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ELECTRICITY.

BY THE EDITOR.

A GALVANIC battery is shown in Fig. 1, which represents the form manufactured by the Galvano-Faradic Co., of New York. This battery we have employed for a number of years with entire satisfaction,

Fig. 2 represents the battery which is used for galvano-cautery in the removal of tumors and other morbid growths. It is of course useful only in skilled hands. Figs. 3 to 8 represent some of the different instruments used in the application of electricity to various parts of the body.

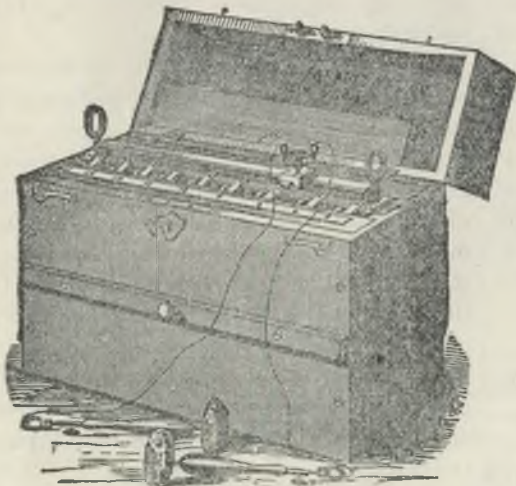


FIG. 1.—GALVANIC BATTERY.

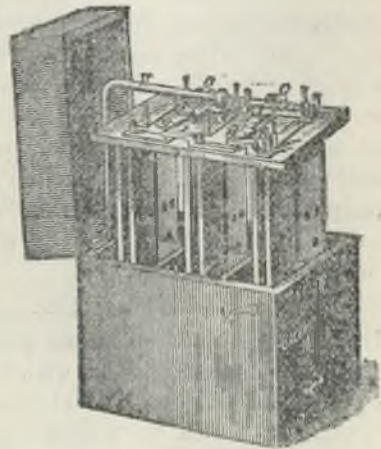


FIG. 2.—GALVANO-CAUTERY BATTERY.

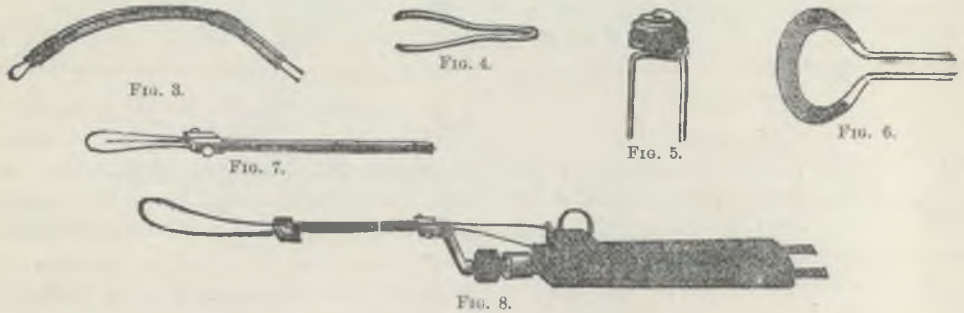
and can recommend it to any one needing a battery of this sort. It is much more difficult to care for, and requires much more experience in its use than the faradic battery, and hence is not well adapted to use by persons who have not had special training for the purpose. On this account we shall give no description of the mode of using or caring for the machine.

THE EFFECTS OF ELECTRICITY.

Probably no other agent has so powerful an effect upon the human system as electricity. Its general influence is to increase vital activity. Just how this is accomplished is not known. Its close resemblance to what is known as nerve force, has led some to believe that nerve force and electricity are identical, but

numerous facts and experiments show that this cannot be true. It does not act as a stimulant, however, as there is no reaction from its proper use. Its effect seems to be that of a corrector of the vital actions. An organ which is acting too slowly will be quickened by it to increased activity; while one that is in a state of morbid activity, under the influence of electricity may be restored to its normal functions. It acts directly upon the several tissues of the body through which

of the feet. This plan is a better one with infants, with whom difficulty may be experienced in keeping the feet upon a metallic plate. The right hand of the operator should be placed upon the forehead of the patient, while with the left he touches the sponge of the positive pole of the battery. The sponge should not be grasped at first, but simply touched with the tip of one finger. Then, if the patient does not feel the current as desired, it may be taken in the hand and pressed



it is made to pass, and also through the medium of the nervous system. It is probable that its principal effects are produced in the latter manner. We have not space to describe its effects upon the body in health, upon which its remedial applications are based, and will content ourselves with a brief description of the principal modes of applying faradic electricity, and some of the principal diseases to which it is applicable.

GENERAL FARADIZATION.

In making this application, place the patient on an ordinary stool with his face toward the battery and his feet on a sheet of copper to which the conducting cord connected with the negative pole is attached. Patients who through paralysis or for any other reason are unable to sit up, may receive the treatment while lying in a bed or on a lounge, the sheet of copper being supported against the feet by means of a pillow or cushion. Except in cases where there is a special indication of the application of electricity to the lower limbs, the negative pole may be applied to the lower end of the spine instead

with sufficient firmness to obtain as much strength of current as is needed.

This plan is better than the application of the sponge directly to the head, as by this means the operator can determine with exactness the strength of the current which is applied, and can modify it to the condition or feelings of the patient in the most delicate degree. Especial care should be taken in applying electricity to the head, as it is one of the most sensitive parts of the whole body, on account of the large number of nerves which it contains and the very close proximity to the bones of the skull. After a few seconds, pass the hand to the top of the head, first wetting the hair, as otherwise the current would not be communicated to the body, on account of the poor conducting qualities of the hair. The top of the head at the point where phrenologists locate the organ of firmness, is an important point, as the application of electricity here has a powerful effect upon the whole nervous system.

Some patients, however, are so extremely sensitive about the head, that

they will not bear even the mildest application. In such, the application should begin with the back part of the head, which, together with the upper part of the spinal cord, will usually bear quite strong applications. This, too, is an important point, as very marked effects upon the whole system may be produced by application simply to the back and sides of the neck. This is doubtless due to the large number of nerve trunks which pass from the brain through this region to other parts of the body. The sympathetic and ganglionic systems also lie near the surface in this region, and hence are easily affected by the application of elec-



FIG. 9.

tricity here. Although the hand is usually much more agreeable than the sponge as a means of applying electricity, the latter may be used on all parts of the body except the head. In using it, the handle is taken in the right hand and the sponge touched lightly to the patient at first, the pressure being increased as the strength of the current is ascertained. After holding the sponge at the back of the neck for one or two minutes, it should be moved down the side of the neck on each side. Next extend the application to the spine by slowly moving the sponge toward the back of the neck down to the

lower end of the spine. Then gently remove it and return to the head, repeating the application. After eight or ten applications of this kind, the sponge may be applied on either side of the spine below the border of the scapula. It should not, however, be applied over the scapula, as the application will be of little benefit and will usually produce pain or unpleasant sensations. Special pains should be taken to apply the sponge over the region of the kidneys, spleen, and liver, and the lower part of the back.

The application should next be made to the chest and abdomen. In applying it to the chest, place the sponge at the borders of the front part of the chest and move it toward the sternum, following as closely as possible the course of the ribs. This is an excellent means of developing the muscles of the chest. In applying to the abdomen, the sponge should be held stationary over the pit of the stomach, or the central portion of the abdomen may be manipulated with a sort of kneading movement. Complete faradization includes applications to the extremities also, although this is not always necessary. The application to these parts consists simply in passing the sponge over the muscles, using sufficient strength of current and pressure of the sponge to cause a slight contraction of the muscles. The chief beneficial effects of general faradization upon the nervous system may be obtained by application of the poles to the feet and head, only applying the positive pole to the upper part of the neck or back part of the head, and retaining it in that position for ten or twenty minutes. This application usually produces very pleasant tonic effects. It should not be applied so strongly as to cause contraction of the muscles of the neck.

LOCAL FARADIZATION.

In this mode of using electricity, the current is applied only to some limited area of the body. This is chiefly used for local diseases, although local applications to the neck and spine affect the whole

body, as well as those particular parts. The proper rule to be followed in making local applications is to use care, as a general thing, to keep the positive pole nearest the head. Local faradization has a wide range of application in the treatment of diseases. As its effects cannot be separated with great distinctness from those of general faradization, we will consider the two together, first calling attention to a few rules which should always be observed in the application of electricity.

1. Use the mildest currents with which the effect desired can be obtained. No benefit and much harm may be caused by the use of too strong currents. Special care should be taken in the case of sensitive and nervous patients, especially at the outset.

2. Avoid passing the hand or sponge over portions of the body where the bones come near the surface, as the scapula, the skull-bones, the sternum, the elbows, the patella, the prominences about the hips and ribs, and other places where the bones are scarcely covered with flesh. The pains produced when electricity is applied to these parts, often cause serious irritation and alarm to patients who are unaccustomed to the use of electricity, and are likely to discourage them from continuing its employment.

3. Applications should at first be very short, and it should be regarded as a general rule, with few exceptions, that short applications frequently repeated are much more effective than long ones at greater intervals. From five to twenty minutes is usually sufficiently long for an application in any ordinary case.

4. No attention should be paid to the slight muscular soreness which often follows the first two or three applications of electricity, for these will speedily pass away as the patient becomes accustomed to the use of this agent. The same may be said of the increased nervousness and irritability sometimes noticed in patients beginning the use of electricity.

5. It is also specially important that

the patient's nervous system should be in a quiet condition during the application. If his interest and confidence are fully secured, its effects will generally be much more marked than if the contrary is the case. This fact is true with reference to nearly all remedial agents, but more especially of electricity than of any other.

Electricity is applicable—and more usually with success—to nearly all the curable diseases to which the human system is subject. It may also be used in incurable cases for the purpose of palliating symptoms which cannot be wholly relieved. For this purpose it is one of the most successful remedies known. It is especially applicable in cases of obscure nervous disorders in which a diagnosis cannot be made out with absolute certainty, as in these cases it proves of value more frequently than any other agent, and if intelligently applied will certainly do some good and can do no harm. Excellent results may be expected from the use of electricity in diseases due to or associated with general debility of the vital functions, impairment of nutrition, such as dyspepsia, neurasthenia, or "nerve-tire," nervous debility, anemia, hypochondriasis, hysteria, chronic rheumatism, paralysis, chorea, some forms of skin disease, epilepsy, and various light affections. In the forms of disease mentioned, general faradization should be used.

Local faradization is indicated in all diseases which are dependent on a local cause which include some forms of local paralysis, most cases of neuralgia, sprain, and other local injuries, diseases of the eye and ear, and disease of the larynx and lungs. Local applications are also exceedingly useful in painful affections of the stomach and bowels, and particularly in neuralgia of the abdomen and pelvic organs, and local affections of the reproductive organs. Local applications are also frequently used in combination with general faradization to increase local effects, as in special application to the joints in chronic rheumatism, and to the stomach in nervous dyspepsia.

WRITTEN FOR GOOD HEALTH.
TEMPERANCE IN THE HOME.

BY MRS. E. H. WHITNEY.

EVERY work for the benefit of mankind which has assumed any great proportions, has had for its foundation, principles which are found in Holy Writ; and those movements which have been most steadily aggressive in the direction of the right, and have brought most satisfactory results, have drawn their inspiration from the religion taught there.

The Divine Hand itself has laid the foundation of philanthropy, and has laid it broad and deep enough for all the generations of men to build upon; and if men should try to build upon any other, they will sooner or later see their work shaken from its foundation, and the labor of their lives lost. So, too, when men try to vary, even upon the divinely laid foundation, from the design of Him who laid it, the work must prove more or less unsatisfactory. What if the searcher among the Egyptian ruins should find a slender, misshapen shaft, and, clearing away the drifting sands of the centuries, should discover a broad, symmetrical base, whose proportions plainly indicated some grand design! "Mistaken builder," he would exclaim, "how little you appreciated the design of the architect!"

A like disappointment meets one who sees, in some of the philanthropic efforts of the day, a meagre, insufficient result arising from plans divinely and, therefore, perfectly laid. And the disappointment is so great that we sometimes over-look what good is really done.

The temperance lecturer comes upon the platform to throw the whole weight of his eloquence against the evils of intoxicating drink.

We feel a deep sympathy with his subject, and our very hearts are stirred; but there comes a question as to his sincerity, when, after the lecture, he lights a cigar, or replaces his exhausted quid with a fresh one.

We read earnest appeals from the pen of women, and they are truthful and touching; but their point is dulled when we know that the gifted writers are under the constant in-

fluence of the milder, but scarcely less enslaving, stimulus of tea and coffee. O consistency! thou art a jewel."

We have so long seen men and women trying to stem the current at full flood, and draw from the swollen stream of intemperance some victims, and have seen those victims so constantly replaced by others, that the work has assumed an almost discouraging outlook. The stream rolls on with rapidly increasing volume, and swallows up annually its thousands upon thousands, in spite of all effort.

People are beginning to see that the only real hold upon the evil is to secure those who are in danger of being swept away, before they are drawn in. "Get the children," say they, "to sign the pledge, and we will so secure their manhood."

Very good, but is the simple promise to abstain from intoxicants going to hold in check appetites already strong, perhaps, by inheritance, and which are being cultivated by means direct and indirect, and led on by parental influence?

