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A MUDDLED PROFESSOR.

BY THE EDITOR.

A RECENT number of the *North American Review* contains a symposium on the dress question, in which a number of different writers express their particular notions on this important theme which has given rise to so much discussion during the last quarter of a century. Each of the writers engaged in the present discussion, with one exception, recognizes the need of a reformatory change, for substantial physical reasons. Dr. Wm. Hammond, the eminent professor of Nervous Diseases in the Medical Department of the University of New York, argues that it is wholly a question of convenience and "æsthetics." He evidently considers it his duty to have an opinion of his own, and that as different as possible from the opinions of other people on this as well as many other medical questions. He writes quite interestingly, however, though inconsistently, so that we can afford to listen to him. He begins thus:—

"Without going into the consideration of the dress of women in various parts of the world, it will be sufficient if I confine what I have to say on the subject to their apparel as worn at the present day. But it is an important fact that in the earlier periods of the history of the human race there were no essential points of difference in the dress of the two sexes, except, perhaps, in the way of wearing the hair. Roman men and women, for instance, wore pretty nearly the same kind of external

garments. A plate in Planché's "History of Costume" represents a group of Anglo-Saxon men and women of the tenth century, and it is difficult, if not impossible, to tell which of the figures represent men and which women. The traditional fig-leaf was the same for both sexes, and from it were evolved skirts that varied but little in shape and general appearance, whether they concealed the nakedness of a man or that of a woman. The differences that now exist have mainly been caused by the revolt of man from the inconvenience of long skirts, and the assumption by him of a separate covering for each leg. What he has gained in the facility with which he can run, leap, climb trees, straddle a horse, row a boat, and do the many other things that his occupations require of him, he has certainly lost in grace and elegance. Trousers are of oriental origin, and in the form of breeches were worn by the ancient Gauls and Britons. They went out of fashion, however, soon after the occupation by the Romans, and the gown took their place, or rather re-acquired its place, for both sexes.

"So far as I know, the wearing of trousers by women is a mere matter of convenience and æsthetics that they are perfectly competent to settle for themselves, and that they certainly will decide without interference from the other sex. It is not a question into which sanitation enters. There are no statistics to show that the partial exposure of the lower extremities to the atmosphere, which more or less attends upon the absence of trousers, leads to greater ill-health or mortality than when they are more securely covered with trousers. Rheumatism, sciatica, hip-joint disease, white-swelling, neuralgia, etc., are more common in men than they

are in women. It is true that women sometimes wear drawers in winter, but they are in general a poor protection in themselves compared with the close-fitting woolen drawers of men, and the superimposed trousers of even more compact material. As a matter of fact, however, women endure cold weather as well as do men, not because they are more warmly clad; but because, owing to the flowing character of their garments, and the fact that they are not in close contact with the lower part of the body, a stratum of air exists between them and the skin, and this, being a good non-conductor of heat, prevents the rapid cooling of the surface that would otherwise take place. It acts just as does the two or three inches thickness of air when double windows are put into a house."

What a pity that the discovery that loose skirts are warmer for the legs than closely fitting garments, should have been made at so late a day as this! What an amount of earnest talk has been wasted! How the advocates of dress reform have waxed warm in condemning the prevailing style in women's dress, on the ground that the circulation is disturbed by the exposure of the limbs to chilling by the loose skirts, which Dr. Hammond has discovered are much warmer than drawers or pantaloons! As most of the agitators of the dress reform question have been women, Dr. Hammond's discovery certainly suggests a sad want of acumen on the part of the fair sex, that they should have failed to make the discovery themselves, though having had an opportunity for practical experimentation which it is hardly supposable that Dr. H. has had. It certainly requires the highest kind of genius to be able to rise above the necessity for the observation of facts to which vulgar minds are subjected, and this remarkable discovery of the eminent Professor affords another illustration of what may be accomplished by a skillful use of the "scientific imagination." The Professor's reasoning makes it very clear that poor masculine humanity has been for some centuries back abused in a gross and cruel manner, and that science de-

mands that the doctors should preach a crusade against pantaloons, and insist that men shall meekly submit to a reinstatement of the reign of the petticoat. Now that we are fully awakened to the exposures and dangers involved in the wearing of pantaloons, it is a matter of amazement that the unhappy male biped who has been subjected to such a barbarous costume, has not been quite exterminated by this dreadful abuse of his nether extremities.

Personally, we have never had any experience in petticoats; but when we have seen a woman battling her way along the street against a December wind, with her dress skirts whipping about like sails, and the frosty air making small cyclones about her limbs protected only by cotton stockings and thin drawers, our unscientific imagination has somehow become impressed with the idea that the biped in pantaloons on the other side of the street had a great advantage in point of warmth as well as convenience, notwithstanding the lack of "æsthetic" qualities in his dress. It might appear to some persons of meager intellectual endowments, and not gifted with "scientific imaginations," that women endure the cold season of the year as well as men, not because their skirts afford them better protection, but because they are less exposed to the inclemencies of the season, their occupations being indoors.

"But as the occupations of women are gradually becoming identical with those of men, it appears to be desirable, on the score of convenience, that they should wear trousers, even at the sacrifice of warmth and beauty. A woman commanding a steamboat would certainly be more efficient in trousers than in long skirts. A saleswoman in a shop would do her work with more comfort to herself, and more to the satisfaction of her employer, if she were disencumbered of the gown and petticoats that prevent her from climbing step-ladders to get down goods, or jumping over the counter, like her male rival. Even as a physician, or as a nurse in a hospital, she would more effectually perform her work if she wore

trousers, and thus had more freedom in the motions of her lower limbs. A woman surgeon, for instance, called upon to reduce a dislocation of the shoulder-joint, would find skirts very greatly inconvenient when she came to put her heel into the axilla of the patient in order to obtain the necessary fixed point to counteract the effects of her traction. Besides, the flowing drapery worn by the woman physician and nurse is more apt to absorb contagion than the closely fitting trousers of man, and hence renders them carriers of disease from house to house, or from person to person.

"If I had the determination of the question, I should prescribe trousers for all women that do manual labor, except such as is of a purely ornamental character,—embroidery, crocheting, etc.,—and such as is strictly confined to the use of the hands, without the legs being necessarily brought into use,—sewing, knitting, writing, painting, etc. The sewing-machine should never be worked by a woman in skirts. The gown and petticoats I would reserve exclusively for women embraced in the above-named exceptions, and for those whose office in society is to be ornamental and useful in the various social relations of life. Certainly a great deal of the æsthetics of a drawing-room, a ball-room, or a dinner-table would be lost if the women who attend them wore trousers instead of the silk, satin, and velvet gowns that now add so much to their loveliness. I can quite conceive that a man thoroughly imbued with the prejudices received from a biased education, indisposed to accept new ideas, and deeply endowed with a love for the beautiful, might be reluctant to pay his addresses with a view to matrimony to a woman wearing trousers. Still, under the influence of familiarity with the idea of a change in the nether garments of the sex, and especially should they be generally adopted by pretty women, it might reasonably be expected that a change of opinion and emotion would ensue, and that perhaps in time he might even be brought to regard trousers as filling more completely his idea of the beautiful than do skirts at the present day."

Our author is afraid that the ball-room and the dinner-table will lose some of their "æsthetics" if women should put on trousers; but he at once admits that the "æsthetics" of the dress question is wholly a

matter of habit, and may be completely reversed if sufficient time is allowed.

"There is another point that requires consideration, and that is the practice of wearing the gown cut low in the neck, so as to expose the breast, and without covering for the arms. It is doubtful if this leads to any ill consequences. It has been continued for many generations without apparent injury. It might be supposed, at first thought, that bronchitis, pleurisy, pneumonia, and many kinds of rheumatism and neuralgia would be the result of the custom; but such is really not the case, all of these affections being much more frequently met with in men who cover the chest and arms with several thicknesses of woolen material in addition to a shirt of linen or cotton."

Our learned author evidently delights in paradoxes. He gravely says, "There is another point that requires consideration," referring to the practice of exposing the arms and chest, formerly more fashionable than at the present time. One certainly would expect to hear at least some word of condemnation of this fashion, the unhealthfulness of which has been too frequently demonstrated by those addicted to it, to require the dictum of a learned doctor either for or against it. Indeed, the Professor himself seems to recognize the apparent weakness of his defense of this most absurd of fashionable follies, since he remarks, "It might be supposed at first thought," etc., but gives no substantial reason why it might not also be supposed at second thought, especially since the same statistics which show man to be the greatest sufferer from bronchitis, pneumonia, etc., as the result of his greater exposure to the weather, show that consumption, a disease which kills vastly more than all of the maladies named, finds by far the greatest percentage of its victims among women. It is certainly a marvelous exhibition of legerdemain in logic by which the Professor at one moment advocates the wearing of skirts and petticoats on the score of warmth for the limbs, and the next insists that for the other extremity of the body, which is certainly much closer related to the organs of greatest im-

portance in the vital economy, no clothing whatever is needed.

