of New England origin, I believe is now claimed to be a national holiday.

A case in point: A very pious elderly lady, formerly of New Hampshere, was an early emigrant to California, and ultimately with her husband among the early settlers of Ukiah, Mendocino County. Being proprietors and conductors of the Mendocino *Herald*, the first paper published in the county, they gained quite an enviable celebrity, he being elected county judge and filling the position with credit for a number of years. Unfortunately, in process of time he was overcome by the demon of drink, and, after ordinary drinks had lost their efficacy in satisfying the cravings of his appetite, he resorted to adding Cayenne pepper, which he said was a "decided addition to the whisky." He persisted in sluicing his system with this fiery beverage, claiming that it was prolonging his life, as a matter of course.

Under this régime his health and reputation both became broken down, and, after dragging out a few years of miserable existence, through gout, erysipelas, and all their attendant concomitants, he dropped into a drunkard's grave, "unhonored and unsung." He left his wife and children occupying a half-desolated, lonely homestead on the outskirts of the village. The children, being only step-children to her, gradually scattered, leaving her to her own resources, which, fortunately, were after all, quite adequate to a respectable livelihood.

Being a woman of high literary attainments, she applied herself to schoolteaching and writing for different periodicals, by which means she not only maintained herself in respectability, but laid by something for a time of need. But, after a lapse of nearly twenty years from the death of her husband, old age came creeping on with attendant infirmities, until last Thanksgiving day, when the pious old lady visited a family in the village with whom she had been for years on terms of close intimacy.

It is fair to presume that the dear old lady did justice to the very elaborate "*secundum artum*" dinner, such as are common on such occasions. But by the next morning the demon of disease, that horrible cholera morbus, had begun its work. And now the cry came from this pious old lady for a dollar bottle of Hostetter's Bitters and laudanum to dislodge the denom; but all in vain. Delirium supervened, and, after some seven or eight weeks of torture and night watching, the end came. She passed to "that bourne from whence no traveler returns."

Now, however dissimilar the course of these two persons during a portion of life, at least, how similar was their end. The first ended by means of peppered whisky; the second, by bittered whisky, the very tempting Thanksgiving dinner being the primary existing cause in the latter case. Being personally acquainted with this family, I have no hesitancy in concluding that, with more rational habits of life, these two persons might still be enjoying a ripe old age in comparative comfort at least. This case being only one of thousands of a somewhat similar character, the question occurs to me, Is Thanksgiving day a blessing or a curse?

No man is born into the world whose work is not born with him. There is always work, and tools to work withal, for those who will, and blessed are the horny hands of toil.—*Lowell.*

GREEN OLD AGE.

BY SIR MORELL MACKENZIE.

WHEN does old age begin? Some men are old at forty, while others may almost be said to be young at eighty. A man is just as old as his tissues, particularly those of his heart and brain, and there are octogenarians who, for mental and even physical volatility, might be their own grandsons.

The secret of such perpetual youth lies mostly in regular exercise, whether in felling trees or in the humbler form of the daily "constitutional." Even when life has at last fallen into the sere and yellow leaf, exercise of a kind and amount suited to the "shrunk shanks," stiff joints, brittle bones and other evidences of senility, will keep the furnace of the vital locomotive aglow long after others less carefully stoked have paled their ineffectual fires. But this can only be done (to continue the metaphor) by slackening speed and reducing pressure. If old men will jump hedges as in their salad days, they will not improbably do so to a musical accompaniment of snapping thigh bones. If they run to catch trains, their hearts are extremely likely to mark their sense of such an outrage by stopping work. Dr. Hammond, of Washington, has collected seventy cases which have occurred in that city during the last ten years, of men dying suddenly from running after street cars.

If a man has ridden all his life, he may continue to do so as long as he can sit on a horse; otherwise this exercise is too violent for the aged. The "constitutional" is unquestionably the sheet anchor of old age, so far as exercise is concerned. I need say nothing more about it than that each walk should be taken with a definite purpose, if it is only to set one's watch by a particular clock. To have an object of some kind makes all the difference between wholesome exercise and the listless dragging about of the dead weight of one's own body, which makes walking one of the most fatiguing as well as the dreariest of all forms of motion.

To sum up the whole subject, the golden rule for exercise through all the seven chapters of man's strange eventful history is to use it so that the stream of life shall flow swift and clear, never stagnating, like a muddy pond, and, on the other hand, never dashing itself to pieces in mere foam and fury.—*Selected.*

FAITH is a beacon light, Reason a guide.

TYPHOID FEVER—A CURE.

DR. LICOVISH maintains that he has for six years met with unusual success in the treatment of typhoid fever by absolute rest in the recumbent posture, and by withholding all food for several days, from the commencement of the attack, says the Auckland *Weekly News*. According to the *Hospital*, he sometimes allows very small quantities of milk, not exceeding four ounces daily; in others he gives nothing but water.

After this has been persisted in for four, five, or six days, the patients, who commonly loathe all nourishment, usually complain of hunger, when he begins to gratify the returning appetite very cautiously and gradually with small quantities of such light nourishment as milk, beef tea, peptonized foods, or farinacea, as the patient may choose, and convalescence is soon established.

He believes that through the physiological or functional rest thus obtained the effete matters are eliminated, and not, as they would otherwise be, increased by the products of metabolism of the food; the catarrhal condition of the stomach and bowels subsides, and consequently the temperature either falls at once or does so after having remained stationary for a few days longer. In fact, the fever may be said to be aborted, though it will return if the least indiscretion in the way of a premature or too liberal administration of nourishment be permitted.

He has thus treated no fewer than 600 cases. The appetite created by the deprivation of food enables the patient to utilize it, when it is at length given, in a way that he would not if it had been supplied from the first. But that he may be able to bear this starvation, the strictest rest in the recumbent posture is imperative, as any effort or raising of the head or trunk may be followed by syncope.—*Selected.*

POLICEMEN, mail carriers, and others whose occupation keeps them on their feet a great deal, often are troubled with chafed, sore, and blistered feet, especially in extremely hot weather, no matter how comfortably their shoes may fit. A powder is used in the German army for sifting into the shoes and stockings of the foot soldiers, which consists of three parts of salicylic acid, ten parts starch, and eighty-seven parts pulverized soapstone. It keeps the feet dry, prevents chafing, and rapidly heals sore spots. Finely-pulverized soapstone alone is very good.

A GREAT MAN.

THAT man is great, and he alone,
Who serves a greatness not his own,
For neither praise nor pelf;
Content to know and be unknown,
Whole in himself.

Strong is that man, he only strong,
To whose well-ordered will belong,
For service and delight,
All powers that in face of wrong
Establish right.

And free is he, and only he,
Who, from his tyrant passions free,
By fortune undismayed,
Has power upon himself to be
By himself obeyed.

If such a man there be, where'er
Beneath the sun and moon he fare,
He cannot fare amiss;
Great Nature hath him in her care,
Her cause is his.

—*Owen Meredith.*

ALCOHOLIC CONSUMPTION.

THERE is a form of consumption induced by alcohol which is peculiar to itself; it might properly be described as a chronic degeneration of lung tissue, by reason of the oft-repeated inflammation caused by the irritant action of alcohol. The sufferers from alcoholic consumption are usually somewhat advanced in life; the average age is forty-five to fifty years. These persons are considered healthy; their figure and conformation of body is good. They are not the class of drinkers who sleep long, take little exercise, and grow dull, pale, and pasty-looking, but are those who take moderate or short hours of rest, go on actively through their duties, and, urged by frequent resorts to the irritant alcohol, live as much, work as much, see as much, and enjoy as much as they can.

They are rarely intoxicated, but constantly carry a small or large load. They seem to live uninfluenced by any disease, and they are pointed out by their friends as splendid specimens of health, and the finest types of argument in favor of alcoholic drinking.

The wonderful health is, however, after all, apparent only, not real; questioned closely, it is soon discovered that the victims have long been out of health. They know it and not unlikely their families are aware of it, but they hold up a bold front to the world.

But, alas! there comes a day when they are missed. Upon inquiry it will be found that these giants of health have at last had to strike their flag, surrender up their magnificent physique to an imprisonment of chronic illness, or, fighting to the last, fall into death, which comes from a sudden attact of pneumonia or some other equally depressing disease. Such men have been seen to break down into emaciated, flabby invalids, just crawling about and trying to gain their way back to health; but it is too late; the inevitable has come.

In some instances death is so quick from this alcoholic consumption that the fine form and good healthy face are retained to the last. There is no form of consumption so fatal as that from alcohol.

Medicines affect the disease but little. The most judicious treatment fails, and change of air accomplishes but slight real good.