The race is not growing stronger. The youth of to-day are not what they were three, two, or even one generation back, and they need stronger barriers than ever to keep them from being swept away by the streams that would engulf them all in one common ruin. The fragments of many an almost wrecked life have been saved from total ruin when the individual came to realize his true and only source of help; but how much better to have avoided the danger from the outset, and been able to present the whole life to the service of God and humanity.

I was once near a place among the mountains of Northern Pennsylvania, where three springs of rare sweetness and purity bubbled up within the circle of perhaps a mile. One of these is the fountain of a stream which bears its limpid contribution to the Susquehanna, and thus finds its way to the ocean through Chesapeake Bay. Another forms a river which takes its way northward through a path of beauty and usefulness, and mingling with the waters of Lake Ontario, makes its final exit at the mouth

of the St. Lawrence, where the air is chilled by breezes from the region of perpetual snows. The third gushes out from the rock, a beautiful fountain, and as it gathers strength, winds southwest, among the smoky towns of the coal region of Western Pennsylvania, till joined by the Monongahela, it reaches through the channel of the Ohio, the turbid and treacherous current of the "Father of Waters," and with it is lost in the Gulf of Mexico, almost within the tropics. A little below where we watered our horses in the headwater of the Alleghany, the stream was spanned by a single plank, and as I stood upon it and watched the bright waters flowing at my feet, I thought of its afterwindings, and its final destiny, and of the low watershed that separated these streams, so near at their birthplace, so widely apart at their destination. I thought, too, how apparently slight a thing will turn the course of a human life, and how wide and far-reaching human influence may be.

To us whose influence seems bounded by the narrow walls of home, is committed the outgoing of lives that may run on for a joyous eternity, or may be swallowed up in the abyss of eternal night. In what channel are these young lives flowing? Whither are they tending? We cannot plead ignorance of our duty,—it has been too plainly set before us. We cannot plead ignorance of ways and means, for the laws of our being are unfolded more fully to this generation than to any that has preceded it. We cannot plead ignorance in our individual spheres, for God has promised wisdom to those who seek it. Sometime we shall stand before a bar, greater than that of any earthly tribunal, to answer for the work done in our families. Shall we offer to the Lord wrecks of human life,—failures mentally, morally, and physically?

We know that indulgence in appetite for appetite's sake alone, is wrong. We know that rich, highly seasoned, and stimulating food corrupts the very fountain of pure appetites, and that such indulgence not only weakens the power of resistance to the demands of appetite, but all the moral forces of nature.

He who has learned to control appetite will the more easily learn self-control in other things.

We little realize the influence of our habits over those who so constantly watch us, nor the measure they take of us. Little by little our influence goes on, building up the bulwarks of character or breaking them down. We send out our youth from our homes, where we have watched over and prayed for them, and then comes the real test of our work. Sometimes they pass through the conflict unscathed, adding strength to strength. Sometimes we see them stumble at some temptation, and go on down the road to ruin, or if saved at all, "saved so as by fire." We who are fathers and mothers, those of us who in any capacity exert an influence over others, especially over the young, have resting upon us weighty responsibilities.

The foundation of temperance reform is not in prohibition nor even in a universal signing of the pledge, though these and other measures have their influence. Let us hear the words of one of the ablest temperance advocates the race ever produced, one who was educated and disciplined in all the learning of his times, whose large heart took in all men in a common brotherhood. He says, "Whether ye eat or drink, or whatever ye do, do all to the glory of God." Again "Know ye not that ye are the temple of God? . . . If any man defile the temple of God, him shall God destroy." And again, "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." The whole being sanctified to him who gave the powers of being! All there is of us held as a pure offering to him!

Look at this foundation! See its principles, running down to the very groundwork of human character, and spreading out to the widest limits of human influence. Self-control, held to its work by Christian principle; love to God its impelling power!

All efforts in temperance work which ignore these facts, are like cutting off the twigs and outer branches of a noxious tree, while

the trunk grows thriftily on. Some of the noisome fruit may be thus blasted, but thousands of seeds are left to ripen and scatter and perpetuate their baneful influence. This is equally as true of individual character as of the cause as a whole. Evil traits may be suppressed, some evil habits restrained, but there is always danger in the path of him whose appetites and passions have been, not his servants, but his masters.

I know of no more difficult task than to work comprehensively, and yet in detail, in every day life. The artist, working at his canvas, often withdraws to a distance from which he can view his work as a whole, and so fills in the details with a view to the completeness of the picture. Yet we who work on the living canvas of character, forget so easily that the details we are working in may clash and jar and ruin the harmony of the whole. We need often to withdraw from the constant pressure of trifles, as we are apt to call them, and look over the whole plan of our work, and see what bearing these trifles have upon it. They will then cease to be trifles, and in their relation to the whole will assume their due importance.

Our hearts beat in sympathy with every effort to lift those who, by force of circumstances, have fallen lower than we, yet in many instances we are powerless to aid.

But there is a work, placed in our hands by God himself, which we may undertake with better hope of success. It does not need the tongue of the eloquent lecturer, nor the pen of the ready writer, nor the wisdom of the legislator. The faithful and patient inculcation of temperance principles in the home, "line upon line, precept upon precept, here a little and there a little," gives us a legitimate field of action, and one within our abilities. Our harvest may not be as large as that of those who labor in a wider sphere, but one grain may be as well ripened, and as each sound, well ripened seed will produce many like itself, so the fruit of our efforts may go on multiplying itself as long as time shall last, and bring a precious reward in eternity.

FOOD AND CIVILIZATION.

M. BEKETOFF, a Russian hygienist, has expressed some novel views in a paper on "The Alimentation of the Human Race in the Present and the Future." Physiologists are accustomed to consider a mixed diet, of which meat shall constitute about one-third, to be the best for mankind in general, and to be almost essential to the best development. M. Beketoff does not consider this view to be well founded, or sustained by the facts as they appear on examination of the diet of the best races. A large majority of mankind do not use meat, nor a mixture of meat and vegetables, but vegetables alone, as food. The people of Europe consume more meat than those of any other part of the Old World, but most of it is used in the cities, while the country people enjoy only a small fraction of the quantity which the physiologists say they need; and it has come to that point that, in the most civilized part of the world, meat is only not wholly left out of the list of common foods. In the most populous and most civilized part of Asia, as in China and India, cattle-raising is quite insignificant, and in Japan can hardly be said to exist at all. The Africans raise cattle, but live chiefly on vegetables. Only in North and South America and Australia is meat consumed on a really large scale. Not only the relative, but the absolute number of cattle also, shows a tendency to diminish as the population increases and the ground is more devoted to tillage; so that the prospect is apparent that, with the continuous development of agriculture, industries, civilization, and population, cattle-raising will pass into real insignificance, and the mass of men will be unable to obtain animal food. Sources of vegetable food must be found to supply its place, among the plants richest in albuminous substances. The legumes are the most prominent of these plants. To determine the power of beans to sustain all the functions of life, Dr. Virchow performed a series of experiments upon himself, by eating regularly equal quantities of bread and sugar, and adding to them for a certain time meats, for another

period peas. The result was, in his own words, that "both the mixtures quite fulfilled the purpose of nutrition, as was proved by the same weight of the body being kept up and the forces being maintained in the same state by either food." The meat mixture was, however, assimilated more readily than that of which the peas formed a part. It is affirmed that men occupied in intellectual work especially need a mixed food; but of this we are not certain, not knowing on what those whose intellectual achievements have been greatest have really lived; and many of them have been very irregular eaters. Taking the history of the human race as a whole, we may observe that races living almost exclusively on meat have been and are the most savage ones. The prehistoric "finds" show that the beginnings of civilization and of the cultivation of plants kept pace with each other. This does not prove that a meat diet is opposed to civilization, but that the necessities of people who are dependent on meat for food, hinder advance in civilization. They have to be hunting, and wandering about from place to place. It is when they have learned to till fields and tame animals, and have become fixed in homes, that they find time to cultivate the arts. The Arctic savages are fish-hunters, the barbarians of the Asiatic steppes depend on their herds, the meat-eating Turks and Monguls were more barbarous than the vegetable-eating Hindoos they conquered, and were the authors of the woes of that suffering people. M. Beketoff's conclusion is that a vegetable diet contributes more than any other to the intellectual development of a people, while a wholly animal diet determines a kind of life incompatible with progress. A mixed diet has not been the promoter of civilization, for the most highly gifted authors have often drawn their physical forces from a wholly vegetable diet. Finally, "the great thing is evidently not the kind of food, but the kind of life that the food determines."—*Popular Science Monthly*.

—Caution and care baffle many a snare.

THE OPIUM TRAFFIC.

CONCLUDED.

PREVIOUS to 1814 the East India Company had a monopoly of the entire eastern trade, and no especial attention was paid to opium; but when the revenue of the company fell off on account of the competition of other traders, the growth of the poppy was encouraged, for in that there could be no competition. No one could cultivate the poppy except those having a license from the company, and to such an advance was made of about one-third the value of the crop before the seed was sown. The company fixed the price to be given for the opium when ready for sale, making it a little more profitable to the farmer, or ryot, than raising wheat. When it was desired to introduce poppy culture into regions where it had been unknown, the agents of the company would compel the ryots to receive the advance, sometimes by tying it into their clothes, and such a receipt of the advance would form the basis of a contract. At the close of the season, the company sold the opium at auction at three and four times the cost. Between 1814 and 1835 the production of opium in India increased tenfold, and nine-tenths of all was shipped to China, not directly by the company, it is true, for its importation into China was prohibited, but the company knew where it all went, and England knew where it went. In 1835 Dr. Butler, speaking for the company, said that the great object of the Bengal opium agencies was to furnish an article suitable to the peculiar tastes of the Chinese.

The opium sold by the company in Bengal was taken by English ships to Canton, and smuggled into China. The English traders had completely corrupted the custom house collectors at Canton by an organized system of bribery, and this system continued so long that the English at length seemed to mistake the bribe paid to the dishonest official for a duty paid to the Chinese Government, and so forgot the unlawful character of their traffic. You will ask, perchance, if the English

Government did nothing to prevent its subjects from breaking the laws of another nation. Instead of using every effort to prevent the smuggling of opium into China, with the full knowledge of the fact that the opium of India was prepared "specifically for the Chinese contraband trade, by being made up in balls and packed in chests according to Chinese weights." The House of Commons in 1832, after a full investigation of the question, declared that in the present state of the Indian revenue, it does not appear advisable to abandon so important a source of revenue, a duty upon opium being a tax which falls principally upon the foreign consumer. At this time the revenue from opium was about \$5,000,000 per annum out of a total of \$90,000,000, or one dollar in eighteen. In 1872, the revenue from opium was \$40,000,000 out of a total of \$250,000,000, or nearly one dollar in six.

In 1821 the Chinese discovered the corruption of the custom officials respecting the introduction of opium, and thereupon expelled the opium ships from Whampoa, the port of Canton, whereupon the opium merchants established a smuggling station at Lintin, an island not far distant. From this point they continued supplying opium to native smugglers, who took it in boats past the custom house and distributed it throughout the country. The opposition of the Chinese Government increased, however, and smokers were seized, beaten, and imprisoned, and the smugglers were arrested and their boats destroyed, till the officers no longer would take bribes to let the opium pass, nor could natives be found to smuggle it in. Then the merchants fitted out ships specially adapted for the purpose, and manned them with bold men, armed to the teeth, and in a high-handed way forced the drug past the custom house and into the heart of China. At this time, Capt. Elliot, the English Superintendent of Trade at Canton, wrote home for ships of war to preserve order, for the armed English smugglers defied his authority; but England was so dependent on the revenue from opium that it was policy

not to interfere with the smugglers. To repress them would lessen the profits of civilizing East India by nearly \$10,000,000 per annum, and that did "not appear advisable."

In 1839, the Chinese Government, through Commissioner Lin, made a decided effort to stop the importation of opium. He came to Canton with troops, blockaded the river, and demanded the surrender of all the opium in the harbor. To enforce the order he placed troops about the foreign factories, withdrew their Chinese servants, and stopped their supplies of food and water. No European was injured. He only demanded the opium. Every pound of it was contrabanded, and became forfeit to the Emperor the moment it entered Chinese' waters. At length it was surrendered, and China proved the sincerity of her opposition to opium by pouring it all into the sea. The British Government had always declared that it would not protect illicit traffic, but the ship which took to England the announcement of these events, returned with a noise of war. The dignity of England had been injured, the House of Commons said, but in truth, it did not appear advisable to abandon so important a source of revenue. So, for fourteen months the disciplined forces of Great Britain marched through China, bombarding forts, destroying ships, capturing cities, and slaughtering thousands of half-civilized Asiatics who opposed them in undisciplined mobs armed with bows and gingalls. And what was accomplished? In the treaty, "which opened China" as the English are pleased to call it, no mention was made of opium, except the exaction of \$30,000,000 from China for the 20,000 chests of opium destroyed by Lin. A mighty effort was made to legalize the traffic, but the Emperor would not listen to it, and if continued, it must be in the same illegal way. And it was continued.