"It has been strenuously urged by many so-called sanitary reformers, that women should support their skirts by straps passing over the shoulders, and some few have been induced to adopt the method. It is to be hoped that it will not spread. A woman's hips are proportionally wider than those of a man, and there is no better way of keeping up the many petticoats than it is sometimes necessary to wear, than by fastening them with strings or bands around the waist, over the corset. Shoulder-straps hinder the movements of the chest, and tend to make those who wear them round-shouldered. Besides, they could not well be worn with a low-neck dress. Even if trousers should come into general use for women, it would be better that they should be kept up by the support of the hips than by suspenders passing over the shoulders. It is true that many men wear suspenders, and this fact may perhaps lead to their adoption by some women; but again no inconsiderable number of the male sex support their trousers from the hips. If comparatively narrow-hipped man can do this, wide-hipped woman ought to be able to do it better."

This paragraph certainly reads like the ingenious advertisement of a fashionable *modiste*, prepared after the style of the latest pattern of quack medicine advertisements. The Doctor speaks as one in authority when he says, "There is no better way," etc. Did he ever try the experiment? We know of some hundreds of intelligent women who have tried the experiment of changing the weight of the clothing from the waist to the shoulders, and we do not know of a single instance in which the experimenter has been willing to return to the old style of dressing after shoulder straps had been adopted. Suppose the Doctor should try the experiment himself once. Let him supply himself with a fashionable corset, now button his pantaloons tightly around his waist, and fill his pockets with buck shot or twenty-dollar gold pieces, and start off for a ten-mile tramp. If he don't complain of a dragging pain in the lower bowels and an insupportable backache

before he gets around home, it will be because he hails the first cab, and takes the journey on wheels.

"Shoulder straps hinder the movements of the chest, and tend to make the wearers 'round-shouldered.'" Undoubtedly this is true if "many petticoats" are suspended from them; but what intelligent woman who has undertaken to reform her dress does not know that "many petticoats" are *never*, instead of "sometimes, necessary." But here is the real argument: "Besides, they could not well be worn with a low-necked dress." Certainly not. A strip of red, white, or striped webbing striking straight down across a broad bare space of pink and white immodesty would destroy a "great deal of æsthetics."

But did it ever occur to our learned authority that corsets may "hinder the movements of the chest, and tend to make those who wear them" narrow-waisted? It is true, women have wider hips than men, but this anatomical peculiarity is given to women for quite another purpose than to hang either trousers or petticoats on. The Italian farmer works the cow as well as the ox before the cart or plow. What would even Dr. Hammond say if he should find one of these old-fashioned agriculturists adjusting a yoke around the middle of his female bovine, because her hips happened to be a little wider than those of her broad-shouldered brother?

"A good deal more might be said in regard to hats, shoes, and stockings. But as I remarked in the beginning, women will settle all the questions of dress for themselves. There is no evidence to show that in this respect men have ever interfered with them; and if they should presume to make the attempt, it is not at all likely that their advice would be heeded."

We are able to find one sentiment with which we can quite agree. Women are settling this question of dress for themselves, and are perfectly competent to do so, and it is certainly to be hoped that

they will allow no fashion-blinded men, even though they may be backed by the prestige of a world-wide reputation in some specialty, to interfere with their attempts to rescue their sisters from the most thralling slavery of modern times,—fashionable dress.

EDUCATION FOR WOMEN.

WE hear a great deal said now-a-days about the higher education of women. It is a fact so well taught by experience as to be universally acknowledged as an axiom, that nothing can safely be raised higher unless the foundation be safe. While we want a higher education for woman, aye, an education that shall never stop in its ascending progress, giving her a nobler position and a broader outlook, we should see to it that the foundation whereon we build be like the rock, not sand. The Leaning Tower of Pisa is prized for the architectural beauty of its structure; while its obliquity is regarded as a curiosity, or a fault, according to the nature of the person regarding it. Its preservation depends only upon its having a foundation that is reliable. Men do not build hap-hazard, wherever the convenience or sense of beauty may be suited, without first trying the ground and adding to its strength for upholding, if need be. Why treat a human being with less consideration than a statue or an edifice?

But how shall we find out about the foundation? When we regard a human being, we first notice the body. Very well, we will begin there. How is the body to be made to best fulfill its use? As I understand it, the body is the vehicle for the mind, that which thinks, and plans, and uses the members of the body as instruments to execute these plans, be they instantaneous or long-deliberated. Then it follows that the body should be in perfect order for use. The brain is conceded to be the seat of thought, and this is kept in order by the blood. Does every woman know how to keep the blood in good order? Do women as a rule know this?—I think not. And yet, is there anything of so much importance as this, since it is the underlying need, affecting everything, the very beginning of our foundation?

The blood is purified in the lungs by contact with the oxygen of the air. How many are careful to insure a full supply of

pure air? Woman's work is chiefly indoors, in the home, the office, the shop. How many look to it that a full supply of fresh air *can* be had, and *is* had? Those who are employed will say, and truly, that the system of ventilation is out of their control, that they cannot even open windows as they would like, because some of the others will cry out that they are frozen or taking cold. Since our buildings are put up with so little thought of ventilation, these cannot help themselves; but how about the rooms they hire, where they live and sleep? Do they have any thought for the air when they go to hire them? Do they have any thought of how much sunshine the room is to have through the day? Do they take a certain amount of out-door exercise every day? Those who are home-keepers, do they notice first of all when they go to hire a house, about its ventilation and sunshine? And then do they keep the sunshine *outside* the house? Just here I must say, if women understood the value and use of sunshine, they would adapt their furniture and carpets to it, and not regulate the sunshine with regard to the carpets and furniture. It is sad to think how the education of women has been distorted in that one direction alone.

With regard to walking, are women taught how to walk, and how to dress for it? Look at the mincing way they walk, with backs curved and contracted chests; then glance at the little girls swinging along with free steps, with dancing *eyes*, not *nerves*, and whose *cheeks* Jack Frost pinches red, not their *noses*. Now what makes the difference? First, look at the feet. There may be something wrong there. Perhaps these women are like one of my acquaintances who had a pair of shoes made by measure, but took them back, saying, "They are altogether too large; I will never wear a boot that I can get on the first time in less than fifteen minutes." And how about the heel? Of what good to learn about the bones of the human foot, if we toss the facts out of our consideration, and make our feet look like cloven hoofs? Of what good to learn how the foot is arched for support, if we force the whole weight of the body on the toes? Right education would impress the fact that a proper shoe should protect the foot in its natural use of bone and muscle, not cramp and distort it, thereby preventing proper exercise of an organ which should do its part in making proper blood to

nourish the brain, that we may think clearly. 'Tis always the old train of cause and effect, like the nursery rhyme of the butcher, the cow, the water, the fire, and the stick, all to get the pig home.

Then how about the lungs? Have they room for vigorous action? And this is of so much consequence that there has been a constantly growing protest all along the line of thinkers, till the effect is beginning to be seen. But there is much work yet to be done in that direction. When women can all be brought to the golden mean of nicely-fitting clothing, not the pinching of waist, hand, and foot by some, and the baggy dress, glove, and boot of others, then shall be realized the use of beauty and the beauty of use, in this one direction.

What kind of education do women possess in regard to food? With many, it is simply a question of diversified bills of fare. To be sure, all will tell you we must eat to live, and that food supplies the waste of the body. But out of the first hundred women to be met, how many can tell the kind of food best suited to the different parts of the body, to the different states of health, or the different modes of life? How many can tell the kinds of food that may be eaten together? How many know that some kinds of food, good in themselves, are not fit to be eaten together, because they call for diverse actions of the stomach? How many know the effect of the food on the temper, the thoughts, the actions? A father was in despair over his wayward son; he had exhausted reasoning, whipping, coaxing, and was speaking to a medical friend. The doctor asked about the boy's food, and found that he was plentifully supplied with highly seasoned food, meats, pastry, etc. He applied leeches, and ordered his food to be of simple, coarse kinds, prepared with no condiment but salt enough to season it. He said there was so much bad blood generated, that the boy couldn't be well-behaved; and the result proved the doctor to be right.