The man suffering from this form of consumption may linger longer on the highway to dissolution than the victims of other forms of the disease; but there is this difference between them, that the others may leave the highway to find a bypath to comparative health, while he never leaves it, but struggles on to the bitter end. In plain terms, there is no remedy whatever for alcoholic consumption. It may be delayed in its course, but it is never stopped. The tissues of the whole body, as well as the lungs, are involved, the whole structure is doomed.—*Alcoholism, Its Cause and Cure, by "Joe Brown," Doctor.*

EFFECTS OF TOBACCO ON STUDENTS.

SAYS the New York *Sun:* "The statistics in regard to the effects of the tobacco-smoking habit upon students that have been collected at Amherst College are analogous to those recently collected at Yale College. The nonsmokers at Amherst are of greater weight than the smokers; they are superior in chest girth to the smokers, and their lung capacity is higher. The nonsmokers are more athletic than the smokers, and more successful in athletic sports. The nonsmokers at Amherst, as at Yale, have also an advantage over the smokers in mental power and in scholarship. The facts recently collected in American colleges concerning the physiological and physical effects of the tobacco-smoking habit are instructive to the young men who go to college, and also to those who do not."

TOBACCO AND DYSPEPSIA.

BY THOS. G. ROBERTS, M. D., WASHINGTON, IOWA.

DYSPEPSIA, or indigestion, is one of the most frequent results of the use of tobacco. That tobacco is an enemy to digestion and assimilation is evident from the well-known fact that appetite and weight usually increase after quitting the use of the drug. It is not unusual for men to gain fifteen or twenty pounds in weight after ceasing its use; and the fact that it has been successfully employed by some to reduce weight is another proof of the injurious effects of tobacco on the digestive organs, for it accomplishes the result by disordering and thereby weakening the digestive and assimilative forces. Foolish girls have been known to drink vinegar in order to make themselves thin and pale, the desired result being brought about at the expense of the general health; and the use of tobacco to reduce surplus adipose tissue is on a par with the drinking of vinegar.

The great waste of saliva that invariably accompanies the use of tobacco is of itself a very efficient cause of dyspepsia. Saliva is not an excretion, but a secretion, and performs an important use in the digestive process; therefore it cannot be destroyed with impunity.

The amount of tobacconized saliva expectorated by some users is enormous; and it is surely within the range of truth to say that many first-class chewers spit from a pint to half a gallon of saliva in a day. It has been computed that many men spit their weight in saliva in less than six months. In fifty years a man spitting a teaspoonful every five minutes each day will expectorate seventy-one barrels, or nine tons, of saliva; and if you will observe how many times a veteran chewer spits in half an hour, you will come to the conclusion that it is not much of an exaggeration to say that he spits, on an average, a teaspoonful of saliva in five minutes.

Listening to a popular speaker, a man, through force of habit, put some tobacco in his mouth; but it was not long until he was reminded that his mouth was filling with saliva, and that the pew was not furnished with a spittoon. He soon found that he must leave the church, as it was impossible to hold the saliva much longer; and, his mouth being too full for utterance, he could not whisper to his wife what was the matter, so he suddenly started out without warning. Supposing him to be sick, his wife followed him. He could scarcely reach the door before his distended mouth burst open, and he disgorged a mouthful of filthy saliva into the eyes of a dog that came running to meet him. "What is the matter, husband?" said his wife, somewhat frightened. "Are you sick?" Half vexed, he said: "O wife, what did you come out for? I only came out here to spit, and if you had not come I could have slipped back again, but now what will the congregation think?"

While spitting is under consideration, I think the reader will appreciate the following story related by Dr. L. B. Coles: A professor in a Western college, traveling with a clerical brother, "stopped to spend the Sabbath, and the professor was invited to preach in the evening. His brother in the ministry, who was a practical admirer of tobacco and its fruits, was with him in the desk. The professor set his hat, a new one, at the end of the pulpit sofa, and while preaching saw his brother, who was nearsighted, so that he mistook the hat for a spit box, delivering the contents of his mouth every moment into his hat. But he was obliged to submit to the process. It would not do to make an apostrophe in his sermon by saying, 'Don't spit your vile stuff into my hat;' so he bore it like a saint, and let his brother spit away, casting into his new-fashioned spittoon not only the syrup from his powerful tobacco mill, but cud after cud of the solid refuse. Think what a hat the professor had after the meeting was closed!"

Apart from the bad results that follow the loss of so much saliva, tobacco, by its specific action on the system, tends to produce dyspepsia. Besides any direct effect that the drug may have on the organs of digestion, we know that it may indirectly cause dyspepsia through its effect on the nervous system. Any drug that will disorder the nervous system will produce indigestion; and, as tobacco profoundly deranges the nervous system, it must be a fruitful cause of digestive ailments. I am fully convinced from my own observation that tobacco is the cause of very much dyspeptic trouble, and I have many times witnessed marked, and sometimes complete, relief from chronic indigestion by quitting the use of the narcotic.

As the reader may possibly regard my statements concerning the power of tobacco to produce dyspepsia, as "the crotchets of a hair-brained reformer," let us see what some of the great medicinal lights have to say on the subject:—

Dr. J. H. Kellogg testifies as follows: "A man cannot use tobacco to any considerable extent without becoming a dyspeptic. It is the impairment of digestion which renders tobacco so efficient an agent, in most cases, in reducing flesh. We have treated scores of tobacco dyspeptics and have no hesitation in affirming that the disease is incurable without the discontinuance of the habit. Even when the habit is abandoned, a cure is often difficult, requiring months of careful attention to diet and treatment."

"In my now lengthened medical life," says Dr. Conquest, "I have often seen the worst and most intractable forms of indigestion, and the most distressing and fatal cases of stomach and liver disease, traceable to snuff and tobacco."

Says Dr. W. A. Alcott: "I have never known a dozen tobacco users—my acquaintance has extended to thousands—whose digestive organs were not in the end more or less impaired by it."

Professor Miller, of Edinburgh, says: "As medical men we know that smoking injures the whole organism, and puts a man's stomach and whole frame out of order."

"I am fully persuaded," says an American physician, "that many cases of dyspepsia are produced by the use of tobacco. I have prescribed for such cases frequently, and find improvement only when the tobacco is discontinued."

Says Dr. Henry Gibbons: "All writers are agreed in placing among the common effects of the free use of tobacco, debility and loss of tone of the stomach, nausea, failure of appetite, indigestion, and constipation of the bowels."

Sir Benjamin Brodie uses the following language: "But the ill effects of tobacco are not confined to the nervous system. In many instances there is a loss of healthy appetite for food, the imperfect state of the digestion being soon rendered manifest by the loss of flesh and the sallow countenance."

The author of "The Avoidable Causes of Disease" says: "Tobacco is a frequent cause of dyspepsia. It causes spasmodic pressure of the stomach, nausea, and frequent eructations, heartburn, feeling of coldness of the stomach, pains in the region of the liver, and diseases of this organ, pains in the bowels, with disposition to diarrhea or costiveness."

"Of course," says Dr. Hobart A. Hare, "indigestion can be brought about by smoking as well as chewing, by depressing the nervous system. The habit of chewing, however, affects the digestion much more directly. It causes an undue pouring out of saliva into the mouth, which is either swallowed as a saturated solution of tobacco or ejected, and as a consequence the food, when masticated, is deprived of its ptyalin, to a certain extent, as well as the complete moistening which is so necessary to perfect digestion."

Dr. McAllister, speaking of a smoker, says that "he pursues a course which continues to weaken the organs of digestion and assimilation, and at length plunges him into all the accumulated horrors of dyspepsia."

The celebrated Dr. Chapman, in an article on dyspepsia, says: "The most commom cause of the disease, in certain parts of our country, is the enormous consumption of tobacco in the several forms. Certain I am at least that a large proportion of the cases of it which come to me are thus produced. It is usually very obstinate, and sometimes of a truly melancholy character."

Dr. Moore, in describing his seven years' experience with dyspepsia, says: "The various remedies for dyspepsia were all tried in my case without the least benefit. About the first of December last I gave up the use of tobacco, and, to my astonishment, within the first twenty-four hours my appetite returned, food gave no uneasiness, and strength returned."

Certainly enough evidence has been adduced to convince any candid person that tobacco is a great enemy to sound digestion, and that it frequently causes some of the most painful and intractable forms of dyspepsia.—*People's Health Journal of Chicago.*

A PUZZLED JAPANESE OFFICIAL.

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

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

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

"What is impure milk?"

"Milk that is mixed with chalk and water."

"Is the chalk a poison?"

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

"Does water in milk make anybody sick?"

"Why, of course not! But when a person pays for milk he wants milk, not water, which he can get for little or nothing when he desires it."

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

"Feelings are hurt—that is all."

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

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

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

"Benzine? What is that?"

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

"Is there any good whisky?"

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

"Bad whisky is poison?"

"Deadly poison, sometimes."

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

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

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

"Never."

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

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

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

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

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

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

"Why, certainly not!"

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

And we ask, Who can?—*Texas Siftings.*

DO NOT EAT TOO FAST.