In order to give you some idea of the extent to which the English vice of producing opium, and the Chinese vice of

smoking opium, have grown I will give the latest figures I have been able to obtain. In 1879 China imported more than 5,000 tons of opium, at a cost of \$50,000,000, almost one-half of their entire imports, while the value of the tea exported was less than the opium imported by nearly \$5,000,000. This quantity of opium is sufficient to utterly demoralize 8,000,000 human beings, with the certain prospect of destroying, within a few years at farthest, almost every one, body and soul. Dr. Quincy, after years of indulgence, took 8,000 drops of laudanum daily, and the opium-smoker in China will consume its equivalent, or 320 grains. In the lower class of society, the expense of smoking, coupled with the loss of income which follows the inability to work, soon reduces the victim of the habit to abject poverty; and then, after begging, stealing, eating the ashes from his more fortunate brother's opium pipe, failing at length to obtain the necessary stimulant, he dies miserably from starvation. We have no means of knowing the number of victims to opium yearly; but from all the evidence, the number must be among the hundreds of thousands; and this work of death and destruction goes on because the people of England, through their representatives in Parliament, do not deem it advisable to abandon so important a source of revenue. Good men have tried faithfully and frequently to wipe out this national disgrace, but the majority has uniformly been for the revenue. Although the affairs of the East India Company were always under the supervision of Parliament, the wickedness of the opium traffic was not felt by the English people, but the company was obliged to bear the odium attached to it, and little they cared so long as the stream of silver flowed uninterruptedly from China. At length its charter was revoked, and since 1858 the English Government has taken the place of the East India Co., and the affairs of India have been managed by England exactly as a dry goods concern would manage a

branch house at a distance. Parliament establishes the amount of revenue to be raised, the amount of salaries to be paid, and the surplus is turned into the English treasury, or the deficiency paid out of it.

During the past ten or twelve years, the cultivation of the poppy has increased greatly in China, although it is still illegal, and now that the Indian revenue is absolutely dependent on the opium trade, it seems likely to lose its best customer, the consumer of nine-tenths of its opium exported. The injustice of England in forcing opium upon China against her increasing protests, and thus deriving revenue from traffic in poison, by which, since the beginning of this century, nearly a thousand million of dollars have been taken from China without any equivalent returned, while millions of unoffending Chinese have perished miserably from the poison thus pressed to their lips, is unparalleled in the history of so-called Christian nations. Better far would it have been for China if England had with force of arms transferred so much silver directly from the treasury of China to her own, and left the Chinese free to fight the vice of opium-smoking with the dungeon and lash. So far as we can see, the rule of England in the far East, has been productive of much more of evil than of good in those countries, especially when we consider the great probability that the drain of silver from China, with the attendant impoverishment of the masses, and the occupation of half a million of acres of the best land in India by the baleful poppy, have been the prime causes of the recent famines which have prevailed in those countries. Injustice and wrong cannot prevail in the end, although they may seem to triumph for a while; and we may well shudder at the disaster and desolation which must atone for the ruin wrought upon China by British opium. Yet we believe that God rules and overrules among the nations of the earth, and that in his own good time, and through the labors of his self-sacrific-

ing and loving disciples he will bring unto himself not only those ignorant and unfortunate children of Shem, dwelling in India and China, but also their more enlightened English brothers who have done them such grievous wrong.

WHAT IS HEALTH?

It is that condition of body and mind which enables both to perform their duties properly and without pain. Some one part of the body, such as a finger, a hand, a limb, may be disabled without any injury to general health. But so far as this particular part is concerned, any want of capability shows the absence of health in the part itself, and in some instances either implies or brings about general disorder. The natural state of those who are born without actual disease is health, and, as a rule, it may be said that our health is in our own keeping. In other words, to a very great extent it depends on ourselves whether life, bodily and mental, is happy and efficient, or whether it turns out a wretched failure. Even those who have inherited a tainted constitution may do much to keep the taint in check, and to repair the mischief handed down to them. There is a Gospel for the body and for the mind of man, as well as for the moral department of his nature. The same God made all these and cares for them all, as Christ proved by connecting bodily and mental cures with the salvation of the soul; and, as the whole man belongs to God, we are bound to take care of every part of it. If any one asks, "Why need I trouble about my health? Why may I not do as I like?" the answer is found in the fact that we are stewards under God. Health tends to make us happy. It is God's wish that we should be happy, and we have no right to bring a moment's unhappiness on ourselves by transgression against or by neglect of his laws for the preservation of health. We have work to do for one another, for the family, for society; we are not at liberty to disqualify ourselves, or in any degree to cut short our power of usefulness, by interfering with our own

health. The loss of health often makes one individual a source of expense and trouble and grief to many; and to become this through one's own conduct is to be actionable at the bar of the Father of all for damages to the brotherhood of man. —*John Gill, M. D.*

—A gentleman asked a negro boy if he wouldn't take a pinch of snuff. "No," replied the boy very respectfully, "me thank you; Pomp's nose not hungry."

HYGIENE AND TEMPERANCE.

An Address by Mrs. Margaret A. Lake, read at the Public Meeting of the W. C. T. U. of Baltimore, Md., March 29, 1882. Also by permission at the Rockford Convention.

THE Department of Hygiene having been so recently added to the other departments of labor in which the Woman's Christian Temperance Union is engaged, there is, as yet, but little to report. Some of the ladies of the Union have been deeply interested in the success of the course of lectures on Physiology and Hygiene, by Dr. Clara Marshall, of Philadelphia, just delivered here, and have endeavored to interest others. These lectures have been most interesting and instructive, have been quite well attended, and cannot fail to be productive of much good.

The question, Why has the Woman's Temperance Union taken up the subject of Hygiene? is one that is so frequently asked, that perhaps it would be well to devote a few moments to-day, to considering some of the reasons, and also to considering the meaning of the term Hygiene, the general idea concerning it seeming to be most vague and unsatisfactory. Consulting Webster, we find the meaning given, Health, or the art or science of preserving health, and we also find that the old Greeks attached so much importance to this subject, that they named one of their goddesses *Hygeia*, and it is from her that the term is derived. Their laws on the subject of health were stringent and far-reaching, and the results are plainly visible to this

day in some of 'the beautiful forms with which every gallery of art is adorned, and of which these old disciples of Hygiene, the finest physiqués the world has ever seen, were the prototypes. God has made all his creatures, and all his creations subject to laws; the sun, the moon, the stars, the mighty deep, the gigantic oak, the raging lion, the tiniest insect, the smallest blade of grass, everything in the heavens above, and the earth beneath, and the waters under the earth is subject to law; but man, his last and best creation, has generally so totally ignored and neglected these laws, that preventable deaths and diseases, and sins, the results of these diseases, are about us on every hand. And so the Woman's Temperance Union has taken up this subject of Hygiene, and would try to spread abroad a knowledge of these laws, for, alas, the intemperance and the sin with which it is battling so nobly, are the result of *broken* laws.

"In the image of God created he him, male and female created he them," and "God saw everything that he had made, and behold it was *very good*."

We look about us to-day and know that of the physical being, of but few of those whom God created in his own image, could he now say, "Behold, it is *very good*." Bodily ailments of one kind or another seem to be the almost universal rule, few there are among us who can truthfully say, I am perfectly well, while many are "but wrecks, capable of more or less repair." God can and does work marvelous things, even with some of these wrecks; but do we not well know how much better workers we could be in his service if our physical being were as he created it, and undoubtedly meant it should continue to be, "*very good*?"

Does "be ye perfect" apply to spiritual things alone? While caring for our spiritual needs have we not neglected the proper study of our physical ones—the "religion of our bodies," and have not our spiritual ones suffered in consequence?

"Who hath sinned, this man or his parents?" was a question asked of one brought to Jesus to be healed, and "Go and sin no more, lest a worse thing come upon thee," were his words to one on whom a miracle had just been wrought.

It has been well said by an eminent English writer, "When sons and daughters grow up sickly and feeble (and intemperate, he might well have added) parents commonly regard the event as a

misfortune, as a visitation of Providence. They assume that these evils come without cause, or that the causes are supernatural. Nothing of the kind. Very generally parents themselves are responsible for all this pain, this debility, this depression, this misery. They have undertaken to control the lives of their offspring from hour to hour, in utter ignorance of the simplest physiological laws; year after year they have been undermining the constitutions of their children, and have so inflicted disease and premature death, not only on them but on their descendants."

Strange is it, indeed, that educators should so long have, as a rule, ignored any teachings on these subjects, and that woman in whose hands are placed the lives and well-being or ill-being of earth's helpless ones, should have been kept so long in ignorance of the simplest facts and laws concerning her own physical being. The intelligent farmer studies the laws of health most carefully, to insure good flocks and herds; the best foods, the best manner of preparing them, the best times for giving them, every phase of the question is carefully considered respecting every dumb animal on his farm, but what thought or what care does he give to the rearing of his own little children. Their food, their drink, their physical needs, are left, alas! too often to custom, to chance, one might truthfully say. Should the death-rate and the diseases among colts or calves approximate in a slight degree those among little children and adults, the whole agricultural world would be aroused, the causes sought for; and when discovered, remedied without a doubt.

The Temperance Union has deplored the use of alcohol in cooking, has prohibited its use by its members, but have its members generally, ever considered that strong tea and coffee, stimulating and irritating condiments—pepper, mustard, spices, large quantities of salt and other condiments, so *commonly* and *freely* used in cooking—"have an unmistakable influence in creating and exciting a love for stimulating food and drinks, and thus ultimately lead toward intemperance."

Says one who has studied this subject well: "We begin with this regular use of stimulants in children, whose nerves are yet weak, and all the while we vigorously protest against spirituous, vinous, and malt drinks! After pulling infancy and youth and adult age through all this course of stimulants, and after creating in the larger

portion of mankind, the necessity, or at least the habitual use of them, we set up a crusade against a single form of the abuse—the alcoholic—and proceed to wage war against it, and we call it the war of temperance! But, is this temperance, indeed? Is it an intelligent warfare against this enemy to mankind? Is it not plain enough that reform must begin earlier, and be more comprehensive? For if we have to allow that all this course, of what we call the milder stimulants, is according to natural wants, we shall be reduced to the narrow ground of the mere question of the different *kinds* of stimulants for *habitual* use, in our warfare on the drinkers of beer, wine, and spirits." And this view of the subject is one that is held by many—physicians particularly—who have intelligently studied this sin of intemperance, and who, while wishing the cause of reform God-speed, think *this* great root of the evil has been entirely overlooked by workers in the temperance cause.

In a standard work on physiology of the present day, in this extract from an article by the Rev. Chas. Kingsley: "Those who habitually take in the breath that has been breathed out by themselves or any other living creature, will certainly grow up, if they grow up at all, small, weak, pale, nervous, depressed, unfit for work, and tempted continually to resort to stimulants and become drunkards."

Now, in view of all these facts that have been laid before us, does it not behoove us as workers in the temperance cause, as women, as mothers, as Christ's servants, to take up this most important subject of hygiene intelligently and inform ourselves upon it as fully as we can, that we be not "blind leaders of the blind," that it be not said of us, "This people's heart is waxed gross, and their ears are dull of hearing, and their eyes they have closed, lest at any time they should see with their eyes and hear with their ears, and should understand with their heart, and should be converted, and I should *heal* them."

But what shall we do in the matter, how shall we take up the subject of hygiene? And, self-denial being the price of every excellence, as is well known, one will tell you, eat brown-bread and oat-meal, "man having been made for oat-meal, not oat-meal for man." Or, as one has wittily said, "Eat nothing for breakfast, and something you don't like for dinner," or in other words, eat, drink,

and do just what you do n't like, nothing that you do; the disciples of hygiene in those days being few and far between, though happily their number is steadily increasing.

Fortunately for us, however, some of our medical world have long been aroused to the necessities of this subject, have studied it well and carefully, have *tested* it thoroughly, and given us the results of their labors, and to them we must go for assistance.

The true hygienist, they tell us, must see that he and all under his care, have, if possible, pure air, pure water, food, proper in quantity and quality, at regular and appropriate intervals, suitable clothing, proper exercise, adequate rest, in fact he must *study* the laws of health, God's own laws, and comply with them so far as possible. We would not blindly follow any one of the teachers of hygiene, but ask all who are interested, to read and study the subject carefully and thus arrive at some definite conclusion for themselves. Above all let us not condemn what we do not understand, and have not taken the trouble to investigate. There is much most excellent literature on the subject; one unfamiliar with it will be surprised to find how much, and the Temperance Union will endeavor from time to time to bring some of it directly to the notice of its members. Perhaps the best plan we can pursue at present is that suggested by our beloved President, Miss Willard, viz., to subscribe to some good magazine on the subject. We have here several copies of one recommended by her. *The Laws of Life*, published at Dansville, New York, one of the oldest and largest health institutes in the country, and one visited by Miss Willard some time ago. We have also copies of *GOOD HEALTH*, a monthly journal, published at Battle Creek, Michigan, where is located another large and flourishing health institution. (Sample copies of these magazines can be obtained by writing to their publishers.)

The members of the W. C. T. U. could not perhaps do better than to subscribe to one or both of these journals, as their doing so would be an advantage both to themselves and others in this important matter, the study of the subject of hygiene.

Respectfully submitted by

MARGARET A. LAKE,

Superintendent of Hygiene, W. C. T. U., of Md.
Baltimore, March 29, 1882



TEMPERANCE AND MISCELLANY.



Devoted to Temperance, Mental and Moral Culture, Social Science,
Natural History, and other interesting Topics.