How many know when to trace irritability of temper back to a suffering stomach? It seems the usual way to eat anything and everything, then run to the doctor, or worse still, to the drug store for some patent medicine. It would astonish the public to realize how much is paid for some remedy that has helped some one else, or that is advertised as good. Is it not time that all should know that indiscriminate dosing is not helpful, and that

what is good for one may be bad for another? What would be thought of a man who should have a garden, and should continually throw over it all kinds of earth, and then hire some one else to cart it away? Is it not like that, when one eats everything, and then takes a doctor's advice and medicine to cure dyspepsia, dizziness, and countless other ills? Why not eat the medicines? Eat cracked wheat, and bread made of whole-wheat flour, rather than take "wheat phosphates" as medicine; eat dandelion greens in spring, rather than take taraxicum. The list is only begun with these two. Then how many know that rice has over eighty per cent of nourishment against twenty-five per cent for beef? Stories are plenty of poor working women who earn so little that they live on crusts with only an occasional chance to buy a pound of liver. Every woman ought to have enough education to be able to look at liver and know that it has no strength-giving qualities. She should know enough to buy meat with fibre to it. And any one who stands in the position of buyer, for herself alone or others, should know what is for strength, and what for mere variety. Any one who stands in the position of cook, either for herself alone or for others, should know at least the proper method to prepare a few necessary dishes, and should reason from these, or should apply herself to learn others as occasion requires.

Some women inherit property; are they taught how to take care of it? One lady inherited a block of stores that paid a good income, but a serious breakage called for extensive repairs. A friend consoled with her, saying, "It's too bad, you'll have so much less pin-money."

"Why?" she queried.

"Because it's going to take such a lot to repair that."

"Why, John will do that. It's a pity if he can't take care of his wife's property."

Another knows she has possessions, but cannot tell where or how much. "Uncle knows all that," she only knows she asks for money whenever she wants any.

Other women earn money, but how many of these know enough to use the banks? One who could write such a book as *Uncle Tom's Cabin*, had not the least idea how to use the first check paid her.

Women need a full education for the every day affairs of life, how to take care of themselves and of those lives put in their care, in the thousand incidents and

accidents of daily life that affect them, how to make themselves thorough masters of whatever positions they hold ; thus and thus only are they ready for advancement.—*Lilla Barnard, in Woman's Magazine.*

THE GLUTTON.

'Tis the voice of the glutton, I heard him declare,
He loves the roast lamb, and the hot stew of hare ;
The fishes he dotes on, he gobbles them clean,
Nor leaves them a fin nor a bone to be seen.
He dreams of rich beef-steaks and cutlets so rare,
And snorts with delight as he sleeps in his chair ;
All nature he loves, but his love is the same
As the wolf and the tiger, which no man can tame.
Now look at the glutton : his nose it is red,
And his brains they have run to the back of his head ;
His face it is swelled, and his eyes they are bleary,
And when he walks out, he becomes very weary.
His paunch it is large, and he rocks as he goes,
Because he has got so much gout in his toes.
What a show he becomes, who was once trim and neat,
Like a great grunting porker upon its hind feet !
If he loved Nature less and Divinity more,
He would not descend from a man to a boar.

—*Theta.*

TEA AND CONDIMENTS.

BY W. MATTIEU WILLIAMS.

MR. GAUBERT asks me whether I think that tea taken in moderation (say two cups in the evening) does any mischief. He offers to relinquish the habit, in spite of the pang, "on the advice of" so eminent an authority" as myself. I hope that he will not be so weak as to accept my authority or any other on a question which can easily be answered by common sense and simple direct experiment. There are cases in which we are compelled to lean on authority, but this is not one of them, and he will see, by perusing what I have written on the subject, that I have repudiated mere authority, and appealed to facts that are open to all.

I will reply further to Mr. Gaubert, as in doing so I shall be also replying to a multitude of others, his case being typical. Let any of these repeat the experiment that I have made. After establishing the habit of taking tea at a particular hour, suddenly relinquish it altogether. The result will be more or less unpleasant, in some cases seriously so. My symptoms were a dull headache and intellectual sluggishness during the remainder of the day ; and if compelled to do any brain work, such as lecturing or writing, I did it badly. This, as I have already said, is the diseased condition induced by the habit. These symptoms vary with the

amount of the customary indulgence and the temperament of the individual. A rough, lumbering, insensible navy may drink a quart or two of tea, or a few gallons of beer, or several quarterns of gin, with but small results of any kind. I know an omnibus driver who makes seven double journeys daily, and his "reg'lars" are half a quartern of gin at each terminus ; *i. e.*, 1½ pints daily, exclusive of extras. This would render most men helplessly drunk, but he is never drunk, and drives well and safely.

Assuming, then, that the experimenter has taken sufficient daily tea to have a sensible effect, he will suffer on leaving it off. Let him persevere in the discontinuance, in spite of brain-languor and dull headache. He will find that day by day the languor will diminish, and in the course of time (about a fortnight or three weeks in any case) he will be weaned. He will retain from morning to night the full, free, and steady use of all his faculties ; will get through his day's work without any fluctuation of working ability (provided, of course, no other stimulant is used). Instead of his best faculties being dependent on a drug for their awakening, he will be in the condition of true manhood ; *i. e.*, able to do his best in any direction of effort, simply in reply to moral demand ; able to do whatever is right and advantageous, simply because his reason shows that it is so. The sense of duty is to such a free man the only stimulus demanded for calling forth his uttermost energies.

If he again returns to his habitual tea, he will again be reduced to more or less of dependence upon it. This condition of dependence is a state of disease precisely analogous to that which is induced by opium and other drugs that operate by temporary abnormal cerebral exaltation. The pleasurable sensations enjoyed by the opium-eater or smoker or morphia-injector are more intense than those of the tea-drinker. Mr. Gaubert tells us that he enjoys his cup "immensely." The gin-drinker enjoys his half quartern "immensely," as anybody may see by "standing treat," and watching the result. The victim of opium has enjoyment still more immense, and in every case the magnitude of the mischief is measurable by the immensity of the enjoyment.

Again I say that I am not denouncing the proper use of any of these things. There are occasions when artificial stimulants or sedatives cautiously used are

most desirable. My condemnation is applied to their *habitual* use, and the physical and moral degradation involved in the slavish dependence upon any sort of drug, especially when the drug operates most powerfully on the brain. To the brain-worker, tea is worse than alcohol, because it exaggerates his special liability to overstrain. I can detect by physiological indications the habitually excessive tea-drinker as readily as I can detect the physiognomy of the opium-victim, as may anybody else who chooses to make careful observations.

I must not leave this subject without a word or two in reference to a widely prevailing and very mischievous fallacy. Many argue and actually believe that because a given drug has great efficiency in curing disease, it must do good if taken under ordinary conditions of health.

No high authorities are demanded for the refutation of this. A little common sense properly used is quite sufficient. It is evident that a medicine, properly so called, is something which is capable of producing a disturbing or alterative effect on the body generally or some particular organ. The skill of the physician consists in so applying this disturbing agency as to produce an alteration of the state of disease, a direct conversion of the state of disease to a state of health, if possible (which is rarely the case), or more usually the conversion of one state of disease into another of milder character. But when we are in a state of sound health, any such disturbance or alteration must be a change for the worse, must throw us out of health to an extent proportionate to the potency of the drug.

I might illustrate this by a multitude of familiar examples, but they would carry me too far away from my proper subject. There is, however, one class of such remedies which are directly connected with the chemistry of cookery. I refer to the condiments that act as "tonics," excluding common salt, which is an article of food, though often miscalled a condiment. It is food simply because it supplies the blood with one of its normal and necessary constituents, chloride of sodium, without which we cannot live. (?) A certain quantity of it exists in most of our ordinary food, but not always sufficient.

Cayenne pepper may be selected as a typical example of a condiment properly so called. Mustard is a food and condiment combined; this is the case with

some others. Curry-powders are mixtures of very potent condiments with more or less of farinaceous materials and sulphur compounds, which, like the oil of mustard, onions, garlic, etc., may have a certain amount of nutritive value.

The mere condiment is a stimulating drug that does its work directly upon the inner lining of the stomach, by exciting it to increased and abnormal activity. A dyspeptic may obtain immediate relief by using cayenne pepper. Among the advertised patent medicines is a pill bearing the very ominous name of its compounder, the active constituent of which is cayenne. Great relief and temporary comfort are commonly obtained by using it as a "dinner-pill." If thus used only as a temporary remedy for an acute and temporary, or exceptional, attack of indigestion, all is well, but the cayenne, whether taken in pills or dusted over the food or stewed with it in curries or any otherwise, is one of the most cruel of slow poisons when taken *habitually*. Thousands of poor wretches are crawling miserably toward their graves, the victims of the multitude of maladies of both mind and body that are connected with chronic, incurable dyspepsia, all brought about by the habitual use of cayenne and its condimental cousins.

The usual history of these victims is that they began by overfeeding, took the condiment to force the stomach to do more than its healthful amount of work, using but a little at first. Then the stomach became tolerant of this little, and demanded more; then more, and more, and more, until at last inflammation, ulceration, torpidity, and finally the death of the digestive powers, accompanied with all that long train of miseries to which I have referred. India is their special father-land. Englishmen, accustomed to an active life at home, and a climate demanding much food-fuel for the maintenance of animal heat, go to India, crammed, may be, with Latin, but ignorant of the laws of health; cheap servants promote indolence, tropical heat diminishes respiratory oxidation, and the appetite naturally fails. Instead of understanding this failure as an admonition to take smaller quantities of food, or food of less nutritive value, they regard it as a symptom of ill-health, and take curries, bitter ale, and other tonics or appetizing condiments, which, however mischievous in England, are far more so there.