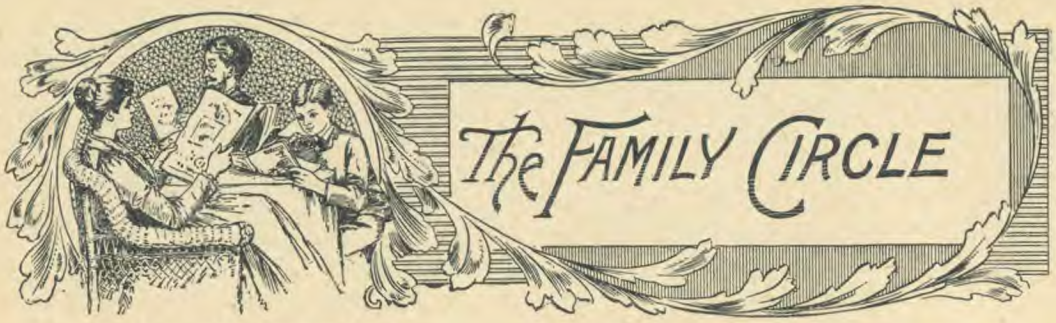
THOSE animals which were intended to feed hurriedly were either gifted with the power of rumination or provided with gizzards. Man is not so furnished, and it is fair to assume that he was intended to eat slowly. We must apologize for reminding our readers of facts so familiar. The matter may seem a small one, but it is not so.

Just as a man may go on for years with defective teeth, imperfectly masticating his food, and wondering why he suffers from indigestion, so a man may habitually live under an affliction of hurried dinners without knowing why he is not well, or how easily the cause of his illness might be remedied.

The habit of eating fast and carelessly is supposed to have paralyzed Napoleon on two of the most critical occasions of his life,—the battles of Borodino and Leipsic. On each of these occasions he is known to have been suffering from indigestion.

On the third day of Dresden, too (as the German novelist, Hoffman, who was in the town, asserts), the emperor's energies were impaired by the effects of a shoulder of mutton stuffed with onions. There can be no doubt that Napoleon's irregularities as to meals injured his health and shortened his life.—*Sel.*

"ONE with God is a majority." One earnest suppliant has power to obtain from God blessings for a whole nation or church.



WORSE THAN MARRIAGE.

A BACHELOR, old and cranky,
Was sitting alone in his room;
His toes with the gout were aching,
And his face was o'erspread with gloom.

No little ones' shouts disturbed him;
From noises the house was free;
In fact, from the attic to cellar
Was quiet as quiet could be.

No medical aid was lacking;
The servants answered his ring,
Respectfully heard his orders,
And supplied him with everything.

But still there was something wanting,
Something he couldn't command:
The kindly words of compassion,
The touch of a gentle hand.

And he said, as his brow grew darker,
And he rang for the hireling nurse,
"Well, marriage may be a failure,
But this is a blamed sight worse."

—*Boston Courier.*

HOW TO MAKE A WIFE UNHAPPY.

SEE your wife as seldom as possible. If she is warm-hearted and cheerful in temper, or if, after a day's or week's absence, she meets you with a smiling face, and in an affectionate manner, be sure to look coldly upon her, and answer her with monosyllables. If she forces back her tears and is resolved to look cheerful, sit down and gape in her presence, till she is fully convinced of your indifference. Never think you have anything to do to make her happy, but that her happiness is to flow from gratifying your caprices; and when she has done all a woman can do, be sure you do not appear gratified. Never take an interest in any of her pursuits, and if she asks your advice, make her feel that she is troublesome and impertinent. If she attempts to rally you good-humoredly on any of your peculiarities, never join in the laugh, but frown her into silence. If she has faults (which, without doubt, she will have, and perhaps may be ignorant of), never attempt with kindness to correct them, but continually obtrude upon her ears: "What a good wife Mr. Smith has!" "How happy Mr. Smith is with his wife!" "Any man would be happy with such a wife!" In company never seem to know you have a wife; treat all her remarks with indifference, and be very affable and complaisant to every other lady. If you follow these directions, you may be certain of an *obedient* and *heart-broken* wife.—*New York Ledger.*

THE BARTONS' TRAVELING.

BY MRS. M. J. BAHLER.

IT was a beautiful August morning, but cold enough to make one shrug his shoulders, when Miss Annie Barton walked with her brother from the breakfast room of their hotel at Black Hawk, Colorado, out upon the piazza to look at the place.

They had arrived late the night before, and, though brilliant, sparkling stars and well-burnished railroad lamps combined their illuminative powers, yet the light was feeble in that deep, narrow valley, and they could form little idea of their surroundings. They were not surprised to find that the town was very small. They were becoming accustomed to mountain towns which existed more in name than in substance. Even Idaho Springs and Buena Vista were but small villages. But they had not come to Colorado to see its towns, but, rather, its grand mountain scenery, and with this they were delighted.

They found that the valley here at Black Hawk narrowed down until, from their point of observation, it seemed to terminate by the mountain chains on either side coming together and uniting. Sharp and bold those towering mountains rose upon every side except that from which they had entered the town.

"Where can the railroad go from here to reach Central, I wonder?" asked Miss Annie. "It appears to run right up to that mountain-side and there stop. There is no tunnel."

"Look over this way, Annie."

Miss Annie turned at her brother's words, and as she did so clasped her hands and exclaimed:—

"Oh, oh, isn't that beautiful! A train of cars away up on the mountain-side! They look as though they might fall down upon us. But how did they get 'way up there?"

"We will watch them and see how they come down, and then we shall know how they got there."

"They are going on down the mountain, not coming down here where we are."

"Wait a little. There, see, they are disappearing in that curve of the mountain. How slowly they move! Now they are coming out; there they go around another bend."

"I'll go and get my shawl, and tell Jean and May to come," said Annie.

When a moment later she returned, only Mrs. Barton was with her, and, in answer to her brother's inquiring look, she said:—

"May has one of those fearful headaches coming on." Then, looking upward, she touched her sister's arm and said:—

"Look, Jean, there comes the train. Isn't it strange to see it 'way up there on the mountain? But, Albert, why is it coming now with the engine behind? The engine was ahead when I went into the hotel."

"Look here at my hand a moment," said Mr. Barton, "and perhaps I can explain it to you. Let my forefinger represent the upper track the train was on when you went in, and my hand and wrist represent a y track as they call it, and my thumb the lower, downhill track. The train in its last curve ran back into an open place on the mountain upon the tongue of the y, represented by my hand and wrist, far enough so that the last car was past the v portion of the y, then it backed downward on the lower track, represented by my thumb. That is why the engine was behind. Now see, it is coming down on a still lower track; and now the engine is ahead again."

"What a mountain climb for a train of cars!" said Mrs. Barton. "And if we had gone on to Central last night, would we have passed over that route?" And she shuddered as she asked.

"Yes, my dear, but then you could not have seen the dizzy heights you were traveling over."

"There comes our train again with the engine behind. It's almost down to the top of the houses now, and see, there is a high trestle on a sharp incline crossing the street even with the roofs; that is the way it gets out of Black Hawk. Jean, shall we ride over that road?"

"I prefer to walk."

"Walk four miles, with Millie?"

"It is only one mile by the wagon road. You see the train has to wind about and climb that mountain, and go four miles to make one."

"Oh, yes, I see! All right, it will be delightful to walk. I'll go and tell May."

Returning to their room, Annie found May suffering terribly with the pain in her head. She told her, as best she could, what they had seen, and of the proposed walk.

"Won't it be delightful, May, to really walk over the mountain road instead of riding in the cars? Then we can stop and look at the lovely mountain views as long as we wish. I think it will be grand."

"O Annie, my head! It seems as though it would burst, it aches so. I can't go with you. This is one of those old nervous attacks, and they always last all day, you know, if not two." And as the poor sufferer spoke, she clasped her hands over her throbbing temples.

"It's too bad. I hate to see you suffer so, and, besides, I don't want you to lose the enjoyment of that walk to Central. Albert has a letter from father saying that we must be at home by the first of October, so we can remain here only a few days. May, you *must* not lose the pleasure of this afternoon. Jean can cure your head, I am confident, if you will only let her treat it. May I call her?"

"Yes, anything will be better than this dreadful pain."

Annie tapped quickly at her brother's door, and in a few words told her sister the situation."

"Let me see," mused Mrs. Barton, "yes, I remember what to do, I believe." Then, turning to the children, she said:—

"Gilbert, stay right here in the room with sister. Millie, Auntie May is very sick. Millie cannot go to auntie's room now. Stay right here with brother. Mamma will be back soon, and then we will take a walk."

"All right," responded Gilbert in his cheerful, manly way, and little Millie echoed in prattling tones, "All right, mamma; cure Auntie May."