WRITTEN FOR GOOD HEALTH.

DON'T GO IN!

[THE writer of the following verses though always strictly temperate and respected by those who know him, has suffered all his life, as stated, the most terrible consequences of intemperance, by having entailed upon him the exact appearance of a drunken person through a fright given his mother before his birth by a man under the influence of liquor.

Although having few advantages either for education or business, he has thus far made an honest living, also done much in improving his mind, and best of all is living a Christian life.

The verses are not presented so much for their poetic merit as for the lesson which may be learned by the writer's bitter experience.—E. W. WHITNEY.]

Stop friend, do n't step over that threshold,
I beg of you do not go in;
Do n't barter your freedom and manhood,
In you habitation of sin,
Would you know why thus I detain you?
Then listen to me while I tell
A story so sad you will wonder
If worse ever mortal befell.

I carry the mark of the drunkard,
My pathway through life has been hard,
I never have passed the dark threshold,
Yet reap I the drunkard's reward.
I've encountered the low, noisy rabble,
As I've staggered along down the street,
And oft the sweet children flee frightened,
At sight of my shuffling feet.

The street urchins shout when they see me,
And oft, 'mid a shower of stones,
I walk at the risk of my life, or,
At least of a few shattered bones.
I have met the jeers of the scornful,
And endured the sneers of the proud,
Oft meeting the basest of insults,
'Mid the hoots and the yells of a crowd.

And good honest people avoid me,
Ah! this is the hardest to bear.
I have prayed to God in my anguish,
That this bitter cup he would spare.
Yet thankful that this sad misfortune,
Which God has permitted to be,
Will not, if I'm faithful to Jesus,
Cause him to forsake one like me.

What think you, kind friends, of my story?
Every word I've spoken is true.
Now will you consent that another
Receive such a life-mark from you?
Then put down your foot square and firmly,
And shun yonder threshold of hell;

"Look not on the wine when it moveth"
Oh, taste not,—and all will be well.

F. A. PARKER.

—Benefit your friends, that they may love you still more dearly; benefit your enemies, that they may become your friends.

WRITTEN FOR GOOD HEALTH.

THE TEMPERANCE SCHOOL.

BY JULIA COLMAN.

THIS is an organization for the purpose of teaching the facts of temperance science. It is not a "Juvenile Society," for that implies an association of children managed by themselves. But children cannot teach themselves in a temperance school any more than they can in a day-school or a Sabbath-school. They have not the originality to plan wisely, nor the knowledge to teach correctly. Some of the older ones might hold the position of janitor or assistant librarian or be members of a choir, though the latter would be well-nigh superfluous in these days when all the children sing. I have experimentally found it best to follow the same plan here that we do in day-school and in Sabbath-school, where the children do not expect office. They seem to enjoy it just as well, while they look forward with a commendable ambition to the time when they shall be competent to take position as teachers and officers, exactly as they do in schools of other kinds.

In this work the Sabbath-school has been selected as a model, firstly, because it is worthy of it, being the result of a century of experiment and the study of mature and enterprising Christian men and women; and secondly, because every boy is familiar with it. Tell them that the new temperance-school is conducted like a Sabbath-school, and they get a volume of explanations in a word and feel at home at once. There is a clear sailing ahead, everybody falls into line, and Sabbath-school workers make their best helpers, and very likely bring their children with them. It commands the confidence of the community, giving to the temperance work

the religious sanction it ought to have, for temperance is a part of Christianity. It opens the way without question, to the use of prayer and Scripture reading as a part of the exercises, and it is greatly promotive of order in the sessions, the children being put upon their good behavior as if they were in Sabbath-school. In a great variety of ways, the usages of the Sabbath-school can be profitably referred to for aid in deciding any doubtful point in the method of conducting the temperance school.

This puts a different face on the appearance of much of the juvenile temperance work. Instead of having a nearly empty parade of "speaking pieces" they have a systematic order of exercises with profitable and interesting lessons learned to be remembered. Instead of sitting in one mass to be harangued and taught like an infant class, they are graded into departments like a Sabbath-school, with primary, medium, and advanced classes, with a variety of text books as well as of methods of instruction. The primary class is taught orally, with helps from picture tracts and papers, and such use of the blackboards and pictures as the teacher can utilize. The sin, the poverty, and the misery caused by the drink habit, especially in the family, are the themes mostly dwelt upon here, as primary children are too young to follow scientific reasoning and experiments to any great extent. The latter come appropriately in the medium grades to which the children in the primary class are promoted as soon as they can read readily.

Here they are placed in classes taking up the Catechism on Alcohol, the standard of excellence being that they shall be able to recite it perfectly from beginning to end. To secure this perfect memorizing is the special aim of the class teacher; and this, be it observed, is a thing which cannot be done satisfactorily, (in a school much larger than an ordinary class), without the class teacher.

Having these recitations, and keeping

reviewed so as not to forget what is gone over, comprehends the duty of the class teacher, together with keeping order in school, and careful and prompt looking up of absentees, which latter does not often get proper attention where there is no class teacher. The explanation and illustration of the subject is mostly in the hands of the Superintendent, a little more so perhaps than in the case of the Sabbath-school. This is partly because the experiments, charts, etc., require more display than could well be made in the classes, and partly because the subject can receive much better attention from one person who makes that his special business than if it were left to the several teachers to study up. This also simplifies the matter of obtaining teachers. Very few have time to so study such a matter as to enable them to teach it satisfactorily, even to themselves. If this were required, it would be exceedingly difficult to provide the school with teachers. It is comparatively easy to find those who could undertake the simpler duties detailed above, while they really soon become themselves the most enthusiastic learners, and eventually make excellent temperance workers. This is like a training school to them, though they do not come into it ostensibly for any such purpose, many of them not feeling properly the need of any such training before they learn what it is, so that it is not wise to hold it out as an inducement. The opportunity to benefit the children is the effective plea for getting them into the work, as teachers.

One or more may be found with taste for such studies, and who can give time and attention to them, and who can act as superintendent and explain and illustrate the lessons from the desk very much as the superintendent of a Sabbath-school does. It is very desirable to have this person a practical and successful teacher. He or she will find great help in the "Juvenile Temperance Manual," which is prepared for this purpose. It takes up the successive lessons of the Catechism, and

gives models for their illustration with facts, incidents, objects, experiments, charts, blackboard lessons, etc. There are various other sources from which help can be drawn. In listening to these explanations, the children recently entered, (and therefore all the others), may be permitted to open their books, this being no test of scholarship. I encourage my scholars to commit to memory as fast as they can without reference to the Superintendent's lessons, and offer them, as a reward for perfect recitation of the entire catechism, a handsome temperance book or picture, perhaps the text book which they are to use in the advanced classes. This may be Richardson's "Temperance Lesson Book," "Alcohol and Hygiene," Story's, "Alcohol and its Effects," or any other that may be chosen, or the best of these may be taken up one after the other by the advanced classes. If possible these should have separate recitation rooms like the advanced classes in the Sabbath-school.

Adult classes may also take up Bible temperance lessons with or without the aid of S. S. lesson leaves. These are especially profitable and interesting to reformed men, who often keenly feel their need of a better understanding of Bible truth. Directions for managing this work may be found in the little five-cent pamphlet called "The Temperance School." It is full of suggestions, helpful to nearly all forms of juvenile temperance work, and it has induced many to form classes and have teachers who did not sail under the distinctive name of Temperance School, which is not essential.

The time for the weekly session of this school varies greatly among the hundreds already in existence. Some have it on Sunday, but many more on Saturday. Quite a large number have it at the close of the day-school, some day in the week, preferably Monday or Friday, and a few have it on Saturday night. The latter I consider preferable where it can be done. It makes a safe refuge for boys and re-

formed men on the worst night in the week, and it will pay mothers, wives, and S. S. teachers to make arrangements, even at some little cost to themselves, to secure so desirable a result. Dear, friendly reader, please consider this entire subject carefully, and see if you can help in this good work for the Master. No other part of the temperance work is more pure or more promising. It is receiving the endorsement of many of the best and most mature temperance workers. Dr. Theodore L. Cuyler, of Brooklyn, talks of it so constantly as the method of "Prevention better than cure," that some people call him "Dr. Prevention." Best of all we have every reason for believing it specially acceptable to our Heavenly Father, for we learn that it is not his will that one of these little ones should perish.

HOW THEY "SAVED THE BOY."

"Jessie," said Mrs. Crosby to her daughter as they sat quietly sewing, one winter evening, "why does Harry go out so much lately, evenings?"

"Oh, because other boys do. He likes to go to the Reading-Room; there's always something new and fresh, you know. And now I think of it, he said we never had any new book or anything fit to read, and if we had, he never could get near the light. Anything for an excuse, I told him."

But Mrs. Crosby twinged, as she remembered how often she had said, "Do sit round Harry, and let Jessie and I get nearer the lamp; we want to sew." The room—kitchen, dining-room, and sitting-room—all in one; neat and pretty, and quite good enough for winter, she had said, but now came the thought—"Are not the long winter evenings the most dangerous?"

She could not rest. Throwing on her wraps, she walked briskly down the street to the Reading-Room. She looked through the windows and surveyed the brilliantly lighted room. Tables here and there loaded with books and papers, pictures on the walls, and a glowing fire in the great coal stove.

Yes, it was cosy and attractive for the boy who was sitting at one of the tables, absorbed in a book; but how she wanted him at home. It made her heart ache when as a baby he grew out of her arms, and now he was growing out of her home.

She went on; just next door there were screens and ground-glass windows, but she knew that within there was *light, warmth, and music*—the chief attractions a saloon has for the young, and the woman shuddered as she thought perhaps her boy was even then caught in the gilded snare. She hurried home, her mind full of new purposes. Entering the small sitting-room, she was astonished to see how dull and dark it appeared just then.

"Jessie, I think this room is dark and unpleasant, don't you."

"Why, I don't know," looking round. "It is not quite so pleasant as Aunt Rachel's, but she has a coal stove and they make a room so cheerful."

"We must have one, Jessie, right away."

"We can't afford it, can we?"

"Yes, if we save on something else. We will make our old clothes do another year, and have fewer mince pies and rich cakes for the sake of making home pleasant—what do you say?"

Jessie liked nice clothes, like every young miss of seventeen, so she asked:—

"What is your object, mother, something new?"

Then from the mother's heart came all her fears.

"I tell you, Jessie," she concluded, "we must look out for Harry; we've well-nigh lost him."

Very earnestly they talked over various plans for home improvement, till footsteps in the hall announced the arrival of father and son.

The next day Harry expressed a wish to visit Uncle Howard, out on the farm, and to his surprise permission was readily granted. Indeed, Mrs. Crosby thought it very fortunate. As he ran off to catch the stage, she called after him:—

"Be sure and come back Saturday, won't you."

"Yes; that's my birthday, and I'll expect a present."

Scarcely was he out of sight when Jessie built a rousing fire, opened the parlor door, and peeped into the frosty room.

"It is too pretty to be shut up all winter; but, mother, it will ruin everything to use it common."

"We will do nothing rashly, Jessie. We can't afford to ruin our best carpet and lace curtains. Boys can't always think to be careful of such things. The rag carpet upstairs will do nicely here, and some rich-looking chintz will make pretty curtains. The pictures and the ornaments on the 'what-

not' may stay, but the centre-table must simply hold our work-basket."

"I thought Harry was to have the table."

"No, father is having one made of light wood, made like a cot-bed, with a brace that will do for a foot-rest. There's to be a large drawer in it for his 'traps,' and we'll glue on the top some dark velveteen—boys can't endure a spread—and a border of molding; it will be capital. Father is real animated over it, and is going to get a hanging-lamp with a shade that will light the whole room, and what is more, he will put the cost of a new overcoat into a coal stove."

"How good of him! We shall take so much comfort. What about the furniture?"

"We'll cover it with brown holland first, then make pretty frilled covers to match the curtains—there's a handsome piece of *cretonne* at the store, that I know Harry likes, and father is going to bring it up to-day. I lay awake last night and planned everything. We can afford books and periodicals if we give up table delicacies—and Harry loves books so!"

It was a busy week, but how they enjoyed it! It was strange how many things they thought of "that *Harry* liked." Poor boy! his preferences had never been considered before.

Saturday, the old stage rattled in from the country, bringing Harry home, just as the family were at dinner. He forgot even the present he was expecting, in telling of the grand times he had had.

"Such a great big house!" he exclaimed, "One dares to take a long breath without fearing to burst the rooms!" giving an involuntary glance around the apartment.

"Oh, by the way," he continued, recollecting the day, "I thought I should find a necktie or something by my plate, seeing I'm fifteen to-day—guess you forgot."

"Your present, my son, is a pleasant room to read in, you'll find it in the parlor."

Harry threw open the door and stood fixed with amazement. The great coal stove, with its rosy fire gleaming through sheets of mica, and the warm, bright curtains first met his gaze. "O land of liberty! did I ever!" he exclaimed, a broad grin illuminating his face.

"Oh—ho! there that's pretty *calico*! I wanted mother to get a dress like it, but she's dressed up the windows and chairs. And this stove! ain't it jolly?"

"This table and hanging lamp are for your especial benefit, Harry, also this drawer."