I know several men who have lived rationally in India, and they all agree that

the climate is especially favorable to longevity, provided bitter beer and all other alcoholic drinks, all peppery condiments and flesh foods, are avoided. The most remarkable example of vigorous old age I have ever met was a retired colonel eighty-two years of age, who had risen from the ranks, and had been fifty-five years in India without furlough; drank no alcohol during that period; was a vegetarian in India, though not so in his native land. I guessed his age to be somewhere about sixty. He was a Scotchman, and an ardent student of the works of both George and Andrew Combe.—*Knowledge*

TEA AND INDIGESTION.

ACCORDING to Dr. Brunton, a noted English physician, tea occasions indigestion in consequence of the tannin which it contains. He says:—

Tea is very apt to cause a feeling of acidity and flatulence. Sometimes the acidity comes on so soon after the tea has been taken that it is difficult to assign any other cause for it than alteration in the sensibility of the mucous membrane of the stomach or œsophagus. Tea contains a quantity of tannin, as we very readily notice by the black spot which a drop of it will leave upon a steel knife, and it contains also caffeine and volatile oil. The effect of the tannin is to interfere very considerably with the digestion of fresh meat; and there are many people in whom tea, taken along with fresh meat, will upset the digestion.

Tea in the afternoon, two or three hours after lunch, will sometimes bring on acidity almost immediately; and I am inclined to think that this is due either to its producing increased sensibility of the gastric mucous membrane, or, what is perhaps still more probable, to its altering the movements of the stomach, so that the mucous membrane of the cardiac end of the œsophagus becomes exposed to the action of the contents of the stomach. These are much more acid two hours after a meal than they are immediately after it, and they will thus produce a much more irritating action upon a sensitive mucous membrane. A part of the mischief wrought by tea in the lower classes, is due to their allowing it to infuse for a long time, so that a large quantity of tannin is extracted. . . . The practice of sipping the tea almost boiling hot is also apt

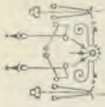
to bring on a condition of gastric catarrh, that is, inflammation and disorder of the lining membrane of the stomach.

Those who imagine that tea is in any proper sense a food, should note the following remarks by Dr. Andrew Wilson, of London, England:—

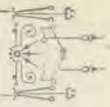
Tea for breakfast, tea for dinner, and tea for "tea," is the rule with many persons, who imagine that tea is a food, whereas in reality it is, at the best, only an adjunct to food. "The eternal teapot simmering on the hob" is a graphic description of the food habits of thousands. It is deeply to be regretted that the idea of tea, as a form of nourishment, has been so widely cultivated and acted upon. Tea is a stimulant. But it is not a food in itself; and those who spend money upon tea, in the delusion that they are purchasing a food, really illustrate a practice which is comparable to that of the man who swallows whisky or brandy under a like delusion. The only persons who can really afford to take tea, are those who have plenty of true food to eat. The sooner the common delusion regarding the place of tea as a food is exploded, the better will it be for the national health at large. Tea-drinking, as ordinarily practiced, is really at the bottom of as much illness, and of as many cases of disordered digestion, as alcohol; and this for the reason that, though probably not so rapidly injurious in its action, the habit of drinking tea at all hours is more widely practiced than alcoholic imbibition.

—For years a certain New England man owed each night's rest and sleep to the administration of a dried huckleberry, which he took in the belief that it was an opium pill. Whenever any change was made in the "medicine," or anything else was substituted, a wretched night invariably followed, and sleep returned only upon return to the innocent remedy. The patient lived to a ripe old age without suspecting that there was really nothing the matter with him, or that his pills were other than the genuine article.

—To keep in health, this rule is wise: Eat only when you want, and relish good. Chew thoroughly, that it may do you good. Have it well cooked, unspiced, and undisguised. He who takes medicine is ill-advised.—*Leonardo de Vinci.*



TEMPERANCE AND MISCELLANY,



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

Conducted by MRS. E. E. KELLOGG, A. M., Superintendent of Hygiene of the National W. C. T. U.

LIFE'S CROWN.

LIFE'S fadeless crown is twisted from the leaves
Of little flowers of love that strew the lands
Around us, ready to all ready hands
To pluck and plait. And he who idly grieves
That life is crownless is a fool and blind.
He who would bless his fellows must not ask
Sublime occasions for that gentle task,
Or trumpets boasting to the deafened wind.
To fill with patience our allotted sphere,
To rule the self within us, strong in faith,
To answer smile with smile, an' tear with tear,
To perfect character and conquer death,—
This is to win what angels call renown,
And bend round life's pale brows an amaranthine
crown. —Wade Robinson.

"A TROUBLER IN ISRAEL."

BY ELEANOR KIRK.

CONTINUED.

MR. WESTBROOK'S appreciation of the minister's willingness to help him out of a troublesome predicament was most hearty. He had appealed to him because he really did not know what else to do. There was one chance in a thousand, perhaps, that this gentleman might feel as he did about this matter of mourning apparel for children, and if he did, his influence would be all that was necessary; so it came to pass that Nellie wore a white dress instead of a black one, and as it was large enough to admit of unimpeded respiration, she was really quite comfortable at this her first funeral. She had hidden the gold chain which her baby brother had clutched in his paroxysms of pain and held on to after they were over, under the ruffles around her neck. This was the most precious thing she possessed.

The child's conception of another state of existence had been happily modified by her acquaintance with Mrs. Miller. This lady had a sweet and abiding faith in the reality of things unseen, and was able to give the reasons of her faith in so simple and felicitous a manner, that a child, even of ordinary comprehension, could lay hold of them. It was all right when her friend made it clear to her that heaven, to be heaven, must be a place of liberty.

"Dear me," said the little girl on one of these occasions, "I thought sure that the angels had to wear new clothes all the time, and most as tight as their skins. I'd rather stay in the ground forever and ever than be one of them if they did."

It seemed to Nellie that if her baby brother was well and happy, it would be wicked for her to be sorry. It would have been almost compensation enough for the baby's removal to Nellie, if she could have been sure that he no longer had to be wound around with those horrid tight bands. But to have everything else added in the way of comfort and happiness, filled her heart with joy. Of course the child's cheerfulness during these hours of bereavement, was exceedingly offensive to her mother. "She was old enough," this lady said, "to realize the awful sorrow that she—Mrs. Westbrook—had been called upon to suffer, and that she did not was proof positive of her stupidity, as well as her heartlessness. But the father understood and shielded his little daughter in every possible way.

About two weeks after the funeral, Mrs. Westbrook began to stir about among her affairs, and the first discovery she made was concerning the liberties that had been taken with Nellie's wardrobe. For a few moments she was speechless with rage. The child was so thoroughly frightened with this strange exhibition that she was flying out of the house, when her mother's voice peremptorily recalled her.

"Who had the audacity," she asked, holding up some of the articles that had been meddled with, "to let out these clothes?"

"Mrs. Freeman, 'mamma, when she was here, and I asked her to," the little girl replied, trembling so that she could hardly speak.

"You asked her to?"

The concentrated venom of these words surpassed description. Not for the world would Nellie bring her father into this scrape. It was true that she had asked the nurse many times to make these garments enduring, but it was Mr. Westbrook who had given the final order.

"You asked her to?" the enraged parent repeated. "You dared to give that woman directions about your clothes, and she dared to act upon them without my consent? 'Come here!

The child did as she was bidden, and drew within reach of the upraised hand. Then it descended, first upon one white and innocent cheek and then on the other, her victim standing as still as the tremendous blows would admit of. They nearly knocked her off her feet, several times; but she bravely braced herself to receive those that were to come. The end came to this miserable scene when the chastiser was no longer able to lift her arms.

"Now, Miss," she gasped, as the child showed no signs of moving, "go into the dark bedroom, and stay there the rest of the day."