Going to her trunk, Mrs. Barton took therefrom an old thin piece of flannel, half a yard square, a gray woolen shawl, and the old cloak which had served in Millie's treatment at Denver. Equipped with these she went to her sister's room. Annie, who reasonably concluded that some hot water might be needed, took the water pitcher and left the room.

Mrs. Barton bent over the sufferer, and, gently laying her hand upon her forehead, found it damp and cold. Then, speaking in quiet, gentle tones, she sai—

"May, I think we can relieve you of this suffering. We will try if you are willing."

"Do anything you please," moaned the sufferer.

"You feel sure it is sick headache? Because you see if it is not we might give wrong treatment."

"Oh, yes, I know these attacks too well! My head throbs as though it would burst, and I'm so sick at my stomach."

"Then I'll foment your head. I will lay this piece of old thin flannel over your head first to keep the hot flannel from burning. Now I'll go and get some hot water. Ah, here comes our good Samaritan now with water! Annie, dear, you are a treasure; you always understand what is wanted."

"'Kind words shall never die, never die, never die,' and kind actions too." It was May who spoke as she watched sister Jean spread the gray shawl, folded several thicknesses, across the wash bowl, turn the steaming water over it, and wring it lightly, and then she added, "I don't deserve this, Jean, I, who have jeered at your 'water treatment.'"

"Please raise your head, May," said Annie, "and spread the old cloak over the pillow to keep it dry."

"That's right, Annie, you are a good assistant. You have 'taken notes,' I see, while you have watched me. Raise your head again, May, please. I want to wind the shawl all around it. There, that's good, and now the old cloak over the steaming shawl. No Turk ever wore a turban so useful as our May's. Is that too hot?"

"It's fine. It feels splendid."

"We will leave it on as long as it feels nice and warm. Now I will get my hot-water bag and fill it and put it to your feet."

Soon the sufferer was sleeping sweetly, and, after lying with her head in the pack for fifteen minutes, it was renewed. In half an hour the head was bathed in cool water, and the patient left to rest.

When the dinner hour came, Miss May appeared with a smiling face, announcing that she was ready for the walk to Central. And in the pleasant evening, as they walked slowly back to their hotel at Black Hawk, having enjoyed the stroll along the winding wagon road, shut in on either side by the towering mountains with ever-varying picturesque scenery, and visiting the quartz mills, where they saw much that was interesting, she said:—

"Sister Jean, I am no longer among the scorners of water treatment. Count on me hereafter as an earnest advocate for hygienic agencies in the treatment of disease, emphatically so of sick headache."

(*To be continued.*)

HOME INTERESTS.

HABIT.

THE power of habit is something of which we are every day conscious. Though so much has been said and written concerning it, we need still "line upon line, precept upon precept, here a little and there a" great deal, to keep in our minds the importance of forming in our children and strengthening in ourselves good habits. It is so difficult to break up long-established modes of action, and turn the channels of one's activities in new directions, that it is not surprising the mature in life, who have suffered from not being started right in the first place, should lay, as they are inclined to, great stress on the importance of making in all things a good beginning.

There are a few habits which form a pretty good foundation for success in life and insure the friendship of the discerning and virtuous. First among these we would place the habit of self-help. This may and should be formed in a child before it can walk or talk, by providing resources for its amusement, and leaving it, with due bounds, to depend upon those resources. Then, as it grows older, it should be taught and gently compelled to perform in its own behalf all that it can do. Few of us but know young men and young women perfectly helpless for all the ordinary uses of life. If they alone were the sufferers, it wouldn't matter much, but they are social leeches, always demanding service and never rendering it. Good husbands, good wives, good parents rarely, if ever, are found in this class of people.

Next in importance to the habit of self-help we would place that of personal tidiness. We do not care to guess how many American men and women sit down to breakfast every morning with their toilets half made, the man without collar and cravat, the woman with unkempt hair, and the children resembling the parents in dress as much as in feature. "But you see there are so many things to do in the morning—stock to feed, cows to milk, fires to make, milk to skim, children to dress, breakfast to get, that one can't spend much time fixing themselves up." All very true; but one doesn't go around barefooted in the morning, or without washing face and hands, because a habit the reverse of all that has been formed. "My hair is combedin the morning for all day before I leave my chamber," said an elegant housekeeper the other day, and she keeps no girl, and we couldn't help thinking the happiness her husband must have had just in the one particular of seeing her every morning for twenty years with smoothly combed hair, and neat linen collar, opposite him at the breakfast table, and of the order and cleanliness in the household of which that one little item was an index. That "cleanliness is next to godliness" should be early and deeply impressed on every child, and it should be taught to shrink from uncleanliness and untidiness as it shrinks from vice.

Another habit of great value is that of courtesy. If a child is properly trained to ask for what he wants, and make meet acknowledgments for favors received, to recognize the rights and respect the feelings of others, he will be able to win friends, no matter what other faults he may have. This habit he will acquire, or absorb, rather, from those around him. Courteous children are but the reflection of courteous parents. Genuine courtesy flows out from the heart, and can never be put on as an outside garment.

Another excellent habit is that of helping others. In fact, we are in the world for the express purpose of doing that very thing, and if we fail in this, it matters little to any but ourselves how long we remain here. It is natural for the loving parent to do everything for his child and require nothing in return, but the sooner the child is taught to deny himself in order to serve others, his parents, his brothers and sisters, the more certainly will whatever is noble in him be developed. We are all selfish enough, and there are very few who are not improved by having their impulses of benevolence stimulated.

The habit of improving one's time is of so great importance that it cannot be overestimated. Not that children should work all the time, but that they should spend very few hours in mere idleness and time killing. One occupation should succeed another, so as to give due variety and exercise the mental and bodily powers in harmony. Idle children are apt to make idle grown folks, and there are too many drones in society for its good, as we all know.

The last habit we will mention is that of perseverance. Life, from beginning to end, is full of obstacles to be overcome, of problems to be solved, of mountains to be tunneled, and valleys to be filled up, and we can hardly begin too soon our endeavors to master destiny. He that overcomes in little will overcome in much. A child should not be given a task beyond his powers, but within that limit he should be required to do what is assigned him. The stimulus of praise or reward will often be sufficient to secure the performance of a given labor, though the pain of censure may sometimes be necessary.

With these habits of self-help, personal tidiness, courtesy, helping others, improving one's time, and perseverance, it matters little how poor in purse an individual may be left, he or she will possess a buoyant power that will raise them above adversity and pluck victory from the arms of defeat.—*Sel.*

CATS AND DIPHTHERIA.

CATS are household pets, and children will kiss, hug, and play with them. In most cases, perhaps, no harm is done, but it is now believed that cats have a mild form of diphtheria, that they may take it from children or give it to them. The breath of a cat which eats any foul food cannot be inhaled with safety. Better keep cats out of sick rooms where children are, and, if they are not perfectly well, keep them where they can do no harm to our little ones.—*Sel.*

THE wages that sin bargains for with the sinner are life, pleasure, and profit; but the wages it pays him with are death, torment, and destruction. He that would understand the falsehood and deceit of sin must compare its promises and its payments together.—*South.*

LITTLE MISS CLEVELAND'S APOLOGY.

If I a rosy little boy
Had peradventure been created,
I dare say that the general joy
Could not be overestimated.
My mother weeps, my father frowns,
A waiting nation is offended;
The money for my little gowns
Has been most fruitlessly expended;
Sing lackaday and woe to me,
Who fain a little boy would be.

Had I been born a boy I might
Become a governor potential,
And by a precedent now trite
Aspire to honors presidential.
Alas, my sire's prophetic phrase
Represses all his hopes and blunts him;
A sad condition meets his gaze—
'Tis not a theory confronts him!
Oh, who in this wide world would be
A helpless little girl like me!

And yet there comes a thought to cheer
And soothe my sorrow as no other:
That, howsoe'er the world seems drear,
There's one to love me still—my mother.
Perhaps her sunny life may make
A mourning nation more contented
To love me for my own sweet sake,
When in me she is represented.
What joy to think the world may see
My mother live again in me!

—*Kansas City Star.*

SIMPLE, YET FRUITFUL.

Are my baby's toys common? I want them to be, though she is not a common baby. I want her toys to be simple and homemade as much as possible, and by the help of her toys I want to teach her to have simple tastes, and a capacity for getting happiness out of the everyday things that surround her. I want them to teach her to help herself, and to believe that things, to be nice and enjoyable, do not have to be elaborate.

I want so to teach her to find sources of enjoyment out of any possible surroundings that, if some fine day she should be lifted up by a tornado and set down in a sand desert, instead of crying for the want of toys, she will immediately see the fine capabilities of the place for sand pies, and go to work at them with all her baby might.—*Homemaker.*

BABY'S FIRST YEAR.

BY MARY A. ALLEN, M. D.