Harry pulled it open and found a medley: paper, envelopes, pens, pencils, rules, pen-

wipers, blotters, scratch-books, and ink—black and red—for, as Jessie said, “boys like to make fancy letters and such things, and a little colored ink is quite an attraction.” Harry was bewildered.

“How did you ever think of it, mother? I’ve wanted something like this so long. I shall feel as if I had a *place* here now. I don’t know how to thank you.”

“Just stay here and enjoy it, that will more than pay us. We have missed you evenings, Harry, and have made this ‘place’ for you and your young friends. We shall have new books soon, and we hope you will learn to love this place.”

“It’s so much nicer than the Reading-Room, I shall never want to go there again; and, if I did, I’d be ashamed to own it, after you have done all this for me. But don’t you fear, I shall love to stay at home, for this pretty room is the best place in the world.”—LANTA WILSON SMITH, in *Church and Home*.

Miss Willard on Temperance Reform.—So transcendent is the significance of this reform, that the time is not distant when those who are now but “lookers on in Venice” will forget that it was not inaugurated by themselves alone; for it stands as the exponent, not alone of that return to physical sanity which will follow the downfall of the drink habit, but for the reign of a religion of the body which for the first time in history shall correlate with Christ’s wholesome, practical, yet blessedly spiritual religion of the soul. “The kingdom of heaven is within you”—shall have a new meaning, to the clear-eyed, steady-limbed Christians of the future, from whose brains and blood the taint of alcohol and nicotine has been eliminated by ages of pure habits and noble heredity. “The body is the temple of the Holy Ghost,” will not then seem so mystical a statement, nor one indicative of a temple so unsalubrious as now. “He that destroyeth this temple, him shall God destroy,” will be seen to involve no element of vengeance, but instead to be the declaration of such boundless love and pity for our race, as would not suffer its deterioration to reach the point of absolute failure and irremediable loss.

The women of this land have never had before such training in the laws by which childhood shall set out upon its endless journey with a priceless heritage of powers laid up for him in store by the tender, sacred foresight of those by whom the young immortal’s being was invoked. The laws of health were never studied by so many mothers, or

with such immediate results for good on their own lives and those of their children. The deformed waist and foot of the average fashionable American never seemed so hideous and wicked, nor the cumbrous dress of the period so unendurable as now, when from studying one “poison habit,” our minds, by the inevitable laws of thought, reach out to wider researches and more varied deductions than we had dreamed at first. The economies of co-operative housekeeping never looked so attractive or so feasible as since the homemakers have learned something about the priceless value of time and money for the purposes of a Christ-like benevolence. The value of a trained intellect never had such significance as since we have learned what an incalculable saving of words there is in a direct style, what value in the power of classification of fact, what boundless resources for illustrating and enforcing truth come as the sequel of well-stored memory and a cultivated imagination. The puerility of mere talk for the sake of talk, the unworthiness of “idle words,” and vacuous, purposeless gossip, the waste of long and aimless letter writing, never looked so egregious as to the workers who find every day too short for the glorious and gracious deeds which lie waiting for us on every hand.—*The Morning*.

Is it Safe to Dance?—A great deal can be said about dancing; for instance, the chief of police of New York City says that three-fourths of the abandoned girls in that city were ruined by dancing. Young ladies allow gentlemen privileges in dancing which, taken under other circumstances, would be considered as improper. It requires neither brains nor good morals to be a good dancer. As the love of one increases, the love of the other decreases. How many of the best men and women are skillful dancers? In ancient times the sexes danced separately. Alcohol is the spirit of beverages. So sex is the spirit of the dance; take it away and let the sexes dance separately, and dancing would go out of fashion very soon. Parlor dancing is dangerous. Tippling leads to drunkenness, and parlor dancing leads to ungodly balls. Tippling and parlor dancing sow to the wind, and both reap the whirlwind. Put dancing in the crucible, apply the acids, weigh it, and the verdict of reason, morality, and religion is, “Weighed in the balance and found wanting.”—*New York Journal of Education*.

—For whitening the hands: Honesty.

"TOO MUCH HOUSES."

If people only would take the sanitary measures that lie within their own power, they could retain their health, or they could, in very many instances, regain it. Nothing is harder than to induce people to do what is for their own good. I have almost come to the conclusion that it is vain to try to persuade them. There is a lady who is very much afflicted with rheumatism. She has a good house with plenty of large, sunny rooms in it, where she might easily have her bed, and have a regular heat day and night, all winter, and where also she could have, constantly, perfect ventilation. But she persists in sleeping in a small bed-room where she becomes almost rigid with cold every night, and which she keeps darkened by blinds (it has one window on the west side) and shut up by double windows all night. She can hardly rise at morn, and cannot dress alone. Then she *will* live in the family living-room, where men, women, girls, and boys keep the doors flying; where at one time the heat is too great, and at another time none at all, and she is in unrest.

One woman, did I say? There are dozens of them in the same distress who do these very things. They want to save fuel, save best rooms, save trouble, save money—in short, save everything but life. But what good will money do them when they are dead? They will soon be dead unless they turn over a new leaf and take proper care of themselves. If every invalid would set resolutely to work to cure himself or herself, and work in the right way, who can doubt that success would frequently follow the effort? . . . Simple, well-cooked food, pure water outside and inside, fresh air day and night, easy, healthful clothing, plenty of rest and sleep, these are the regulations for health. Who will adopt them? Who that is sleeping in a small unsummed bed-room will at once forsake it forever? If you have but one large sunny room in your house, set your bed in that, and open all your blinds and windows. If you ask why, go and contemplate a plant that grows in a cellar. That will tell you. You need to grow as your apple-trees grow, in the sun and the air. "Fade your carpet?" Take your carpet up and put it away then, or sell it. Have nothing that tempts you to shut out sun and air. We asked an Indian chief whose wife had died in Europe, "What was the trouble with her?"

"Too much houses," was his solemn reply. Ay, that is the disease. "Too much houses" is killing people all the time.—*N. Y. Evangelist.*

MORNING AIR.

"WHAT is the pill that will keep us well, serene, contented? Not my or thy great grandfather's, but our great grandmother Nature's universal, vegetable, botanic medicines by which she has kept herself young always, outlived so many old Paus in her day, and fed her health with their decaying fatness. For my panacea, instead of one of those quack vials of a mixture dipped from Acheron and the Dead Sea, which came out of those long, shallow, black, schooner-looking wagons which we sometimes see made to carry bottles, let me have a draught of undiluted morning air! If men will not drink of this at the fountain-head of the day, why, then we must even bottle up some and sell it in the shops for the benefit of those who have lost their subscription ticket to morning time in this world. But remember it will not keep quite till noonday even in the coolest cellar, but will drive out the stopples long ere that and follow westward the steps of Aurora. I am no worshiper of Hygiea, who was the daughter of that old herb-doctor Æsculapius, and who is represented on monuments a serpent in one hand, and in the other a cup, out of which the serpent sometimes drinks; but rather of Hebe, cup bearer to Jupiter, who was the daughter of Juno and wild lettuce, and who had the power of restoring gods and men to the vigor of youth. She was probably the only thoroughly sound-conditioned and healthy and robust young lady that ever walked the globe, and whenever she came it was spring."—*H. D. Thoreau.*

THE FOOLISH PRACTICE OF "TOASTING" WELL REBUKED.

THE story is told that a German nobleman paid a visit to Great Britain when the practice of toasting and drinking healths was at its height. Wherever he went, during a six months' tour, he found himself obliged to drink though never so loath. He must pledge his host and his hostess. He must drink with every one who would be civil to him, and with every one, too, who wished a convenient pretext for taking another glass. He

must drink a bumper in honor of the king and queen, in honor of the church and state, in honor of the army and navy.

At length the visit draws to a close and to requite, in some measure, the attentions which had been lavished upon him, he made a grand entertainment. Assembling those who had done him honor, he gathered them round a most sumptuous banquet, and feasted them to their utmost content. The tables were then cleared. Servants entered with two enormous hams; one was placed at each end, slices were cut and passed round to each guest. Thereupon the host rose, and with all gravity said, "Gentlemen, I give you the king, please eat to his honor." His guests protested. They had dined; they were Jews; they were already surcharged through his too generous cheer. But he was inflexible. "Gentlemen," said he, "for six months you have compelled me to *drink* at your bidding. Is it too much that you should *eat* at mine? I have been submissive; why should you not follow my example? You will please to do honor to your king! You shall then be served with another slice in honor of the queen, another to the prosperity of the royal family, and so on to the end of the chapter!"—*Richard Valpy French.*

Discontent.—Some people are never content with their lot, let what will happen. Clouds and darkness are over their heads alike, whether it rain or shine. To them, every incident is an accident or a calamity. Even when they have their own way, they like it no better than your way, and, indeed, consider their most voluntary acts as matters of compulsion. We saw a striking illustration the other day of the infirmity we speak of, in the conduct of a little child about three years old. He was crying because his mother had shut the parlor door. "Poor thing," said a neighbor, compassionately, "you have shut the child out." "It's all the same to him," said the mother; "he would cry if I called him in and then shut the door. It's a peculiarity of that boy, that if he is left rather suddenly on either side of a door, he considers himself shut out, and rebels accordingly." There are older children who take the same view of things.—*Sel.*

—It is not a knowledge of abstruse and difficult questions that we need, so much as a familiarity with the every-day affairs of life.

—The *Decorah Republican* has the following interesting item. Those who would purchase beauty at any cost, should be very thankful for this recipe:—

"Labouchere says in *Truth*: 'Parisians have found out how to make false eyelashes. I do not speak of the vulgar and well-known trick of darkening the rim round the eye with all kinds of dirty compositions, or the more artistic plan of doing so to the inside of the lid. No, they actually draw a fine needle, threaded with dark hair, through the skin of the eyelid, forming long loops, and after the process is over, (I am told it is a painless one), a splendid dark fringe veils the coquette's eyes.'"

POPULAR SCIENCE.

A Repeating Melograph.—At the recent electrical exhibition in Paris, an instrument was exhibited called the repeating melograph, by means of which any piece or improvisation played on the key-board of any instrument to which the melograph is attached is registered and may be repeated upon any other instrument with which it may be connected. So perfect is the repetition that not only the piece and style but even the false notes of the player, should he strike any, are accurately reproduced. Both the registering and the repeating are performed by means of electric currents. In the process of registering, the keys of the instrument upon which the piece is played are connected with the melograph by wires through which a current is established when the key is pressed down. The melograph consists of an apparatus, with tools answering to the several keys, which the electric current sets in motion; and a perforation corresponding in character with the musical value of each note played, is thus made in a moving band of paper. In the repeating process the order is reversed. An electric communication is established between the perforated band and the second instrument, causing a corresponding key to be sounded at each perforation of the band as it passes the circuit in the process of unrolling.

Red Snow.—At a recent meeting of the San Francisco Microscopical Society, Dr. Harkness presented a bottle of "red snow," which he gathered last June on Wasatch Mountains. The red snow was

found on the north side of a spur which rose about 10,000 feet above the sea level. When fresh, the snow has the appearance of being drenched with blood, as though some large animal had been killed. The "red snow" is caused by the presence of a one-celled plant called, *Protococcus nivalis*, which reproduces itself by subdivision; that is, the cell divides itself into several new cells. This is done with great rapidity, and a few cells lodged in the snow, under favorable conditions, soon will give it the appearance called "red snow." It was remarked that the phenomenon of red snow had been observed from the earliest times, as Aristotle has a passage which is thought to refer to it. The subject was, however, lost sight of until brought up by the investigations of Saussure, who found it on the Alps in 1760. He made chemical tests which showed him that the red color was due to the presence of vegetable matter, which he supposed might be the pollen of some plant. In 1819, an Arctic expedition under Captain Ross, brought some specimens from the cliffs around Baffin's Bay, and they were examined by eminent botanists, some of whom mistook the nature of the plant, and there was long discussion as to its proper classification, some holding it to be a fungus, some a lichen; but it was finally set at rest as one of the unicellular algae. It is of interest also that some of the early examiners pronounced the color due to animalcules, but this was disproved. Dr. Harkness said that during his last visit to England he saw the original bottle of specimens brought from the Arctic more than sixty years before, in which the *protococcus* could still be seen with the microscope.—*Scientific American*.

Tornadoes and How to Avoid Them.—The storms occur most frequently from five to six in the afternoon, although there is no hour of the day that has been entirely free from them.

The average width of the path of destruction is 1,085 feet, and the storm cloud runs with a velocity of from twelve to sixty miles. The wind within the vortex sometimes attains a velocity of 800 miles an hour, the average velocity being 392 miles.

Among the most valuable suggestions of the paper are those with reference to the peculiarity of the movements of tornado clouds, containing rules for arriving at

their violence. A tornado cloud always has a center, and it always moves forward from west to east. It may, however, sway from side to side in its progressive movement. Changes in motion are sometimes very sudden. In the event of a sudden change, the observer who is east or south of east of the storm, should move quickly to the south. If he is north-east he should move to the north. If within a very short distance of the cloud the observer should run east, bearing to the south.—*Sel.*

SOLILOQUY OF A JELLY-FISH.