Without a tear or a word, the little girl turned to leave the room. As she was crossing the threshold, an ominous moan from her exhausted companion caused her to look back. Nellie was well acquainted with all the symptoms of a swoon, and here was one coming on, sure enough. So quite forgetting for the moment her own wrongs in this new anxiety, she ran back to the bureau, seized and unstopped the camphor bottle, and presented it to her panting enemy. It may be that on this occasion Mrs. Westbrook preferred to go the whole figure. It may be that these "coals of fire" were too hot; but at any rate, the lady summoned up strength enough to throw the cut-glass camphor bottle clear across the room. Nellie did not wait to offer any more service, or gather up the pieces, but ran as fast as her feet would carry her to her familiar dungeon. She locked the door on the inside for the first time during all these periods of incarceration, and then threw herself upon her knees, and buried her snarling, miserable face in her hands. Not a single tear came to give her relief. It seemed to the child that something inside of her which she had never been conscious of before, was bound around with stout cords. Like most children, she had the habit of talking to herself; but she had nothing to say now to this poor little creature. She knew that this great, throbbing, inarticulate bunch in her bosom was not her heart. She wondered vaguely why it did not choke her and done with it. If her mother could only come to this room and find her dead, there would be something like justice in that. Of course she would not care about her being dead, and Nellie had no wish to have her care; but she would think she had killed her, and she would suffer from her conscience like other murderers. But the most definite and painful thought was what she should do with this crushing weight, this aching, tearing something that seemed to tug at the very foundations of her life.

If she had known that this torture was simply a conflict between justice and injustice, the sacred protest of an enlightened soul against meanness and tyranny, the suffering that preceded the birth of a force strong enough to meet and vanquish the oppression that had held her young life in thrall, she would have been comforted, child though she was. But this was such an indefinable agony that it frightened and bewildered her.

Nellie had been in her prison-house about an hour, when her father tried the door. Finding it locked, he called upon her to open it at once. She obeyed mechanically. As she stepped out into the light, and her father caught sight of her heavy eyes, and her streaked and blistered face, he clasped her in his arms with a great, choking sob. This proved to be the key which unlocked the fountains of the child's unendurable anguish. The great bunch melted away like a patch of snow under an April sun.

"Oh don't, please don't, papa," she cried. "It is all right now."

"But, Nellie, why did you not tell your mother that it was I who ordered those clothes

altered!" the gentleman asked as soon as he could control his voice.

"Don't you see, child," he added, "that if you had, all this would have been saved!"

"No, papa, it would n't," the child replied, "and I didn't want to tell. It would n't do any good to make her mad with you, would it?"

There was no need of any answer to this question. Mr. Westbrook had known before he asked.

"I don't care two cents for this," the little girl went on, as her father passed his hand pityingly over the cruel marks that his wife's fingers had left on the little face. "You see it didn't hurt there. It hurt down here awful," placing her hand upon her bosom. "I just thought something was going to blow up; but it's every single bit gone now, and please, please don't you feel bad, papa."

It seemed to Mr. Westbrook at this crisis, as if he had received a wound from which he could never recover. There could be no excuse for such passionate cruelty. His soul shrank in horror from the revolting spectacle of a mother dealing out blows to an innocent and unoffending child.

"What made you hand your mother the camphor, Nellie?" Mr. Westbrook inquired.

"Because she looked so white, papa," the child responded. "I thought she was going to fall over again."

Mrs. Westbrook had explained the broken bottle and the all-pervading odor of camphor, as the result of her daughter's unbearable impertinence and effrontery after receiving her punishment.

After this there was an outbreak,—the first real quarrel that had ever taken place between this man and his wife. The latter converted it into a quarrel. Mr. Westbrook had made a cool and simple statement of his determination that Nellie should be treated differently in the future. He stigmatized his wife's recent behavior as cruel, unjust, and vulgar. The first two adjectives Mrs. Westbrook might have braced herself to bear, but the last was too much for her. That there was a man on the face of the earth who dared to call her vulgar, was quite beyond her comprehension, and yet she might have expected that this man, who could not be satisfied till he had dragged her out of a peaceful and refined home for the express purpose of insulting and abusing her, would have done just such a thing.

"You know you are talking nonsense now, Louise," her husband answered. "If it is n't vulgar, as well as inhuman, for a woman to stand up and beat a child till she has blistered and seamed both cheeks, I should like to know what you call it?"

There was a gasp and a gurgle, and then Mrs. Westbrook tumbled over in a dead faint. It was not till the doctor had been summoned, and the neighborhood aroused, that she came back to consciousness.

"In an extremely critical condition," the physician said. "The least excitement is likely to be followed by serious results."

Now a man may decline to be subjugated by

his wife's ill temper and injustice, but he cannot decline to be ruled by her physical weakness. There is something about a swoon or a spasm that will conquer the most tyrannical of men, that is, if these physical demonstrations are of sufficiently exceptional occurrence to excite fear. Now Mrs. Westbrook did not faint too often, and so kept her influence intact. And in the present case, this death-like condition wiped out both his anger and disgust, and a great-hearted pity took their place. But Nellie and her wrongs were not forgotten. He must be doubly careful of this frail little wife, and perhaps by an increased tenderness, he might be able to coax the companion of his bosom into treating her own flesh and blood with more consideration.

Nellie was several years older than her actual years, and she soon discovered that she was forced to be "a law unto herself." No adult could have appreciated more thoroughly than did this little girl, the insuperable obstacles that stood between her and her father's whole protection. If she complained to him, he would assuredly take her part, and what real and lasting good would that do her? If she had had any pride to gratify by such defense of her rights, it would have altered the case. But she had not. She was sure of her father's love and sympathy all the time, and being thus grounded, it seemed to her that the fewer demands she made upon them the better.

TO BE CONTINUED.

OUR GIRLS.

WHAT is the most common defect in the training of our girls? What principles of conduct are most important, and what habits most essential to the development of a useful and noble womanhood? These and other similar questions have long occupied the thoughts of anxious fathers and mothers, solicitous for the well-being of their children, and of the wisest and best minds generally throughout the length and breadth of our country.

In a theoretical way woman has already reached the elevated sphere for which God intended her, but practically, there are many who yet sit in darkness, slaves to their own weakness, or the foolish criticism of an idle world.

That there are defects in the training of girls is evident; that a remedy is needed is equally clear. Lack of physical health and vigor is painfully noticeable among the girls in our schools and colleges, where large numbers are brought together from town and country, from homes of ease and homes where hard work and self-denial reign.

There is no result without some cause, and to find this cause we must go back to

the first years of life. If we look among the little children, we shall find the girls as robust as the boys; that they do not remain so is largely due to the fact that parents do not realize the power that lies in their hands of forming the physical, mental, and moral characters of their children. Carpenter, in his "Mental Physiology," says: "Order and regularity should begin even with infant life; the bodily habits thus formed greatly help to shape that mechanism whose subsequent action mainly determines not only the physical, but the intellectual and moral character."

The mother who does not teach her child the necessity of air and sunlight, of regularity of diet and healthful modes of dress, neglects one of the chief duties of maternity. Give the little girls plenty of out-door exercise in all suitable weather; be not so wickedly weak as to shut the sunshine from those little hands and faces lest they lose their delicacy. Let their dress be such that every muscle can be called into action; and not only do they need the sunlight out-of-doors, but it is quite as necessary within, in sleeping-room and sitting-room, warming and purifying the whole atmosphere.

The shut-up exterior and chilly interior of some houses is enough to brand with dyspepsia even the third and fourth generations. Let the habit of systematic open-air exercise be formed in childhood, and it will not be forgotten in later life. The lack of such recreation is one of the prominent defects in the training of American girls, and a great promoter of disease.

Another hindrance to woman's highest physical development is her dress, which is often lacking in warmth, and almost always worn in an injurious manner. In this matter of dress we see the need of wisdom in parents; the child that is taught the necessity of light, loose clothing, properly adjusted to the body, and is made to understand some of the laws of health, does not in womanhood become a devotee to the foolish, injurious fashions which every intelligent person must denounce.

We have been much interested in an article on this subject of girls, by Washington Gladden, from which we quote some of the opinions of several women of note whom he consulted in the matter. One lady whose opportunities for observation have been great, says: "From the time the little one can totter to the mir-

ror to see how nice she looks in her new hat, to the hour when the bride at the altar gives more thought to the arrangement of her train and veil than to the vows she is taking upon herself, too large a share of time and thought is devoted by mothers and daughters to dress."

Another says: "I have heard a vain mother say of her beautiful baby, 'I'm so glad it's a girl. I can dress her finer than I could a boy.' O woman! woman! to what depths of degradation you have sunk when you can look into the face of a child that God has given you to train for the service of earth and the glory of heaven, and have such a thought as that find a moment's lodgment in your mind! The pity of it, that children should ever be given to such women! It is one of the inscrutable things of Providence. What can such a woman do but destroy the souls of her children?"

These are not the words of ignorant nobodies, bitter because they can't dress, but the candid opinion of some of our eminent women. We would not have girls bestow no thought on dress, for we believe in becoming, tasteful attire, neatly and hygienically worn; but do not make it the all-important thing. Carry Christian principle into dress, then you need not fear its belittling influence on yourselves or others.

There is also a lack of industrial training among girls, seen quite as often in families of moderate means as among the wealthy. It is a great mistake that so many girls are taught nothing about the "practical duties and serious cares" of life. "All women," says one, "should have a practical knowledge of manual labor. To know how to cook, sew, care for the sick, etc., should form a part of every thorough education. To attain to a symmetrically developed womanhood, there must be industry, thoroughness in study and work, and self-reliance in thought and act."