No year of human existence is crowded so full of new and wonderful experience as the first year of life. The babe has not only to make acquaintance with the outer world, but also with himself and with all his faculties. Dr. C. L. Dana, in writing upon the development of the child, says that the baby is deaf for the first two or three days of his life; and that is probably because he has not learned to use the instrument of hearing, has not become acquainted with his ears. By the fourth month he begins to turn his head to learn the source of sounds. Babies at birth have not learned the use of their eyes, and are, therefore, to a certain extent blind, but sight is the sense earliest used, although at first the use is limited to distinguish light from darkness. Under two or three months, close observers state that the infant does not wink when the hand is moved before the face, because sight is not yet distinct. After sight becomes distinct, the child must learn distance, size, and shape of objects. No doubt his experience is like that of the blind person suddenly made to see, who, having no previous experience to teach him, imagines that the various objects are touching his eyeballs. At the end of two months, Dr. Dana asserts, the child begins to have ideas from

visual sensations, and by three months can recognize persons. No doubt many a fond mamma will maintain that her remarkably intelligent little one has recognized her from the very first day of its existence. Dr. Dana also says that true crying, as a result of definite appreciation of pain, does not begin till the end of the first year.

Think for one moment of all that the child must learn in its first year. He must make acquaintance with his own members and their uses, with his senses, with all external objects, with persons who are constantly about him, with strangers, with domestic animals, with his needs and his desires—in short, with the world about him and that more wonderful world within him. That rosy, smiling babe who amuses you by trying to put his toe in his mouth, is in reality engaged in an investigation worthy of a philosopher. Without instruction he is learning distance, size, shape of an object, muscular power, the use of volition in making muscular efforts, and a myriad of things of which the fond parents are wholly unaware, for they imagine that his education will not begin until they intentionally begin to educate him. Unconsciously they are educating him, and are laying the foundation of an orderly, happy, healthful life, or the contrary.

In her methods of feeding the mother is teaching the child temperance, regular habits, self-control, or the contrary. She is teaching him kindness, gentleness, and all the sweet amenities of life, or teaching him anger, rudeness, and a multitude of evils, for which she no doubt will punish him in years to come, wondering, it may be, how her child can possibly have developed so much of depravity. People often act as if the baby were created solely for the amusement of his elders, and so his naps are disturbed that he may be exhibited to admiring friends. He is clothed so as to please his mother's vanity, regardless of his comfort. He is tossed, tickled, and his nervous system shocked in various ways in order that the grown-up ignoramuses (is that too strong?) may be amused by his meaningless, hysterical smiles; and when these naturally turn into rebellious cries and tears, he is called cross, and, it may be, even rudely shaken by those who most soundly deserve the punishment he unjustly receives.

During the first year comes the period of first dentition, a period fraught with dangers, not because of the teeth, but because of the ignorance of parents of certain physiological changes in the alimentary canal and the too frequent wrong feeding of the child. During the first year also comes up the question of weaning. It is quite universally conceded that it is best for both mother and child if the weaning be not deferred longer than ten or twelve months. An absolute time cannot be assigned for this important process, because of differing circumstances. If the health of the mother be feeble, it may become advisable, or even necessary, to wean the little one very early. This can only be decided by the competent attending physician, though we may suggest that if the child is not thriving, or the mother is failing, the question of weaning becomes one to be seriously considered. It is not generally thought advisable to wean the baby in the heat of summer, though where the child does not thrive some addition to the food furnished by the mother may be best. In this case a meal of cow's milk suitably diluted may alternate with the meals of the mother's furnishing. Weaning is most satisfactorily accomplished gradually, by the substitution of some prepared food, at first once a day, gradually increasing the number of meals of other foods and diminishing those obtained from the mother, until the child is scarcely aware that he no longer depends upon his mother, but is now an independent individual. Great care should be taken at the time of weaning not to put the child upon food unsuitable for his digestive powers. Milk must yet furnish the staple article of diet for another year at least.

During the first year baby begins to learn the use of his vocal organs, and it is very important that he shall learn to make only gentle and sweet tones. Americans are greatly criticised by foreigners for their shrill, piercing voices. Children imitate what they hear. If, then, we desire to correct this national tendency to high-pitched, unpleasant voices, we must educate the infant's ear by allowing it to hear only those tones we desire it to produce. It is a fact that adults can entirely change the quality of voice by compelling it to take the pitch which is desirable. This being the case, we may safely assert that the child can easily be taught to have a pleasant, agreeable voice by never being permitted to hear any but gentle tones.

About the close of the first year the child is beginning to call objects by name, and the friends

are amused at his efforts at pronunciation, and often add to the difficulty he inevitably finds in learning to make intelligible vocal sounds, by talking a sort of *patois*, which is known as "baby talk," and which in its silliness is an insult to a babe of average intelligence. If the child fails to catch the correct pronunciation of a word, his fault, instead of being corrected, becomes a fixed error through the repetition of it by his adult companions. The mispronunciation which ought to have been but a passing mistake of infancy, becomes the fault of a lifetime. I have heard of an educated man who always called a cushion a kishion, simply because he chanced so to pronounce it in his first attempt. The failure became a household word, and a consequent source of mortification to him through life.

One cannot calculate how deep the impressions of the first year may be. It is worth the attention of parents to have a care that only sweet and true and lovely influences shall surround their children during this first year, the most important year of life; that evil tendencies shall be gently checked, and all good tendencies encouraged; that the first steps of the little traveler upon the highway of life shall be onward and upward toward truth and light, and so towards God and heaven.—*The Advance.*

THE HABITS OF INFANTS.

"MOTHER'S dear little lamb! so it shall suck its thumb if it wants to. There, there, so it shall!" And back into the mouth goes the little thumb, and another injudicious woman scores a point against her common sense and makes stronger the bonds of an injurious habit.

And so the child grows up, regardless of the advice and warnings of friends and physicians, and some day the boy or girl awakens to the fact that its face is disfigured, its teeth entirely out of place, its mouth misshapen, and its thumb an unsymmetrical lump. And why?—Because its mother lacked the decision necessary to correct a bad habit in a baby, or, possibly, because she first encouraged or taught it the trick.

Many mothers do not seem to realize that continual pressure on the soft and yielding structure of the mouth and teeth will in a short time entirely change their natural shape and cause the teeth to project, in some cases in an almost horizontal position. Once they grow in this awkward fashion, it is almost impossible to straighten them.

There is in almost every community some otherwise pretty child with its mouth pressed entirely out of shape by this habit, and more than one person suffers serious annoyance because of the difficulty in putting on a fine glove over the pudgy, deformed thumb that was such a comfort in infancy and childhood.

Parents who regard their children's future welfare will take care to correct habits that will cause them mortification in after life. Of these habits few are more disfiguring than the too common practice of sucking the thumb.—*N. Y. Ledger.*

THE BABY.

BY R. J. BURDETTE.

THE little tottering baby feet,
With faltering steps and slow,
With pattering echoes soft and sweet,
Into my heart they go.
They also go in grimy plays,
In muddy pools and dusty ways,
Then through the house in trackful maze
They wander to and fro.

The baby hands that clasp my neck
With touches dear to me
Are the same hands that smash and wreck
The inkstand foul to see.
They pound the mirror with a cane;
They rend the manuscript in twain;
Widespread destruction they ordain
In wasteful jubilee.

The dreamy, murm'ring voice
That coos its little tune,
That makes my listening heart rejoice
Like birds in leafy June,
Can wake at midnight, dark and still,
And all the air with howling fill,
That splits the ear with echoes shrill,
Like cornets out of tune.

—*Selected.*

PLOUGH deep!
Sow not thy precious seeds
Among the scarce-uprooted weeds,
Or thou shalt weep
To find thy crops all choked and dead,
And nought but thorns and tares instead.
Then, plough down deep,
The promise ringing in thy ears
That those who sow their seeds in tears
In joy shall reap.

—*A. G. Evans.*

THE HOUSE KEEPER

SHE'S ALL RIGHT.

SHE is not in art a critic, nor in grammar analytic,
She doesn't know the difference 'twixt our planet and the sun,
She knows nothing of astronomy or American autonomy
And cannot tell the difference 'twixt an apothegm and pun.

She is weak in mathematics and the same in hydrostatics,
Knows naught of styctography, which now is all the rage.
She is ignorant of theosophy and a tyro of philosophy,
And hasn't any motion how to elevate the stage.

She knows nothing of philology or even of cosmology,
For, though she's been to school, she never passed through any college,
But her husband thinks her splendid, for she keeps his stockings mended,
And no one can approach her in culinary knowledge.

—*Indianapolis Journal.*

RECIPES FOR MARCH.

FURNISHED BY MRS. F. C. M'CLURE.