THE following stanzas which we quote from the *Popular Science Monthly* is a fitting rebuke to the absurd philosophizing of some of our savants:—

A jelly-fish swam in a tropical sea,
And he said: "This world it consists of ME;
There's nothing above and nothing below
That a jelly-fish ever can possibly know.
Since the highest reach we can boast of, sight,
Is only the vaguest sense of light;
And we've got, for the final test of things,
To trust to the news which one feeling brings.
Now all that I learn from the sense of touch,
Is the fact of my feelings viewed as such;
But to think these have an external cause
Is an inference clear against logical laws:
Again, to suppose, as I've hitherto done,
There are other jelly-fish under the sun,
Is a poor assumption that can't be backed
By a jot of proof or a single fact:
In short, like *Pichte*, I very much doubt
If there's anything else at all without;
And so I've come to the plain conclusion,
If the question be only set free from confusion,
That the universe centers solely in me,
And if I were *not* then *nothing* would be!"
Just then a shark, who was passing by,
Gobbled him up in the twink of an eye.
And he died with a few convulsive twists,
But, somehow—the universe still exists!

—Grant Allen.

Earthquake at Sea.—Capt. Horner, of the German ship *Stella*, from Bremen to Baltimore, arriving April 15, reports that on the morning of March 18, in latitude 37° 21' north, longitude 23° 51' west, his vessel suddenly halted in her course with a shock that gave to those below the impression that the ship had struck a rock. The weather was clear and the sea smooth and calm. Neither the chief mate, who was on quarter-deck at the time, nor the look-out, could account for the strange occurrence. The captain ordered the heaving of the lead, but found no bottom at 100 fathoms. The pumps were sounded and the ship found to be tight. The shock lasted only half a minute, after which the ship went on as before. Capt. Horner himself went aloft, but could discover no signs of any obstructions.—*Scientific American*.

—A person may as well be in darkness as to be overwhelmed by a flood of light.



GOOD HEALTH.

BATTLE CREEK, MICH., JULY, 1882.

J. H. KELLOGG, M. D., EDITOR.

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A VISIT TO THE NORTHWEST.

WE have long meditated a visit to the great *Northwest*, and have at last had the opportunity to gratify our desire to see this wonderfully enterprising and thrifty portion of our country. Having received our delegates' passes, we left home Monday noon, June 3, in company with Mrs. K., and Tuesday P. M. found ourselves in the beautiful city of St. Paul, Minn., where we were to attend the annual meeting of the American Medical Association. We found the city alive with business, showing every evidence of thrift; but were greatly disappointed to find that the hotel capacity of the city was so small that every public house was already filled to its utmost capacity, and had been for several days, so that our telegram, sent a few days previous, was too late to secure us accommodations. Fortunately, however, we received a cordial invitation to the hospitable home of Mrs. Gotzian, who was a visitor at the Sanitarium a few months since. There we found a delightful home and excellent hygienic food.

The attendance of physicians from all parts of the United States was much larger than had been anticipated, the number aggregating nearly one thousand. At the general sessions in the forenoon, the opera house was usually crowded to its utmost capacity. In the afternoon the throng divided up in attendance upon the seven sections devoted to the several branches of medicine, surgery, obstetrics, etc.

We have not space to give a *resume* of the valuable and interesting papers which were presented to the association, but may say in general, that the majority of them evinced a commendable degree of

progress in the science of rational medical practice. The advantages to be gained by the employment of the various hygienic agencies are now almost universally recognized by the profession, as was evinced by the important place given to this class of therapeutic agents in the various papers read before the association and the discussions thereon.

We were glad to meet many old friends whom we had met on similar occasions at Richmond, Va., Nashville, Tenn., Savannah, Ga., and other places.

As no evening sessions were held, the evenings being devoted to receptions given by the citizens of St. Paul, at the hotels and private residences, in which we had very little interest, we took the opportunity of visiting some of the chief points of interest in the State, within easy reach of the city, among others, Lake Minnetonka, the Falls of Minnehaha, Fort Snelling, and the Falls of St. Anthony. We took a steamboat ride on the lake, and spent a night at one of the numerous summer hotels on the banks, which afforded us an opportunity to get a good view of this famous summer resort. We met very few tourists, as the season had not yet begun, but were told that during about six weeks in July and August, the lake is visited by thousands of people. We judge the majority are in search of pleasure rather than health, however, as we learned that no special accommodations for invalids are provided.

By the invitation of our friend, Eld. G. C. Tenney, we spent two days at Baraboo, Wis., where a camp-meeting was in session. Somewhat to our surprise, we found upon our arrival that we had been announced for a temperance lecture in the

tabernacle tent, Sunday afternoon. At the appointed time we had the pleasure of addressing an audience of about twenty-five hundred people, and were glad to find them interested in the physical side of the temperance question. We employed our new charts for the first time before so large an audience, and thought they added considerably to the interest of the subject, since they make forcible upon the mind, through the medium of the eye, what the speaker endeavors to enforce upon the ear,—thus making a double picture of the ruin wrought by alcohol.

We accidentally caught a glimpse of "Devil's Lake" through being carried beyond our destination from the neglect of the porter to awaken us. This romantic little spot is thronged by visitors every year, we were told, but none had yet arrived. We were sorry to see, among the other preparations for the reception of the annual guests, the elaborate fitting of a bar, and fear that whatever good may be done by the sparkling waters of the lake, is more than counteracted by the evil growing out of the fiery water in the hotel.

Early Monday morning we left Baraboo by a private conveyance for Kilbourn, where we met Mrs. K. and spent a few hours admiring the famous "Dells" of the Wisconsin river. As we were too early for the steamboat, we hired an oarsman, whose strong arms propelled our light skiff rapidly up stream against the swift current, and brought us back just in time to take the fast express for Milwaukee en route for home. We would have been pleased to have lingered a few hours longer about the romantic spot, but had time to examine quite carefully "Cold Water Canyon" and catch a glimpse of the "Witches' Gulch," and many of the other minor points of interest.

We hoped to have had an hour more at our command, which would enable us to ride out to the water-cure in the vicinity of Kilbourn; but on returning to the village we found a telegram waiting which made it necessary to take the first train eastward, which was just then in sight. Finding we could do so without loss of

time, we stopped over an hour at Waukesha for the purpose of visiting the numerous springs for which this little village has become so famous. We gave particular attention to the Bethesda and Silurian Springs, the former of which has until recently enjoyed the greatest reputation, though at the present time the latter seems to be the favorite. On inquiry of the proprietors of the several springs, and examination of the waters themselves, through chemical analysis, we learned that their chief virtue consists in their purity, and in the fact that they bubble up from the ground in springs, instead of being drawn up by a pump and bucket. The Silurian water is remarkably soft and pure. The proportion of mineral matter which it contains is altogether too small to give it any properties in common with mineral waters in general, consisting almost wholly of a few grains of carbonate and sulphate of lime. We were somewhat amused as well as pleased, to discover by comparing the analysis of the Silurian water with the analysis of the water from a large soft-water well which supplies the Sanitarium, which we have recently had made by Prof. Prescott of Ann Arbor, that the two waters are almost identical in character. The chief difference is that one comes from the sand-stone rocks twenty-four feet below the surface, and the other bubbles up to the surface from the gravel.

We reached Milwaukee in time to take the seven o'clock steamer for Chicago, where we arrived at five o'clock in the morning feeling thoroughly refreshed by a sound night's sleep, to take the early train for home. We were glad to find everything prosperous as usual, and were quite happy to get back to our work again. Although we found an immense amount of accumulated business, we felt well repaid for the trip by the recuperation and increased capacity for work which it had given us, and with so great an improvement in the condition of our injured eye that we had nearly forgotten the injury.

—Our humanity is God's opportunity.

HYGIENE AMONG THE CHINESE.

THE Chinese are perhaps the oldest of any of the existing nations of the globe, and on this account, it may be, they have clung to some of the simple habits of the human family in a primitive state, and have not wandered so far away from the path of natural simplicity as have many other nations, which have not been so closely held together by their national laws and customs. The Chinese is a vegetarian nation, and so far as history gives us any information has been such from time immemorial. The Chinaman has no liking for beefsteak and sausage, although he does now and then flavor his soup with a plump rat or a tender kitten. He is always exceedingly simple and frugal in his dietetic habits, and is well paid for his frugality by his freedom from dyspepsia. He is also very much of a sanitarian in a variety of ways. For example, he never papers the walls of his living-rooms, and hence is in no danger of poisoning from arsenical wall-paper. He is still more scrupulously particular in this matter, even going so far as to tear off the plaster from his walls once every ten years or so and use it for fertilizing purposes, thus ridding his dwelling of the injurious influence of the gaseous poisons which are absorbed and concentrated in it.

In this country the Chinaman is looked upon as a very unsanitary creature, whom it is hardly safe to come into personal contact with; but it seems from the report of the medical officer of the State Board of Health of San Francisco referred to in the following paragraph that even among the degenerate strangers with whom he finds himself associated in this country the Chinaman still maintains a very commendable degree of regard for the requirements of hygiene:—

“The ‘Heathen Chinee’ has not a few revilers who are ever ready to point to features in his social character which render him an undesirable neighbor. The medical officer of the State Board of Health of San Francisco has, however,

something to say in favor of the Celestials. In his report lately presented to Congress he states that he never knew any disease or pestilence originating or spreading in the Chinese quarters of the city. He admits that they live quite close, and attributes their healthy condition and immunity from disease to their frugal life. ‘They eat to live, and do not live to eat. They are clean in their habits, and they drink no whisky. I have never seen a drunken Chinaman in my life. They consequently obtain a better resisting power to the attack of disease. They constantly wash themselves, and keep themselves and their clothes clean. The death rate is greater among the whites than among the Chinese; greater with adult white people than with adult Chinamen. There have been no epidemics among them; and there has been less small-pox among them than among the whites, the ratio of population being allowed.’”

A FEW NOSTRUMS.

ONE of the strongest points with most of the nostrums which are extolled to the skies in the newspapers and the patent medicine almanacs, is the mystery of their composition. The majority of the unthinking public have far more faith in mystery than in science. This is one of the curious phases of the human character which we have never been able to fathom. So soon as the mystery is gone, the faith begins to wane also. Believing this to be the case, we take pleasure in aiding to give as wide publicity as possible to the composition or character of nostrums of every description. The following article which recently appeared in the *Physician and Surgeon* under the title “A Few Nostrums,” we quote entire:—

(1) “COMPOUND OXYGEN. *Keep Dark.*”—A colorless, aqueous solution of nitrate of ammonium and nitrate of lead, the two salts being in nearly equal proportions, and together forming about three per cent of the solution.

(2) “OXYGEN AQUÆ. *For Digestion. Keep Cool.*”—One of the grades of “com-

pound oxygen." A colorless, odorless, and tasteless liquid, found to be water of a commendable degree of purity, quite free from sophistications. Probably this is the original compound oxygen.

(3) "COMPOUND OXYGEN." *Dr. Green's*, 1880. An aqueous solution of nitrate of ammonium, with a very little nitrate of lead.

(4) "COMPOUND OXYGEN." *A White Crystalline Solid*.—Obtained for analysis about five years ago, and then found to be nitrate of ammonium alone. "Contains all the vitalizing elements of the atmosphere, but combined in a different way."

(5) "COMPOUND OXYGEN."—Sent out from Boston. A colored, fragrant liquid, consisting of alcohol, chloroform, and balsam of tolu.

(6) "COMPOUND OXYGEN." *Dr. O'Leary*.—Contains alcohol, chloroform, bitter almond oil, balsam of tolu, and red coloring matter.

Numbers 1, 2, 5, and 6 came to hand by the kindness of Dr. J. H. Kellogg, of Battle Creek, member of the State Board of Health. Number 3 was handed me by Dr. Dunster.

(7) CURE FOR EPILEPSY.—A very turbid liquid, strongly bitter and somewhat colored. Bromide of potassium, two troy ounces; yellow cinchona bark, in fine powder, one troy ounce; water to make eight fluid ounces.

(8) "INFALLIBLE REMEDY FOR EPILEPSY. *Warranted*."—A red liquid, with an alkaline and saline taste, and an odor of cinnamon and anise. Consists essentially of bromide of ammonium. A fluid ounce contains 120 grains of bromide of ammonium, with aniline red, cinnamon and anise oils, sugar, glycerine, and alcohol. The article bears the name of Dr. H. G. Root, and is priced at four dollars for a two-ounce bottle.

(9) CURE FOR EPILEPSY.—A concentrated solution of bromide of ammonium and iodide of ammonium, with a little red coloring matter, and flavor of oils of peppermint and rose.

(10) CURE FOR THE OPIUM HABIT.—A limpid liquid, colored red with aniline, and

containing nothing of any physiological effect.

Prof. Prescott has done excellent service in exposing scores of similar humbugs. Coming from so high an authority, the above statements ought to set some of our deluded friends to thinking seriously upon this subject. Since the publication of our first article respecting the "Compound Oxygen" humbug, we have received many letters from all parts of the country, and shall be glad to hear from all who are interested in the subject, especially those who have had a personal experience with nostrums.

SOMEWHAT SOOTHING.

COMPOUND OXYGEN RISES TO EXPLAIN.

OUR article in the April number of *GOOD HEALTH* seems to have made considerable of a stir in the Compound-Oxygen camp. An Eastern gentleman, who impresses us very much as though he were an agent for the nostrum, writes us follows:—

"Having called the attention of Drs. Starkey & Palen of Philadelphia to your article entitled '*Compound Oxygen Fraud*' found in the April No. of *Good Health* I received the enclosed reply which I send to you thinking it may be somewhat soothing to your boastful spirit. I know of a number who are using their treatment with good results. And I think it would be quite commendable in you not to brand everything as *Frauds* and *humbugs* that does not agree with your peculiar notions."