Mothers, take a little time from the work and worry, or the fashionable idleness of your daily life, and examine the training your daughters are receiving at your hands. Remember you are stamping upon their white souls impressions which will but increase their beauty, or leave a stain which neither time nor eternity can efface. Girls, if the experience of early womanhood has shown you grave defects in your childhood's training, earnest, persistent effort will do much to remedy the evil. Be strong in thought and deed;

dare to follow right and your own good sense, whether fashion thus decrees or not.—*Aleph, in Christian at Work.*

LIFE'S SUNNY SIDE.

CHOOSE for thy daily walk
Life's sunny side;
So shall all peace and joy
With thee abide.

If shadows o'er thee fall,
Faith still can see
The Father's smile through all—
Sunshine to thee.

Then always look above,
Whate'er betide,
And choose with heart of love
Life's sunny side.

—Our Best Words.

BE THOROUGH.

ONE of the mistakes that young people make oftener than any other, is that of not being thorough, of thinking that it is no matter how a piece of work is done, as long as it can be made to serve the purpose. An article in an exchange gives several examples to show how thorough work pays.

It was Carlyle who says, "Genius is an immense capacity for taking trouble," and George Eliot gives us the same thought in other words: "Genius is at first little more than a great capacity for receiving discipline." The most successful have always been the most painstaking. A prominent judge, living near Cincinnati, wishing to have a rough fence built, sent for a carpenter, and said to him:—

"I want this fence mended to keep out the cattle. There are some unplanned boards; use them. It is out of sight from the house, so you need not take time to make it a neat job. I will pay you only a dollar and a half."

However, afterward, the judge, coming to look at the work, found that the boards were planed, and the fence finished with exceeding neatness. Supposing the young man had done it in order to make a costly job of it, he said angrily: "I told you this fence was to be covered with vines. I do not care how it looks."

"I do," said the carpenter.

"How much do you charge?" asked the judge.

"A dollar and a half," said the man, shouldering his tools.

"Why did you spend all that labor on the job, if not for money?"

"For the job, sir."

"Nobody would have seen the poor work on it."

"But I would have known it was there. No; I'll take only the dollar and a half." And he took it and went away.

Ten years afterward the judge had a contract to give for the building of certain magnificent public buildings. There were many applicants among master-builders, but one face attracted his attention. It was the man who had built the fence.

"I knew," said the judge, afterward telling the story, "we should have only good, genuine work from him. I gave him the contract, and it made a rich man of him."

The Hon. Josiah Quincy was at one time conversing with Daniel Webster upon the importance of doing even the smallest thing thoroughly and well, when the great man related an incident concerning a petty insurance case which was brought to him while a young lawyer in Portsmouth. The fee promised was only twenty dollars. Yet, to do his clients full justice, Webster found he must journey to Boston and consult the law library. This involved an expense about the amount of his fee, but after hesitating a little he decided to go to Boston and consult the authorities, let the cost be what it might. He gained the case. Years after this, Webster was passing through the city of New York. An important insurance case was tried that day, and one of the counsel had been suddenly prostrated by illness. Money was no object, and Webster was asked to name his terms and conduct the case.

"It is preposterous," said he, "to expect me to prepare a legal argument at a few hours' notice."

But when they insisted that he should look at the papers, he consented. It was his old twenty-dollar case over again, and having a remarkable memory, he had all the authorities in his mind, and won the suit. The court knew he had had no time for preparation, and were astonished at the skill with which he handled the case.

"So you see," said Webster as he concluded, "I was handsomely paid both in fame and money, for that journey to Boston;" and the moral is that good work is rewarded in the end, though, to be sure, one's own self-approval should be enough.

Thoroughness implies attention to details, neatness, and method. A young man who was shrewd and exacting, but whose business habits were careless and unmethodical, succeeded by hard work

and economy, in establishing a prosperous business, but failed and went into bankruptcy at the early age of thirty-five, because of his carelessness in omitting to put a note for a large amount in his bills payable.—*Western Rural*.

TWO ROOMS.

A BEAUTIFUL room with tinted walls,
A bust where the colored sunshine falls,
A lace-hung bed with a satin fold,
A lovely room all blue and gold,
And *envoi*.

A quaint old room with rafters bare,
A small white bed, a rocking-chair,
A book, a stalk where a flower had been,
An open door, and all within
Content.

—*Good Housekeeping*.

Dr. Lyman Beecher's Absent-Mindedness.

—Dr. Beecher was sometimes absent-minded and forgetful. Mrs. Beecher once received a sum of money, and it was the occasion of great rejoicing, because it would enable them to pay a bill for a carpet; so she committed the money to her husband, charging him to attend to the matter immediately. In the evening the doctor returned from the city in high spirits, and described a missionary meeting he had attended. "Doctor," said Mrs. Beecher, "did you pay for that carpet to-day?" "Carpet! What carpet?" responded the doctor. "Why, the one I gave you the money to pay for this morning." "There!" said the doctor, "that accounts for it. At the missionary meeting they took up a contribution. When they came to me, I said I had no money to give them—wished I had—at the same time feeling in my pocket, where to my surprise, I found a roll of bills; so I pulled it out and put it in the box, wondering where it had come from, but thinking the Lord had somehow provided."

—One of the most important lessons to be learned in life is the art of economizing time. A celebrated Italian was wont to call his time his estate; and it is true of this as of other estates of which the young come into possession, that it is rarely prized till it is nearly squandered; and then, when life is fast waning, they begin to think of spending the hours wisely, and even of husbanding the moments. Unfortunately, habits of indolence, listlessness, and procrastination once firmly

fixed, cannot be suddenly thrown off; and the man who has wasted the precious hours of life's seed time, finds that he cannot reap a harvest in life's autumn. It is a truism which cannot be too often repeated, that lost wealth may be replaced by industry, lost knowledge by study, lost health by temperance or medicine; but lost time is gone forever.—*Mathews.*

Making Paint of Mummies.—A gentleman passing through Long Acre the other day, peeped into a little shop, and started suddenly at the sight of several dead bodies. They had been dead for over two thousand years—they were mummies. Where did they come from?—From Thebes. Are more coming?—Yes, plenty. There seems to be a regular business going on in mummies between Thebes and Long Acre. The mummies are brought over enveloped in their rich bituminous covering, and—*horresco referens*—ground up, bones, cases, coverings, bitumen, and all! What for?—Why, for paint. There seems to be no burnt sienna like ground mummy. The artists are willing to pay high prices for this mummy paint. Our academy walls may be lined with the dust of the Ptolemies.—*London Truth.*

Remedy for Trouble.—Work is your true remedy. If misfortune hits you hard, you hit something else hard; pitch into something with a will. There's nothing like good, solid, absorbing, exhausting work to cure trouble. If you have met with losses, you don't want to lie awake and think about them. You want to sleep—calm, sound sleep—and to eat your dinner with appetite. But you can't unless you work. If you say you don't like work, you go loafing all day to tell Dick and Harry the story of your woes; you'll lie awake and keep your wife awake by your tossing, spoil your temper and your breakfast the next morning, and begin to-morrow feeling ten times worse than you do to-day.

There are some great troubles that only time can heal, and perhaps some that can never be healed at all; but all can be helped by the great panacea, work. Try it, you who are afflicted. It is not a patent medicine. It has proved its efficiency since first Adam and Eve left behind them, with weeping, their beautiful Eden. It is an efficient remedy. All good physicians in regular standing prescribe it in cases of mental and moral dis-

ease. It operates kindly as well as leaving no disagreeable sequel, and we assure you that we have taken a large quantity of it with most beneficial results. It will cure more complaints than any nostrum in the *materia medica*, and comes nearer to being a "cure-all" than any drug or compound of drugs in the market. And it will not sicken if you do not take it sugar-coated.—*Moore's Rural New Yorker.*

Happy Every Day.—Sidney Smith cut the following from a newspaper, and preserved it for himself: "When you rise in the morning, form the resolution to make the day a happy one to a fellow-creature. It is easily done; a left-off garment to the one who needs it; a kind word to the sorrowful; an encouraging expression to the striving—trifles in themselves as light as air—will do at least for the twenty-four hours. And if you are young, depend upon it, it will tell when you are old; and if you are old, rest assured it will send you gently and happily down the stream of time to eternity. By the most simple arithmetical sum, look at the result. If you send one person, only one, happily through each day, that is three hundred and sixty-five in the course of the year; and suppose you live forty years only after you commence that course of medicine, you have made 14,600 beings happy—at all events, for a time."—*Sel.*

A Chinese Thermometer.—A missionary, writing from China, says: The Chinese use very little fire, and measure cold by jackets. Three jackets cold is moderately cold. Six jackets cold is keen; and from ten to fifteen jackets cold is extremely severe.