1. SPANISH BEAN SOUP.—One cup beans; pick over and soak overnight, or put on in one cup of cold water in the morning, and boil until just tender. Then change the water, adding another quart of boiling water. When tender enough to fall to pieces, run them through a colander, and place back in the soup kettle, adding another pint of hot water. Cook slowly for an hour, after which add a quart of rich milk previously heated, or three-fourths of a quart of milk and a cup of cream, just before serving. One teaspoonful of salt should be added after the beans are cooked. If milk is not liked, use all water, and flavor with a minced onion. A stalk of celery makes a nice flavor with either the milk or water, but some like the flavor of the beans alone. Serve hot with crackers or crutons.

2. GRAHAM GRIDDLE CAKES.—One quart of cold water, three pints of unsifted graham flour, one tablespoonful of salt, one tablespoonful of New Orleans molasses. Pour the quart of cold water into a large mixing bowl, then add the salt and molasses; into the whole stir the graham flour. Dissolve one-third of a cake of compressed yeast in sufficient warm water to make a liquid. Add this to the batter, and let it stand until morning, then add milk until the batter is of the right consistency, say medium thickness, so that it will not settle down when put on the griddle. If not light enough, or if it has risen too much, add a little soda dissolved in water to sweeten it. Bake quickly on a hot griddle. If a soapstone griddle is used, no oiling will be necessary. Scald and cool one quart of milk and use in place of the quart of water if preferred, as it makes them brown nicely. Serve hot, as fast as baked, with honey.

3. A NICE WAY TO COOK CAULIFLOWER.—Select a large white head, trim off the outside leaves, leaving enough to cover the head. Cut off the end of the stalk, then place with the head downward in enough water to cover it, adding a handful of salt. Let it remain in the cold water all the morning, just allowing one-half hour to boil. Have plenty of boiling water to cover the whole head. A deep granite or tin soup kettle is more convenient for boiling. Add a large spoonful of salt and a pinch of soda to the boiling water. Now tie the leaves over the top of the head, and plunge into fast-boiling water. Leave the lid off after the whole begins to boil, and let it remain so until tender, or for about half an hour. Serve with hot cream or drawn butter sauce.

4. APPLE TAPIOCA PUDDING.—One cup tapioca, three pints of apples, one cup of raisins, one cup of sugar, and one pint of hot water. Soak the tapioca three hours, using the pearled tapioca,

which is the best kind. Pare and quarter the apples, adding them to the tapioca, which should be baked in a granite or earthen pudding dish. Add the raisins, then the sugar, and lastly a cup of hot water. Bake slowly for an hour. If the apples are dry, more water may be required. This can be served without sauce, though whipped cream or liquid sauce are nice for this dessert. It can be served warm, though it is very nice moulded.

5. ROLLED WHEAT SAUCE FOR PUDDING.—One quart of milk, one-half cup of rolled wheat, three tablespoonfuls of sugar, a pinch of salt, the grated rind of a lemon. Place the milk on the stove in a double boiler, and add the wheat while cold. Allow it to cook for two hours, then add the sugar and grated peel. A handful of seedless raisins improves the sauce for a plain pudding. Should the pudding thicken too much, dilute with more milk. It can be made with water if milk is scarce. This is a nice sauce to serve over a graham pudding, a recipe for which will be published in the next number.

HINTS ON HOUSE CLEANING.

BY L. E. CHITTENDEN.

DON'T begin too early. The first balmy days stir the desire in feminine breasts to wage war on the winter's accumulation of dust and those dust makers—stoves. But there will come days of cold, cheerless winds and rains, when your fresh, clean house will prove cheerless indeed without those selfsame stoves that take up so much room and make so much dirt, and are, withal, so comfortable on such days as these.

Get ready beforehand. Get varnish, furniture polish, benzine for moths, gasoline or naphtha for washing the beds, and enamel paint for your old-fashioned furniture, and some art creton, or silkoline, or china silk, or all three if you can, for cushions, throws, and new sash curtains.

Make a list of the things that you wish to add to the house—and who does not wish to add fresh, crisp draperies, mattings for the floors, and a new chair or two, when spring puts on her new decorations? Look over your list, and then look over your pocketbook, if one is plethoric and the other lean, boil one down and fat the other up, and when you have struck a—sometimes unhappy—medium, buy all you can, and with your enamel paint and stuffs aforesaid, metamorphose the old things—turn them around in different parts of the room, and be happy. Some day take in hand that disreputable old Brussels carpet-covered couch, that must have been invented by the Spanish Inquisition, for it bumps up where it ought to yield gracefully, and it yields disgracefully where it ought to bump up, and you lay your weary head on it with a feeling that it is on the block, and its bumpy back tries to throw you off—and you wish it would—and the absurd old carpet cover holds the dust of ages in its folds. Get John to knock off the back and rip the cover off, then take a sweet revenge by burning both; get thoroughly rid of the dust of ages. Pad with cotton batting, or old comforters, or excelsior, until the bumps and hollows and abrupt angles are all filled out and evened off. Cover with unbleached sheeting or bed-ticking; tack firmly in place. Then sally forth to the bargain tables for an odd portiere, a plain one, if you can find it; old-rose chenille is lovely, or old blue; drape it artistically over the old abomination, pile high with pillows, and, lo! it is a thing of beauty and a joy forever.

Begin at the cellar end of the house to clean. Cellars and storerooms are not so agreeable to clean as parlors, but the health of the family so largely depends upon their thorough renovation that it is well to begin there while one is fresh for the strife. Whitewash the walls, wash all the woodwork with strong solution of copperas water, clean out all the remnants of decaying fruits and vegetables. Leave doors and windows open that the sunlight and pure air may do their part of the cleaning—and it is a large part.

Take only one or two rooms a week, if you have to depend on your own hands with only the assistance of your one handmaid. Help her with the ordinary morning work on cleaning days as on wash days, and she can get everything ready before you go in. Collect all the large soiled pieces in the shape of bedding and pieces of carpet and put them aside until the end. Then it is a good plan to hire an able-bodied woman to come in to assist the faithful Abigail with this heavy wash. And with the aid of a good machine, plenty of pure soap free from resin, ammonia, or borax, the blankets, small quilts, and carpet pieces are soon hanging beautifully cleansed on the lines.

It is well for the mistress of the house to personally attend to the cleaning of the closets,

hanging all the clothing on the lines, thoroughly brushing and shaking each garment. Then scrub the closets well, afterwards washing all the woodwork with benzine, syringing the cracks thoroughly with it, and you will rejoice in freedom from moths.

By the way, closets are not sufficiently aired. Nine-tenths of them smell sour and disagreeable. I never could imagine why, in the name of common sense, they are not provided with a window or ventilator; but as it is an unwritten law that they shall be dark as Egypt, one can only be particular about always leaving the door open when the bed is stripped and the windows opened in the room. And it is a good plan not to hang away at night the dress one has been wearing during the day, but leave it hanging inside out near an open window until thoroughly aired; also shoes, and never permit soiled clothing to be placed in the closet.

But this is a digression. About house cleaning. Do not make too hard work of it; take a little at a time, and do it thoroughly. Call in help at the start, rather than a doctor at the end, for help in the hand is worth many doctors in the bush. Your clean house will prove but a cold comfort when you are lying racked with pain, overdone by trying to do too much yourself.—*Christian at Work.*

DANGER IN PICKLES.

PICKLES are bad enough in themselves. They are difficult of digestion, irritating, and utterly unwholesome as articles of diet. Dr. Jackson, of Pittsburg, has recently been investigating pickles, and he finds they are very generally adulterated with poisonous substances which render their use not only unwholesome, but absolutely dangerous. We quote as follows from Dr. Jackson's report of his investigations:—

"Salicylic acid is almost universally used by tomato catsup manufacturers for the purpose of cheaply preserving the catsup from fermentation. The manufacturer also uses it to preserve the large quantities of tomatoes which he buys when cheapest, in a sort of mash or pulp. Salicylic acid is injurious when taken in more than very small doses not frequently repeated, as it causes emaciation or wasting of the tissues.

"The coloring matter—aniline red—as a matter of fact, often contains arsenic. How anyone can imagine that tomatoes could give such a color to catsup as is possessed by this article, it is difficult to conceive. It must be remembered that arsenic is not to be trifled with, and that, like all metals, it accumulates in the system.

"Ten samples of domestic and foreign pickles were examined, with the result of finding impurities and adulteration in thirty-two per cent. Copper was present in two samples, sulphuric acid (oil of vitriol) in seven, lead in one, iron in two, zinc in one.

"The copper found was present in considerable amount and had been added for the sole purpose of dyeing the pickles a bluish green color. Pickles of a vivid green color invariably contain copper. It is still a common practice with many housewives to 'green' their pickles by allowing them, with their vinegar, to stand in brass or copper kettles for twenty-four hours or more; and it is also advised in some cookbooks to place a few pennies in the pot while cooking the pickles. How it is that anyone should be so ignorant as to do these things, it is difficult to conceive; yet it is done. Many cases, some fatal, of poisoning from eating pickles colored with copper, have been reported.