We feel grateful for the gentleman's anxiety that our spirit should be soothed, but suspect that the real object aimed at was to quiet our pen rather than our spirit, since in another paragraph he expresses the fear that the "article may have a tendency to discourage its use." That is precisely the "tendency" which we desired it to have, and we feel complimented that its merit as a discourager of the use of this fraudulent article is so readily recognized.

The gentleman must have read wrongly if he received the impression that we were boasting. Of what did we boast? The manufacturers of C. O. are the boasters.

We simply showed that their "boasting is vain." We made a further showing of the same thing in the June number which we hope our friend will take the pains to forward to Messrs. S. & P., who possibly may have something still more "soothing" to offer.

But let us consider this "soothing" epistle. It begins as follows: "Yours of 5th received. We are used to all kinds of misrepresentation. The Professor evidently got hold of a spurious article."

This might have been somewhat soothing, but we anticipated that this claim would be made, and in order to be prepared to meet it, took the precaution to obtain another specimen direct from the manufacturers through a patient who had been using it for some time. The result of the analysis we published last month, and clearly showed that the compound was a most glaring humbug, so far as medicinal virtues are concerned.

The letter continues, "We point to results and challenge Kellogg to show one-half as good a record." We could easily produce a thousand names of persons cured of what had been pronounced by physicians to be Bright's disease of the kidneys, consumption, cancer, and equally incurable maladies; but in the majority of these cases our own examination showed no evidence of the existence of these grave maladies, notwithstanding the belief of the patients themselves to the contrary.

It is no task at all to get testimonials to the efficacy of the most valueless remedy, even, as in the case of "Compound Oxygen," of pure water only. A few years ago we were associated with a physician in treating a very numerous class of patients in one of the largest dispensaries in a large Eastern city. As a matter of scientific interest, we conducted a series of experiments in "mental-therapeutics," employing only *placebos*, and thus appealing solely to the imagination. The results were in the highest degree satisfactory, nearly all of the patients making prompt and rapid recoveries.

For the purpose of "soothing" this "boastful spirit," let us notice the effects of "Compound Oxygen" in a case which

came under our immediate observation. A patient who had been kept alive for years by rational medical treatment, was induced to try the efficacy of C. O. The patient's imagination was excited, and he was led to believe that he was steadily getting better, though his physician and friends could see that he was really failing. He at last became aroused to his true situation, and resumed a sensible course of treatment, but too late to avert a fatal result. Two or three equally sad cases have come under our observation.

But our "Compound-Oxygen" savant continues, after having stated that his C. O. is something too highly attenuated to be detected by chemical analysis, referring to our having had an analysis made of his "compound" moonshine: "He probably would have Homeopathic remedies analyzed, and failing to discover any chemical ingredient, denounce all practitioners as frauds, and deny the existence of scarlatina, measles, small-pox, malaria, etc., because the air cannot be analyzed and found to contain anything but oxygen, nitrogen, and carbonic acid. Results show the fallacy of such reasoning. It argues poorly for a man to condemn a thing he has not investigated."

If we should send to Prof. Prescott, or any other skillful chemist half a pound of sugar pills, and should receive a report that the pills contained nothing but sugar of milk, we should certainly believe that the individual who prepared them and sold them as remedies for disease, was a quack of the worst sort; and we see no reason why we are not at liberty to draw the same conclusion when a boasted remedy such as "oxygen aquæ" is examined and found to consist of nothing but distilled water.

Now we have done with this shameless humbug, and having done our duty to the public in exposing its worthless character, will leave each reader to decide for himself whether he is willing to pay fifteen dollars for the privilege of breathing the vapor of warm water through a glass tube.

—Some people have so little character that they are even destitute of failings.

DISEASES INDUCED BY ALCOHOL.

THE number of diseases which have been directly traced to the use of alcohol is so great that it may almost be said that every known disease may be either induced or aggravated by it. Scientific physicians, the world over, have been engaged for years in the investigation of this subject, and the universal verdict is that the use of alcohol is productive of a vast deal of harm. The amount of good which can justly be attributable to it is so infinitesimally small that it were infinitely better for the world if it had never been discovered. Better far if Paracelsus, the old quack who first recommended it as the "elixir vitæ," and who demonstrated the falsity of his recommendations by himself dying in a bar-room in a drunken fit—better by far he had never lived.

Among the most earnest of the band of scientific physicians who have set their faces resolutely against this mischievous drug, is the eminent Dr. Norman Kerr, of England. The following is a brief abstract of a most valuable lecture on the subject of this article, delivered by Dr. Kerr last April, for which we are indebted to the *House and Home*:—

Diseases might be broadly divided into those that were and those that were not preventible. Of the preventible, those arising from needless personal habits were the most numerous and most important; and their consideration that day was concentrated on one great group of preventible diseases. It was now admitted that intoxicating drinks were not essential to the healthy. They were not necessities, but luxuries, and could be done without with no detriment to health and life. These drinks could be safely dispensed with, so that all diseases springing from the limited or unlimited use of intoxicants were purely preventible diseases.

DISEASES OF DIGESTIVE ORGANS.

The first organ to feel the effects of the ingestion of alcohol was the stomach, and they were thus at the outset brought face to face with diseases of the digestive organs.

Gastritis (inflammation of the stomach), both acute and chronic, could claim alcohol as one of its commonest causes. Recently he had examined the body of a man who had been found dead, whose stomach was so inflamed that he (the doctor) at once suspected death from arsenic or other irritant metallic poison, but minute inquiry revealed the fact that this fatal attack of gastric inflammation was produced by alcohol. The man was only thirty-six.

Ulcer of the stomach, acute and chronic, and perforating sometimes, were the product of drinking. He had seen a fatal case of the last-named in the case of a man, aged 41, who had been a drinker, only a few weeks ago. Dyspepsia, acute and chronic, and gastric catarrh were often caused by regular excessive drinking.

Especially with clergymen and doctors and such as lived a sedentary life, he had found alcohol the main factor of probably two-thirds of all the cases of indigestion he had been called upon to treat.

When they reflected on the irritation, inflammation, and corrosion of the lining membrane of the stomach, evidenced by alcohol, they could not expect but that drinking regularly was a prolific cause of stomach and digestive disorder. People often believed alcohol good for digestion, whereas all it did was to narcotize the nerves of the stomach and lull the pain. The indigested mass could not be got rid of until the brandy that was so often taken to relieve the pain was expelled from the stomach.

Colic and inflammation of the bowels, too, have often been produced by drink, and he had seen the inflammation go on to obstruction, and finally death.

DISEASES OF THE LIVER.

There was no organ that oftener suffered from this baleful influence than did the liver. Congestion was of frequent occurrence, bringing in its train a long array of discomforting and harassing sensations. Cirrhosis (yellow, wax-like, or hob-nail, or gin-drinkers' liver) was a familiar form of alcoholic interference with this impor-

tant organ of the body. Wasting, or acute yellow atrophy, and jaundice were also often caused by drink.

Ascites (dropsy), from the alcoholic disturbance of the functions of the liver and the destruction of its tissues, was very common indeed. Nutty degeneration (nutmeg liver), when he often found the organ attain an enormous size, was also frequent. Gall stones were also liable to be produced in great abundance through the action of alcohol.

DISEASES OF THE KIDNEYS.

Alcohol he had repeatedly found the principal factor in the causation of nephritis (inflammation of the kidneys), and he found alcoholic cases very intractable indeed. Bright's disease (albuminuria), acute and chronic, was well known in many instances to have its origin in habits of intemperance, while other affections of this organ, sometimes due to drinking, were diabetes, fatty degeneration, and renal dropsy. Inflammation and spasmodic affections of the bladder could frequently be accounted for only as resulting from indulgence in alcohol.

DISEASES OF RESPIRATORY ORGANS.

Laryngitis (inflammation of the wind-pipe), and inflammation of mucous membrane of the mouth, fauces, and other contiguous parts, also were caused by drink. He had time and again seen a characteristic dryness of throat and a harsh hoarseness of voice from this cause.

Alcoholic phthisis (consumption), which had been described in an excellent monograph by Richardson, was a form of that fell disease which could be laid at no other door than that of strong drink. It was rapidly fatal and attacked individuals in the very vigor of manhood. Asthma (spasmodic difficulty and shortness of breath) had frequently been produced by drinking, the dyspepsia sometimes taking its rise from the heart and at others from the liver. Pleurisy, too, he had met with from the same cause.

As one ounce of alcohol had been shown to make the human heart give over 8,000 extra beats in the twenty-four hours, it was very easy to understand how even

this limited allowance, equivalent to one glass of whisky per day, would, if continued day after day, and year after year, wear out the vital force of this organ long before this should have taken place. Much more injurious would be the long-continued, regular, enormous additional labor of the heart entailed by what is generally considered a moderate allowance, say, one pint of sherry. By the overtaxing of the heart, the powers of that organ were prematurely weakened, the competence of the valves was impaired, and the elasticity of this remarkable voluntary muscle was lessened. By the vitiation of the blood, and other action of alcohol the tissue was pierced with fatty degeneration. The result of all this overtaxing and degeneration was the possession of a weak, fatty, flabby heart, unable to stand to its work as it ought to do, with not unseldom fatal termination by cardiac syncope, or fainting. In one case Dr. Kerr had actually met with rupture, or broken heart, the enlarged, fatty, feeble heart of a young man of twenty-seven having given way at the bar of a public-house. The blood-vessels, too, fell a prey to degeneration, lost their resilience, and became brittle.

Another Tobacco Suicide.—A short time ago a young man residing at 110 Henry St., New York City, died without other apparent cause than poisoning with tobacco which he had used to considerable excess. Dr. Parker, his physician, reported the case to the Bureau of Vital Statistics as a death from "poisoning the system by tobacco." If all physicians were equally frank in their statements of the causes of death, we should have a terrible array of mortality to charge to the account of this vile and enslaving drug.

—If you wish to avoid typhoid fever, dysentery, summer diarrhea, and the numerous ailments so prevalent in the warm season of the year, look carefully after the water supply. See that every source of contamination is removed beyond the limits of possible harm. Use disinfectants freely. Keep clean.

For the Sick Room.

This department will be devoted to the consideration of topics of special interest to invalids and those who have the care of the sick. We shall endeavor to make it in an eminent degree practical, and think it will prove to be a valuable addition to the journal. Questions of general interest coming under the head of the subjects to which this department is devoted will be answered as heretofore in the "Talks with Correspondents."

SUN-STROKE.

THE season of the year has nearly arrived at which this cause of sudden death is most active. If the season is not unusually cool, we shall soon see accounts in the newspapers of deaths from sun-stroke in some of the large cities at the rate of ten to thirty or forty per day. Careful inquiry into the matter has shown that nearly all of these victims are persons who are addicted to the use of stimulants or are under the influence of liquor at the time. The exposure to great heat from any source as well as the direct influence of the sun's rays, may occasion *insolation*.

SYMPTOMS.—Sudden pain in the head; fullness and pressure at the pit of the stomach; sometimes nausea and vomiting; weakness, especially in the legs; dizziness; sight dim and indistinct; objects appear of one color, usually blue or purple; sometimes convulsions or delirium; insensibility; stupor; snoring or moaning respiration; pulse frequent and weak; skin dry and hot.

CAUSES.—The affection known as sun-stroke is produced not only by exposure to the sun's rays, but by exposure to great heat from any source. Persons employed in glass-works, laundries, and in similar occupations, are subject to sun-stroke or heat-stroke, as well as those who are exposed to the sun's rays. It generally occurs, also, in persons who are debilitated by great fatigue, or who have ceased to perspire. The affection is much more frequent in persons who are addicted to alcoholic stimulants than in others.

TREATMENT.—When a person falls with sun-stroke, he should at once be carried to a cool, shady place. His clothing should be removed and cold applications should be made to his head and over the whole body. Pieces of ice may be packed around the head, or cold water may be poured upon the body, from a water-pot. The shower pack is one of the best remedies known for this affection. The bath should be administered as follows:—

A rubber blanket is placed upon an ordinary mattress. Upon this the patient is placed, enveloped in a wet sheet as in

the ordinary pack. Instead of being covered with blankets, however, he is left exposed to the air, so that the powerful cooling effects of evaporation may be obtained. As the sheet becomes warmed by the heat of the body, cool water is showered upon it from a sprinkler or water-pot. The bath is continued thus until the temperature of the patient, as indicated by the thermometer, is sufficiently diminished.

The great source of danger is the high temperature, which sometimes rises as high as 110 degrees. In addition to the measures suggested, the ice pack to the spine and the cold enema may also be employed. In many cases, complete recovery does not take place, the patient remaining more or less subject to some of the symptoms which follow immediately after the attack.

POULTICES.