—Alcoholic intemperance is said to be increasing to an alarming extent among the women of Australia. In discussing the matter at a meeting of the Melbourne Medical Society, the physicians present concurred in attributing the trouble to close confinement, anxiety, and the fatigue arising from overwork.

—A precious momentum: Two ladies were coming out of the theater. Seeing the other drop her play-bill, one of them exclaimed, "Why, Mrs. Blank, do you always throw your program away? I should think you would like to keep it for a momentum."

Popular Science.

—Gold can be beaten more than one thousand times thinner than writing paper.

—It is estimated that there are thirty thousand new books published every year.

—Niagara Falls carries ten million cubic feet of water a minute, equal to about three million horse-power.

—The largest telescope in the world is the Lord Rosse, which has an aperture of seventy-two inches. The largest in this country is at San Jose, Cal., having an aperture of twenty-eight inches.

—A Frenchman has recently invented a telephone, by means of which the action of the heart and lungs can be studied with a degree of precision and ease hitherto unattained. It is believed that much advantage will be gained by this new addition to the scientific means of physical diagnosis.

—Experiments recently made, indicate the possibility that sailors may be able to discover icebergs when in dangerous proximity to a ship, by means of an echo. An apparatus, consisting of a musket, to the muzzle of which a speaking trumpet is attached, has been invented for this purpose.

—There is a science, after all, in so simple a matter as driving a nail. A correspondent writes that he recently witnessed the experiment of driving nails into timber that had been hard seasoned and well dried. The first nails, after passing through an ordinary board, went into the timber about an inch and then doubled up under the hammer. The tips of the rest of the nails were dipped into lard, and the driving was accomplished without any difficulty. The remedy is not a new one, but it is simple enough to be recommended for trial.—*Cal. Architect.*

—The French academy, some time ago, offered a prize of 40,000 francs for some certain test of death to prevent persons from being buried alive. The award has been made to a physician, who announced that on holding the hand of the supposed dead person to a strong light, if living, a scarlet tinge is seen where the fingers touch, showing a continuous circulation of the blood, no scarlet being seen if dead. Dr. Max Busch also announces that on contracting a muscle by electricity, its temperature will rise and be shown by any small surface thermometer, if the person is living; if it does not rise, life is extinct.—*Sel.*

—In France and Spain ordinary brick-dust made from hard-burned, finely pulverized bricks and mixed with common lime, is universally used as a substitute for hydraulic cement. It is in some respects even superior to the best Resenza hydraulic cement for culverts, drains, tanks, or cisterns, and even for roofing purposes. It is regularly known in those countries as an

article of commerce, and is sold in barrels by dealers at the same price as cement. A block of this substance one inch thick, without sand, after immersion in water for four months, bore, without crushing or splitting, a pressure of 1,500 pounds per square inch. The mixture of a small quantity of brick-dust to ordinary mortar will, it has been said, prevent disintegration.—*California Architect.*

The Firedamp and Explosions.—From experiments carried on by the French commission for the scientific study of firedamp, it is found that the most violent explosion takes place when there are 13 parts of air to 100 of firedamp, and that above or below this the explosion diminishes in violence. When the mixture is below 7 parts in 100, or above 18 in 100, the gas simply burns with its characteristic blue flame. The singing noise often heard in mines is ascribed to the escape of gas from many minute cavities, while it must exist in some places in vast quantities, as is witnessed by its use for illuminating purposes.—*Science.*

Steam Motors for Navigating the Air.—In a late number of the *Aeronaut*, M. David Napoli, President of the Société de Navigation Aérienne, examines the comparative desirability of steam and electric motors for propelling long balloons. He found that a twenty-horse steam engine, working for ten hours, would consume 200 kilograms of coal and 1,400 kilograms of water. An electric engine of twenty horse-power, with all its supplies for ten hours' service, would weigh about 1,400 kilograms, which is less than the bare consumption of material in the steam engine, leaving out of the question the weight of the generator and of the mechanism of transmission.—*Chron. Industr.*

Brick in Ancient Rome.—Though an ancient Roman boasted that he had found Rome brick and left it marble, the former has generally superseded both marble and all other kinds of stone, and even here in the heart of the iron industry, complaint is made that owing to our sulphurous atmosphere it costs more to keep iron painted and free from oxidation than it is worth, and there are more brick than iron fronts in our heavy warehouses.

The Greeks, though celebrated for their work in marble, understood the value of brick, and did not allow them to be used until seasoned for five years, and their quality certified to by a magistrate.

The Romans were skilled in their manufacture, and the bricks in the baths of Titus and Caracalla have withstood the "tooth of time" better than the stones of the Coliseum. They introduced the manufacture into England, and left specimens of a deep red color well burnt, and at this date better than those made by English workmen in the reign of Elizabeth.

The Dutch made better bricks in the Medieval Ages than the English, and specimens of Holland brick are still found in some of the old Dutch houses of New York.

In Asia the industry seems to have been fol-

lowed at a time beyond, perhaps, the stone age, and the Chinese give the face of their brick the texture of porcelain.

The ancient Peruvians made bricks so well that a scientific Spaniard thought there must have been some secret in their composition, which had been lost prior to Spanish occupation.—*Brick and Tile Review*.

Fir Leaf Wool.—Fir wool is a textile fiber, which in Saxony is manufactured out of the needles of the fir-tree, the process being partly chemical and partly mechanical. For this purpose the needles are gathered in spring and summer, when they are young and green, old and withered ones being unsuitable. They are taken into barns, and there dried in a current of air. When dried, they are subjected to a settling and fermenting process similar to that in use for flax. This softens the woody parts, and loosens them from the fiber, but the complete separation is only obtained after a lengthy boiling by steam. During this boiling a by-product is obtained in the shape of an oil (fir-wood oil), which is gathered and sold to chemists as a remedy for rheumatism and gout, its properties being similar to turpentine. The complete separation of bast and fiber is produced exactly as with flax. The fiber is now passed through a milling machine similar to that in use for woolen cloth, and is then carded and spun like cotton. Generally the carded fiber is mixed with a certain proportion of cotton or wool, and thus a kind of merino yarn is produced, which is worked in the hosiery frames into singlets, drawers, and stockings, these fabrics being then sold as anti-rheumatics and as a preventive of gout. When examined under the microscope, the fiber appears as a tube, and striped, and as if covered by a fine network. Goods made with this fiber are sold to a considerable extent in Germany, though they are dearer than the ordinary merino goods.—*Scientific American*.

A Simple Barometer.—In the scientific gossip of the *Bulletin Francais*, M. de Parville describes the mode of construction of a new form of barometer, which is not claimed to be an instrument of precision, but to be cheap, simple, and tolerably accurate. A medium-sized bottle is tightly stopped with a cork traversed by a quill tube. This tube should be about one-tenth of an inch in diameter and nineteen or twenty inches long, and should extend into the bottle for two-thirds of its length. The joints must be made thoroughly air-tight with wax. Then slightly warm the bottle to dilate the air, and dip the extremity of the tube under water while cooling. In this manner fill the bottle so that the surface of the water just touches the inner end of the tube, then add a little more until it stands in the tube at some easily remembered level. This is the whole apparatus. When the weather threatens rain, the surface of the column of water will sink, and *vice versa*. Variations in temperature also cause changes in the length of the column, but a little practice will enable the observer to allow for these, or if the instrument be kept in a cellar or in any other place of even temperature, they will not occur.

A Remarkable Phenomenon.—The bark Innerwich, Captain Waters, recently arrived at Victoria from Yokohama. At midnight on the 24th of February, in latitude 37° north, longitude 170° 15' east, the captain was aroused by the mate, and going on deck, they found the sky changing to a fiery red. All at once a large mass of fire appeared over the vessel, completely blinding the spectators; and as it fell into the sea some fifty yards to the leeward, it caused a hissing sound, which was heard above the blast, and made the vessel quiver from stem to stern. Scarcely had this disappeared, when a lowering mass of white foam was seen rapidly approaching the vessel. The noise from the advancing volume of water is described as deafening. The bark was struck flat aback; but before there was time to touch a brace, the sails had filled again, and the roaring white sea had passed ahead. To increase the horror of the situation, another "vast sheet of flame" ran down the mizzen-mast, and poured in myriads of sparks from the rigging. The strange redness of the sky remained for twenty minutes. The master, an old and experienced mariner, declares that the awfulness of the sight was beyond description, and considers that the ship had a narrow escape from destruction.—*Science*.