"The oil of vitriol found in seven samples is evidently a very common sophistication. Its cost is so little and its strength is so great that the temptation to use it as an adulterant of vinegar is powerful.

"The sulphuric acid found was probably added to give an extra tartness to the pickles. Sulphuric acid too often contains arsenic. You may detect sulphuric acid in vinegar and pickles in this way: Place a few drops of the vinegar on a small piece of granulated white cane sugar in a saucer; then set the saucer over the top of a teakettle or other vessel in which water is kept boiling for some time. This will evaporate the water and the acetic acid of the vinegar, and then if sulphuric acid is present, it will be concentrated and char the sugar. This charring of the sugar is a certain and simple test for the presence of any important quantities of sulphuric acid."—*Sel.*

DR. OLIVER WENDELL HOLMES once said: "You may set it down as truth, which admits of few exceptions, that those who ask your opinion really want your praise."

IGNORANCE is the fetters of slaves.

SOME OF THE EVILS OF WEARING CORSETS. NO. 1.

BY MRS. H. S. MAXSON, M. D.

It is not my purpose in this brief article to enumerate the evils of "tight lacing." Space is too precious. Much has been written upon this subject. No one need remain in ignorance of its direful effects.

It is humiliating to the now intelligent women of this enlightened age still to see wasp waists, congested faces, and swollen hands parade our streets. Yet we can only expect these things as long as people are born without good taste and refuse to be instructed. But we will presume that our readers are people of culture, taste, and judgment. That they have been followers of the advanced education of the day, and have learned to admire a rather plump waist and well-proportioned form. It is truly gratifying to observe the change of taste in the better classes even within the last five years. We can only hope the good work will be carried forward, and we may confidently expect it will be, as, more and more, woman is admitted to the realms of higher education and is tempted to cope in the vast problems of life with her stronger brother—stronger physically, and, therefore, mentally, only because he stands free, untrammeled by that relentless tyrant, Fashion, which for generations has bound her physically, mentally, yes, in many instances, morally, to the dust.

But still there is room for improvement, and there are many still who are destroyed for lack of knowledge. How many times do we hear reiterated the reply: "Why, doctor, surely my corset cannot hurt me; it is so loose! See, I can expand my lungs freely," and immediately the shoulders are braced and the chest heaved in proof of the statement. Such a one has been so fortunate as not yet to have so far or so long impaired the action of the lungs that organic changes have taken place therein, which is too often the case. But let us consider the function of these organs and their relation to corset wearing.

It is not necessary to state that the receiving of air into the lungs is as necessary to life and even more so than the receiving of food into the stomach; but of one, as of the other, we often fail to appreciate the relation of kind and amount to the maintenance of sound health. Upon the proper admission of oxygen to the body depends the proper performance of its every function. The whole process of digestion and assimilation is really only a process of oxidation, as is also the production of heat and the breaking down and disposition of waste products of the body. If, then, the amount of oxygen received is insufficient, their work either cannot be done at all or must be very imperfectly performed. Hence, we have slow digestion. The liver, whose office work it is to further elaborate the product of digestion and to eliminate portions of the effete matter of the body, becomes engorged and enlarged and unable to do its work. Then follow constipation of the bowels, dull brain, sleepy eyes, dull and muddy complexions—conditions which are also encouraged by other influences, which we will consider at another time. But what has all this to do with the corset, provided we can expand the chest freely. Let us consider for a moment the location of the lungs, and what in reality constitutes the chest.

The chest, or thorax, is that part of the body between the neck and abdomen, the cavity of which is bounded behind and on the sides by the spinal column, the ribs and their cartilages, in front by the sternum, and below by the diaphragm. It contains the heart, the large blood vessels, and the lungs. The latter fill not only the upper portion but extend to the border of the true ribs, or near the bottom of the waist; indeed, the larger portion of the

lungs lies below what is commonly termed the chest.

Naturally we breathe through the influence of atmospheric pressure, forcing the air into a vacuum produced by the contraction and depression of the diaphragm and the elevation of the ribs, which action is slight and simply accessory. The same air, or, rather, the carbonic acid gas by which it has been displaced, is expelled by the elevation of the diaphragm, which means simply that the diaphragm is relaxed and forced upward by the contraction of the muscles of the abdominal walls, accompanied by a corresponding depression of the ribs. It is evident, then, that the real muscles of respiration are those of the abdomen and diaphragm. However, nature in this respect, as in every other, will move in the direction of the least resistance. If, then, the waist is bound or even closed about with a stiff encasement, either in the form of a corset or a close-fitting dress, the action of the muscles of the lower ribs and abdomen must be impaired, and the lower and larger part of the lungs can be only imperfectly filled with air. The tiny air cells are unable to expand to receive their allotted portion of oxygen, hence the blood, constantly flowing to them for aeration, must return again laden with its poison, on its never-ceasing round through the system, and every organ of the body suffer in consequence. The lungs themselves become devitalized, and right here is most frequently laid the foundation of that most dread disease, the greatest enemy of mankind—consumption.

HOW ONE WOMAN DRESSES.

BY KATE UPSON CLARK.

AT a recent meeting of a club in a large town, the women of whom it is composed were astonished to hear one of their members, whom they had always supposed to be thoroughly conventional, advance radical views regarding dress.

"If you think the prevailing mode of dress so hurtful, why do you follow it yourself?" inquired one of the members.

"I do not," returned the discontent. "I have on scarcely a garment which is constructed according to the usual method."

The looks of wonder which greeted this announcement made the "reformer" laugh.

"You look outwardly just like the rest of us, for all that we can see," remarked another. "Will you not tell us, since one of the chief objects of this organization is to improve on the present ways of doing things, just how you dress yourself?"

The unsuspected reformer therefore arose and told her fellow-seekers after truth exactly how she was arrayed throughout. The recital proved so interesting and so useful to the entire club that other women, who, perhaps, do not belong to any "improvement association" whatever, may be glad to profit by the experience of this one.

Next to her skin this lady wore in summer a gauze undervest, and in winter a combination suit, such as is sold at the women's clothing stores. This was fastened down the front, and was woven in one piece from neck to ankles. Above this she wore suspenders for securing the stockings. These passed over her shoulders. Then came a combination of corset cover and drawers, made of ordinary muslin. She was fitted for this at her dressmaker's at an expense of fifty cents, and made the garments herself. Above this she wore a flannel and a cotton skirt. These were suspended from shoulder straps. She buttoned them behind, but solely for the sake of neatness, for they kept in place perfectly without buttoning. About the house she wore loose teagowns, or loose gowns cut in the usual way.

When she had dresses made, she put on a pair of corsets, for which she had been fitted at a professional corset maker's. As they were not tight, the dresses worn over them were equally comfortable with or without the corsets. In order to avoid any possible straining of the seams, however, she commonly wore corsets under these dresses during the few hours when she had them on at receptions or parties of any kind. Her corsets were worn next to the under flannel.

"But do you not catch cold in changing from the warmth of the corset, which is really a great protection, to clothing worn without any under waist at all?" inquired one of the ladies.

"I have never done so," replied the "reformer." "In fact, I have very few colds now—never any unless I am culpably careless—compared with the number which I had when I wore tight clothing all the time. This is, no doubt, because my clothing permits the free circulation of the blood. I took the precaution, after I had made up my mind to take off corsets,

about six years ago, to discard them in the summer. Thus I caught no cold, though I felt a chilliness on cool days all summer. I was also quite weak, and was obliged to rest a great deal for the first six or eight weeks after laying aside the strong support of the corset, on which I had so long depended. I have more than made up the lost time, and have now muscles within me which are quite strong enough to uphold me without artificial supports."

"And do you feel stronger on the whole, that is, do you feel paid for the trouble you have taken?" asked another member.

"My waist is larger that it used to be," returned the "reformer," "but life has put on a new aspect to me since I began to dress myself in the way which I have described. Loose dressing will not, of course, cure all the ills of women, but it will very greatly improve their complexions, raise their spirits, brighten them in every way. The man who remarked when he saw a woman who wore a loose frock, and thereby shocked his conventional ideas, that he 'would rather have more figure and less health,' voiced the prevailing sentiment of the time. I have long been considered to have a stocky and rather clumsy figure, though the ladies of this club have not been critical. Some women could dress as I do and not show any difference between their mode of dress and the reigning style. I do the best I can to avoid singularity, and yet respect the integrity of my body. In other words," she concluded, amid a burst of applause, "I preferred health to any amount of the artificial, pressure-induced figure of the present day."—*Selected.*

HEALTH.

HEAPS of hearty exercise,
Early hours of rest,
Air the purest from the skies,
Lightest foods the best;
Turkish baths and cleanliness,
Hence our lives are blest.

—*L. Lewis, M. D.*

A DANGEROUS KISS.

THE little daughter of a physician in this city crawled into his arms to receive his kiss and affectionate embrace. He had just been visiting another child with diphtheria, and had not cleansed his hair or beard, or changed his clothes. The child took the disease and died—*N. Y. Herald of Health.*

DRESS.