THESE applications are useful as means of applying moist heat when a prolonged application is desired. The "drawing" effects attributed to them are chiefly due to the stimulating effects of heat. There is little difference in the effects of the various kinds of poultices which are employed. When stimulating effects are wished, as when it is desired to "bring a boil to a head" quickly, or to promote suppuration, the poultice should be applied hot, and renewed sufficiently often to keep up a degree of heat above that of the skin, at least 100° F. When soothing effects are desired, as when the application is made to painful wounds, bee-stings, etc., it should be only agreeably warm, and need be renewed only sufficiently often to prevent it from souring and becoming dry. The use of poultices is similar to that of fomentations. In the case of wounds, when the skin is broken, they are often preferable, being softer and so less irritating. The most commonly employed poultices may be made according to the following directions:—

BREAD AND MILK POULTICE.—Place in a basin a handful of fine crumbs of stale bread, from which the crust has been carefully excluded. Pour on boiling milk, stirring all the while, until the mixture becomes of the thickness of mush. Care should be taken to make the mixture perfectly smooth. Spread on a cloth, making the layer a quarter to a half an inch in thickness, and sufficiently large to

extend well over the part to be treated. The poultice may be applied directly to the skin, or a thin cloth may be placed between. A neat way of making the application is to put the poultice in a muslin bag of proper shape and size, and apply with a cloth between the bag and the skin. Much hotter applications can be borne in this way than when the application is made in the usual manner. This is one of the most conveniently prepared poultices, and is not excelled in efficacy by any other.

BREAD AND WATER POULTICE.—The most quickly prepared poultice is that made of bread and water. Pour boiling water upon well-prepared bread crumbs in a basin. Let soak until well softened, make smooth with a spoon, and apply as directed above. A still more expeditious method is to take a thick, smoothly cut slice of stale white bread, cut away the crust, dip into hot water, remove at once, lay on a cloth, and apply to the part to be poulticed.

BRAN POULTICE.—This is useful when large poultices are required to be used for some time. Throw two or three handfuls of bran into a milk pan. Set on the stove and pour in enough hot water, while vigorously stirring, to moisten, without making it wet. Throw quickly into a bag prepared for the purpose, in quantity sufficient to about half fill. Fasten the mouth of the bag quickly, spread the bran evenly, and apply as hot as can be borne. When the bran becomes sour, as it usually does in a few hours, procure a fresh supply. Renew the application as often as necessary.

INDIAN MEAL MUSH POULTICE.—Spread well-boiled Indian meal upon a cloth and apply in the usual way.

Food for the Invalid.—An invalid's stomach is always a weak stomach, and requires food which will undergo digestion with the least difficulty, and when digested will afford the system the largest amount of nutriment or that of a character the most needful to the system. This fact is often wholly disregarded by physicians, unaccountable as it may appear. We have often known physicians to say to a patient in answer to the inquiry, "What shall I eat?" "Eat what your appetite craves." This advice is in the highest degree pernicious. The invalid's appetite is often very fickle and unreasonable. It will sometimes demand much more food than the system is prepared to appropri-

ate, and at other times will refuse food when the system is in the greatest need of nutrient material. It is the duty of the physician or the nurse to study the requirements of the patient and regulate the supply of nourishment according to the real wants of the system and not according to the whims of the fickle and diseased appetite, although, as a matter of course, it is proper that the wishes and even whims of the patient should be consulted as much as is consistent with his best good. In the present and subsequent numbers, the reader will find in this department many valuable hints respecting the dietary of patients suffering with disease in various forms.

How to get the Dysentery.—Drink ice-water in abundance several times a day. Eat all the green vegetables which are brought to market, without paying particular attention to their condition as to maturity, or asking whether they are fresh or stale. Eat ice-cream at least every other day for dinner and as much more often as a good opportunity offers. Eat confectionery *ad libitum*, and take a lunch just before retiring whenever inclined. If you are a young man, go in swimming the first frosty summer morning which presents a good chance to get thoroughly chilled, and miss no opportunity to get into a violent perspiration and then cool off suddenly. If after taking all this pains to bring on an attack of the disease named, you do not succeed, make up your mind that you are so obstinately healthy that it will not pay to try to be sick.

Rice and Apple.—Stew two or three large ripe apples to a pulp, and sweeten with a little white sugar. Then boil a half teacupful of rice in milk until it is quite tender. Put the rice round a plate with the apple in the center and serve. A dish which most invalids, unless had dyspeptics, will readily digest. Excellent for fever convalescents.

Barley-Water.—Take half a teacupful of good pearl barley. First wash it thoroughly; then boil five or ten minutes in fresh water. Drain off this water and pour on two quarts of boiling water and boil down to one quart. Flavor if desired with a little lemon or sugar. Thin to required consistency with boiling water.

To Remove Foreign Bodies from the Nose.

—Blow through the nose with as much force as possible, at the same time closing the mouth and the unobstructed nostril. Sneezing will sometimes expel the cause of obstruction. A loop of wire or a blunt hook may be successfully used; but care must be taken to avoid crowding the object further in. If it is not tightly embedded, it may be driven out by making the water from a syringe pass up the unobstructed nostril and out at the one containing the foreign body.

LITERARY NOTICES.

CIVILIZATION IN ITS RELATION TO THE DECAY OF THE TEETH.—This little pamphlet is a reprint of an essay read before the International Medical Congress, by Norman W. Kingsley, M. D. S., and is published by D. Appleton & Co. The writer takes the position that with the increase of civilization there is a corresponding increase of mental labor, and that the mind, being constantly on the alert, allows the brain little or no time for rest, and consequently the nutrition of muscles and bones is diverted to repair the undue waste of nervous tissue, and the teeth, being left without the necessary nutrition, decay. The only radical remedy for this result seems to involve a return to habits of life more consistent with hygienic laws. The essay is a very interesting one, and deserves a careful perusal.

We have received a copy of the *Michigan Crop Report*, for June 1, 1882, giving the condition of crops in the State as compared with those of other years. It is prepared and published by the Secretary of the State, and will be of especial value to all agriculturists.

THE PEACEMAKER.—The first number of a new journal bearing the above title has come to our table. The object of the paper seems to be the upbuilding of *Universal Peace Union* among all civilized nations. It is edited by Henry S. Clubb, 813 Arch St., Philadelphia, Pa.

We have received the Annual Catalogue of the State Agricultural College of Michigan for 1882. This is one of the very best Agricultural Colleges in existence, and we are glad to see that the number of students availing themselves of its excellent facilities, is large.

REMARKS ON CERTAIN MEDICAL PRINCIPLES AND PUBLICATIONS. By Dr. Joseph Hamerick of Prague. Translated from the German by F. Marks, London: E. W. Allen, 4, Ave Maria Lane.

This is a pamphlet of thirty-seven pages treating upon a variety of subjects of especial interest to the Medical profession, among which are Vaccination, Medical Training and Theories, the Water of Prague, and various similar subjects.

THE DEATH-RATE OF MEMPHIS.—By Geo. E. Waring, Jr., Newport, R. I.

This pamphlet is a reprint from the *American Architect* upon what seems to be a disputed question whether the death-rate of Memphis has increased or diminished during the year, since the new sewerage system came into use. The pamphlet will be of interest to all interested in the sanitation of cities.

LITTLE SONGS FOR LITTLE SINGERS.—A little book of note songs for primary schools and Kindergartens; edited by W. G. Giffe, Supt. of Music in Public Schools, Logansport, Ind., to whom all orders should be addressed. Price 25 cents.

This is the most pleasing collection of songs for the little ones we have ever seen. The songs are short, amusing, and simple, being written upon topics which will be sure to awaken a lively interest in the minds of children. The music is pleasing and easy to teach, and the book cannot fail to be a favorite with all teachers of primary scholars.

THE POPULAR SCIENCE MONTHLY. New York: D. Appleton & Co.

The July number of this excellent monthly gives a collection of articles, nearly every one of which is a competent treatise in brief on some subject in which the general public take a lively interest, or will awaken interest by the manner in which the topic is presented. "The Physiology of Exercise" by Herr Emile du Bois-Reymond, "Problems of Property" by George Hes, "The Relation of Music to Mental Progress" by S. Austin Pearce, and "The Ethics of Vivisection" are among those of especial value.

THE MICROSCOPE AND ITS RELATION TO MEDICINE AND PHARMACY.—Chas. H. Stowell, M. D. and Louisa Reed Stowell, M. S., editors and publishers.

This new journal has reached the second number of its second volume, and reports unexpected financial success, which is certainly gratifying to all who are interested in the prosperity of every enterprize calculated to encourage the advancement of true science, and an elevation of the standard in the medical profession. The *Microscope* fills a field not heretofore occupied, and does it well. Each number is replete with interest, containing not only numerous choice selections from reliable sources, but several valuable and interesting original articles. The present number contains a fine plate illustrating a practical article on uric acid, by one of the editors. Every practitioner of the healing art should be a regular subscriber to this valuable periodical. Terms only \$1.00 a year.

Publishers' Page.

The Temperance Charts are selling very rapidly. One agent has sent in more than a dozen orders. They supply a want which has long been unfilled and which is not supplied in any other way. They are indispensable for lecturers and just the thing for temperance schools and Sabbath-schools.

The recent victory for prohibition in Iowa is one of the greatest triumphs for the cause of temperance which has been won in recent years. The influence of this action on the part of so great a state will certainly tell powerfully on the results of the same issue elsewhere.

The new paper, THE HEALTH AND TEMPERANCE BEACON is meeting with great success. Several editions of the first number have been issued, aggregating over 20,000 in all. Twenty copies sent to as many different addresses for one dollar.

The "Fourth" was celebrated in this city by a grand temperance rally. A number of eminent speakers from abroad were present, among the most noted of whom were Mrs. Ellen J. Foster, of Iowa, Prof. Wilson, of Ann Arbor, and Hon. Geo. Woodford of Illinois, all of whom, in the estimation of the immense audiences which listened to them about the speaker's stand in the city park or in the mammoth tabernacle across the road to which they were driven by a sudden storm of rain, surpassed their best efforts on former occasions, which is saying much for such eminent orators as the chief speakers are known to be. A temperance dinner was eaten under a spacious awning prepared for the purpose near the stand in the park. Battle Creek has enjoyed many such seasons before, and this was one of the best of them all.

Mrs. Foster remains at the Sanitarium for a week for rest and recuperation, and then goes to the East to attend other large temperance gatherings.

One of the attractions of Michigan is its numerous "fine fruit growing tracts." The light sandy loam which abounds in many parts produces the finest small fruit in the world. Mr. D. A. Owen, proprietor of the Spring Lake Nursery a few days ago brought to our office a few boxes of the finest strawberries we ever saw or tasted. Mr. Owen has made a specialty of raising various varieties of strawberries and other small fruits, and does a flourishing business in supplying those who wish to obtain first class nursery stock of every description.

The numerous friends of "Our Home" at Dansville, N. Y., were greatly startled a few days since by the announcement that the large main building was in ashes. We understand that the building and its contents were completely destroyed, but no lives were lost.

Messrs. Maxson, Smith, and Millsbaugh, and Misses Sanderson and Tolman, who have been pursuing medical studies at the State University, are spending their summer vacation at the Sanitarium, and render themselves very useful in a variety of ways in connection with the various practical departments. All have made unusually fine advancement in their studies, and are bound to succeed well if they continue as they have begun.

The new "Children's Pledge" which was adopted at the last annual meeting of the AMERICAN HEALTH AND TEMPERANCE ASSOCIATION, is now ready, and will be furnished to all auxiliary Health and Temperance Associations free of expense, provided the officers of the Associations will make a proper effort to circulate them among the children of Sabbath-schools and other schools as there may be opportunity. The pledges are neat and attractive, and the pledge is a thorough-going one. It reads as follows:—

*I do Solemnly Promise
that, with the help of God, I will never use
Tobacco in any form, or drink Tea, Coffee,
Beer, Wine, Cider, or any alcoholic drink.*

*Name,.....
Date.....188..*

To temperance associations or temperance workers not connected with the A. H. & T. A., the pledges will be furnished at actual cost, which for paper and printing is about \$2.00 a thousand. We believe that great good may be done by the circulation of these pledges, and trust that many of the friends of temperance will interest themselves in their introduction.

Mr. Segner, of Burlington, Iowa, reports a steady increase in the sale of "Plain Facts for Old and Young." The sales in the last year have reached over 20,000 copies. An agent in Virginia recently reported fifty-two good orders taken in one day, and two hundred and eighty-four in ten days.

An examination in Sanitary Science will be held at Lansing by the State Board of Health on Tuesday next. Any person who has graduated from a legally authorized medical college is eligible as a candidate for a certificate of qualification for the position of health officer.

The other day a young lady walked away from the Sanitarium who was brought there a year ago completely helpless with paralysis.

We take pleasure in calling attention to the advertisement in this number of the calligraph, the new writing machine which is the very latest production in this line and seems to be very acme of perfection. We are in possession of one of these little marvels of ingenuity, and are at this moment making a practical test of its merits. We are thoroughly satisfied with its working, and should dislike to be deprived of its services. It renders writing much less burdensome, taxing the writer less, and greatly increasing the speed as well as the legibility.

We start in this number a new department which we believe will contribute much to the interest of the journal, "The Sick Room." We shall be glad to receive suggestions from all who may be interested in the new department, and will endeavor to make it eminently practical by timely topics each month.

A patient who recently arrived at the Sanitarium passed through the terrible water-spout which recently visited the State of Illinois. The train was badly damaged, and all the baggage was destroyed; but, fortunately, no lives were lost.