DR. WITKOUSKI, in *Lancet-Clinic*, says: "Nothing is to be disdained in order to acquire and preserve a *clientele.* A physician I have long known, a man of good sense, fine taste, and much experience, said to me one day: 'My commencement at practice was very fortunate. I had for many years the best class of patients in my neighborhood, but little by little my business fell off, and Dr. H., a neighbor, succeeded in taking my most profitable families.

"'H. was not a bad fellow, and employed no disloyal methods to undermine me. Meantime, he had neither talent nor the good address I possessed. I raked my brain to discover the cause of my professional discomfiture, when one of my best patients, a jolly young girl, remarked to me one day: "Why don't you do like Dr. H.? I will tell you why you are losing your grasp on the neighborhood. H. wears immaculate white linen, and always looks like he came out of a bandbox. The majority of well-bred people like a neat and clean physician." I took the hint, and soon recovered my lost vantage. So much for a physician's clothing.'"

LA NELONGUE'S method of treating tuberculosis is to inject a three and one-half solution of chloride of zinc into the affected tissue. The solution hardens the tubercle tissue, producing a condition unfavorable to the existence of the tubercle bacilli. The process of treatment is tedious, but is a remarkable scientific application of the Pasteur and Koch methods.

A GERMAN REMEDY FOR BURNS.—The celebrated German remedy for burns is made as follows: Take of the best white glue fifteen ounces, break into small pieces, add to it two pints of water, and allow it to become soft; then dissolve it by means of a water bath and add two ounces of glycerine and six drams of carbolic acid; continue the heat until thoroughly dissolved. On cooling, this mixture hardens to an elastic mass covered with a shining, parchment-like skin, and may be kept for any length of time. When required for use it is placed for a few minutes in a water bath until sufficiently liquid, and applied by means of a broad brush; it forms in about two minutes a shining, smooth, flexible, and nearly transparent skin.—*Herald of Health.*

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LITERARY NOTICES.

THE *American Agriculturist* celebrates its fiftieth birthday by issuing a fine semicentennial number of 108 pages and 143 original engravings. It contains articles from eighty-eight different authorities upon almost every subject connected with agriculture or domestic life. The journal shows vigorous vitality in its efforts to help the agriculturist and to defend him against those who would make him their prey. $1.50 a year; Orange Judd Co., 52 and 54 Lafayette Place, New York.

The "Tenth Annual Announcement and Catalogue of the St. Louis Post Graduate School of Medicine" for 1892 received. Gives a tabulated report of the nearly 13,000 cases treated in 1891, present Faculty, instructions, etc., Address, corner Lucas and Jefferson Avenues, St. Louis, Mo.

No. 19 of the "Human Nature Library,' published by Fowler & Wells, 775 Broadway, New York, is entitled "Character Reading from Photographs," written by Nelson Sizer. Professor Sizer's object is to give instruction so that the apt student may be assisted in reading the character of persons whom he may meet or whose photographs he may see; and no phrenologist in the county, it is safe to say, is better able to do this than Nelson Sizer. It is fully illustrated. Price, 10 cents.

The "Third Annual Report of the Illinois Industrial Training School for Boys" has come to hand. It has changed its name to the "Illinois School of Agriculture and Manual Training for Boys." It is situated at Glenwood, Cook County, Illinois. The report shows that this school is a success to the State, inasmuch as it only costs about one-tenth as much to provide for each inmate as it does in the State prisons.

The January number of *World's Fair Magazine* for California, has come to our table. It is a well-gotten-up journal of eighty pages, finely illustrated, and gives a large amount of information. Price, $3.00 per year. Publisher, B. Fehnemann, 75 Flood Building, Fourth and Market Streets, San Francisco, Cal.

The *Californian Illustrated Magazine* of February is an nteresting and worthy number for the third from its inception. It is original, bright, and interesting, and bears favorable comparison with great Eastern magazines. Among its interesting illustrated articles are "The Forests of California," "The Recent Revolution in Chile," "A Stain on the Flag (Chinese Slavery in America)," "Men of the Day," etc. California Publishing Co., San Francisco, Cal. Price, $3.00 a year, 25 cents a number.

"Circular of Information No 6," of the Leland Stanford Junior University, Palo Alto, Cal., gives, as its contents, "Calendar," "Founders and Trustees," "Faculty and Other Officers," "Organization and Government," "Admission and Graduation," "Courses of Instruction," "Catalogue of Students," etc.

Dr. Henry S. Chase, of St. Louis, Mo., sends us two copies of a little pamphlet, printed in reform spelling, entitled "A Pack of Fools," which is a philippic against certain fashions and habits, among which are corset wearing, street-sweeping dresses, high heels, tobacco using, and rum drinking. Some important facts told in a homely way. Price, ten cents.

The seventh biennial report of the Kansas State Historical Society for the period commencing November 21, 1888, and ending November 18, 1890, is before us, and is a creditable document. It shows that the society is doing good work in its line.

THE POSTAL LAWS RESPECTING NEWSPAPERS.

ABOUT two years ago Messrs. George P. Rowell & Co., of New York, the publishers of Rowell's Newspaper Directory, and several other publications of great value to concerns wishing to do business with the newspapers, started a very unique weekly, both in form (12mo) and name (*Printer's Ink*).

It was a new idea all through, and, like new ideas generally, required large capital, much experience, and utmost push to make it go. The publisher had to educate people and make a market for the publication. To what extent they succeeded may be judged by the fact that its editions now exceed 80,000, and the business probably $200,000 per year. We doubt if any publication published once a week is read with more avidity. In fact, we have seen it in many instances carefully preserved, just as monthly magazines are preserved, so highly is it valued.

Now, after allowing the publishers to proceed on these lines for several years, the Post Office Department rules that the journal is not a legitimate newspaper, and cannot be admitted to second-class rates but as third-class matter.

The postage on the issue of January 13 amounted at third-class rates to $805, besides the labor of attaching 80,500 stamps to that number of papers. At second-class rates the proper charge for postage would be $69.72, making a difference in cost of mailing this one issue of $733.24. In other words, about $3,627 a year at second-class matter, against $41,860 as third-class. In the meantime Rowell & Co. are paying this enormous sum under protest, until the department can further consider the case.

Of course it is outrageous that the law is so ambiguous that the post office authorities themselves can blunder in construing it, as they do according to the whim of the person in charge of the matter, and it ought to be changed immediately in justice to those compelled to suffer by such ambiguity.

If *Printer's Ink* is not a newspaper, then there is not a weekly newspaper in the country.

We believe it at present the best read and most carefully preserved journal in existence, and entitled to all the privileges accorded any newspaper by the postal laws, and hope to see the wrong done the publishers righted without delay. —*Evening News, Plainfield, N. J.*

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Advertising.

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

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

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

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

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

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

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

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

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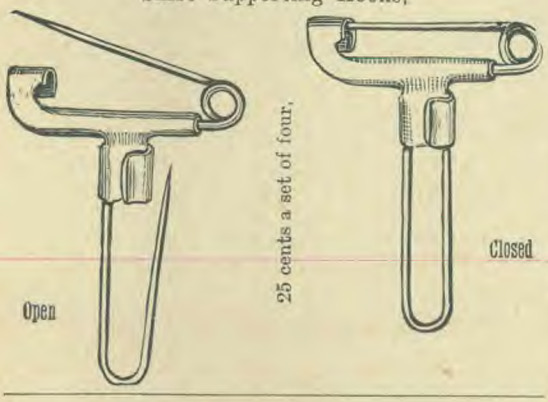

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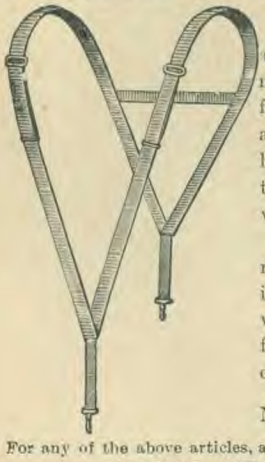

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What Drags the Life Out of a Woman.

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.

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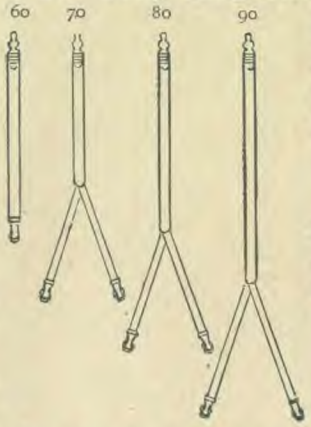

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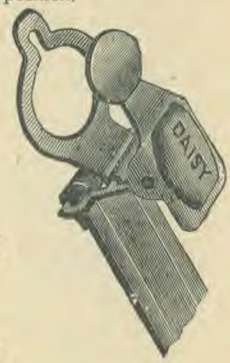

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