The Primitive Man.—The *Popular Science Monthly* indulges in some rather startling reflections concerning the supposed age of man, apropos of certain exceedingly rude flint weapons that have been lately found. We know that Agassiz could draw an extinct species of fish after seeing a single scale; but we are really puzzled to see how this writer can deduce from the shape of a flint the conclusion that it was made by "a hairy creature." He says: "No; if we want to get a genuine, unadulterated primitive man, we must go farther back in time than the mere trifle of 250,000 years, which Dr. Croll and the cosmic astronomers so generously provide us, for pre-glacial humanity. We must turn away to the immeasurably earlier fire-split flints which the Abbé Burgeois—undaunted mortal!—ventured to discover among the miocene strata of the Calcaire de Beauce. These flints, if of human origin at all, were fashioned by some naked and still more hairy creature, who might fairly claim to be considered as genuinely primitive. So rude are they that though evidently artificial, one distinguished archaeologist will not admit they can be in any way human; he will have it that they were really the handiwork of the great European anthropoid ape of that early period. This, however, is nothing more than very delicate hair-splitting; for what does it matter whether you call the animal that fashioned those exceedingly rough and fire-marked implements a man-like ape or an ape-like human being? When you have got to a monkey who can light a fire, and proceed to manufacture for himself a convenient implement, you may be sure that man, noble man, with all his glorious and admirable faculties—cannibal or otherwise—is lurking somewhere by close, just round the corner."—*Christian Union*.

GOOD HEALTH.

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

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THE MIND-CURE.

IN various parts of the country considerable excitement has been aroused by the claims and apparently miraculous doings of a class of persons who call themselves "metaphysical healers." So many inquiries have been made of us respecting our views of this new "cure all," that we can scarcely forbear saying a few words on the subject, and what we have to say in brief is this:—

1. With curative agents which may be brought to bear upon the body, the mind undoubtedly ranks first. This fact has been recognized for many years, and has been abundantly illustrated by the success of magnetic healers, clairvoyant doctors, electrical belts, magnetic shields and garments, magnetized paper, magnetic springs, and the phenomenal success of certain well-known and ingeniously advertised patent nostrums. Every physician of experience knows very well the importance of having the mental co-operation of his patient.

2. The class of disorders to which the mind-cure is applicable includes a large number of maladies, nearly, all in fact, of a functional character. Organic diseases, such as morbid growths, tissue degenerations, and structural changes in general, are by no means so amenable to such influences as may be exerted upon the body by the mind. For example, it would be as great a folly for a person suffering with an excrescence upon the nose, or a lung honey-combed by ulcerative processes, to resort to the mind-cure as a remedy, as for a man disabled by the dislocation of

a shoulder to seek relief from the same source. Equally absurd would it be for a man suffering with indigestion as the result of grave errors in diet to resort to the mind-cure as the method of antidoting the consequences of his physical transgression. The cases to which this method is particularly applicable, and with which it achieves its most brilliant successes, are those in which the patient is suffering with morbid physical conditions which are chiefly the result of morbid mental states. For example, there are thousands of bed-ridden invalids who may at first have been so seriously ill as to require confinement to bed, but in whom the original malady has long since disappeared. But the patient from the force of habit still remains in bed, and is not conscious of the fact that the time has arrived when he should leave the invalid's couch, and begin to act like other people. To such a person the magnetic manipulator, the clairvoyant, the mesmerist, the patent medicine peddler, or the metaphysical healer acts like a miracle-working magician, and by the aid of the stimulus of faith and expectancy on the part of the patient, gets him out of bed, and to his amazement, discovers to him the fact that he is well; but the magnetizer, or mind-healer, has done nothing more than what any circumstance which would have thoroughly aroused the patient's latent energies, and drawn his mind away from his own morbid state would have done. What physician of experience has not met with numerous instances in which the midnight alarm, "The house is on fire!"

has aroused the bed-ridden invalid from the helplessness of years of invalidism, and discovered to him the fact that his weakness and helplessness were chiefly things of his imagination.

3. Unquestionably, much good may be done by metaphysical healers for the class of patients just referred to, but on the other hand it is quite possible that great harm may result from either ignorance overenthusiasm, or charlatanry on the part of these new apostles of a principle which dates from the days when the old Egyptian priests cured their patients by the burning of savory herbs and the recital of cabalistic words.

Chinese Vegetarianism.—An English gentleman writes as follows to the *Dietetic Reformer* :—

“The Reformed Buddhists, occurring in considerable numbers in the neighborhood of Ching-Chew, are strict vegetarians; and a friend personally acquainted with many of this sect, informs me that in health, cleanliness, and general well-being they compare very favorably with the other Chinese around them. Rice, the sweet potato, and many vegetables of the turnip and cabbage order, an endless variety of squashes, and fruits in great abundance form their daily food. It may be particularly remarked that of all edible vegetables they reject only one, namely, garlic, as partaking too much of a strong and animal character, and is supposed by them in its nature to be allied to meat, and to exert an objectionable influence upon the disposition. The Reformed Buddhists consider that vegetable diet conduces to a moral and physical purity (Chheng-khi) and to a fastidious and refined taste. These results, whether due to the mental attitude thus assumed, or whether directly consequent upon a vegetable regime, follow in their case to a remarkable degree. These particulars respecting a portion of a nation as to which much ignorance exists, are extremely interesting to ourselves, and were recently imparted

to me by a friend, for many years well acquainted with many sections of that enormous empire.”

Face Powders.—The chief objection which has been raised to the application of powders to the face, is that many of them are poisonous, and likely to injure not only the face but the general system. But Dr. Morris recently contributed to the *Journal of Cutaneous Diseases* an article on powdering the face, in which he speaks as follows :—

“But when a decree has gone forth that powder is to be applied to the cheeks from morning to night to the utter destruction of the complexion, it is time to speak out; and that it does so destroy it, is attested at this moment by thousands of skins puckered and pitted, that but for using powder, would have remained to this day soft as silk. The constant use of powder has precisely the same effect on the glands of perspiration as the overstraining of the voice has upon the throat of a clergyman or public speaker. With the continuous exertion to secrete moisture to lubricate the throat, the glands become exhausted, and give out so small a supply that, it speaking be persevered in, an obstinate complaint, termed ‘clergyman’s sore throat,’ is the result. So with the glands of perspiration in the face; as the powder dries up the moisture, more and more is secreted, till the glands become at last unable to fulfill the unavailing task, and they shrink, producing the little chasms that give the orange-rind appearance that is but too familiar to all observant people. As in the petal of the flower on the wing of the butterfly, there is always a delicate down that no powder can simulate, and any excess of this is a disease.”

Cancer of the Tongue from Smoking.—A writer in a British medical journal, in calling attention to the influence of smoking in the production of cancer of the tongue, cites the fact that of seventy-five recorded cases of cancer of the tongue, seventy-one

were smokers. An eminent French physician gave to this disease the name of "smoker's plague."

When Liability to Contagion Ceases.—The medical officers of the school associations of London have made a careful investigation of the matter, and have published the following replies to the question, "When may a pupil who has had an infectious disease rejoin the school, it being of course understood that the patient, as well as all of his clothing, has been thoroughly renovated?"

"A pupil may go home or rejoin the school after scarlet-fever, in not less than six weeks from the date of the rash, *if* desquamation have completely ceased, and there be no appearance of sore throat; measles, in not less than three weeks from the date of the rash, *if* all desquamation and cough have ceased; German measles (Rütheln, or epidemic roseola), in two or three weeks, the exact time depending upon the nature of the attack; small-pox and chicken-pox, when every scab has fallen off; mumps, in four weeks from the commencement, *if* all swelling has subsided; whooping-cough, after six weeks from the commencement of the whooping, provided the characteristic spasmodic cough and the whooping have ceased, or earlier, *if* all cough has completely passed away; diphtheria, in not less than three weeks when convalescence is completed, there being no longer any form of sore throat, or any kind of discharge from the throat, nose, eyes, ears, etc., and no albuminuria."

Italian Macaroni.—A contemporary complains because Italian macaroni is manufactured in New York City. We imagine that if he had seen the long strings of Italian macaroni getting fly-blown and gray with street dust while hanging on long poles along the busy thoroughfares of Naples, he would much prefer the bogus to the genuine, at any rate during cholera times.

MISS LOUISA M. ALCOTT ON THE MIND-CURE.

MISS LOUISA M. ALCOTT, the eminent author, has tried the Mind-Cure, and reports as follows concerning it in the *Woman's Journal*:—

"As many invalids have written to ask my opinion of the mind-cure, and as various false reports are going about, I will briefly give my own experience, leaving others to profit by it, or to try the experiment, as they choose.

"Writer's cramp and an overworked brain were the ills I hoped to mitigate by the new cure, of which marvelous accounts were given me. With a very earnest desire to make a fair trial, I took about thirty treatments, finding it a very agreeable and interesting experience up to a certain point. No effect was felt except sleepiness, for the first few times; then mesmeric sensations occasionally came, sunshine in the head, a sense of walking on the air, and slight trances, when it was impossible to stir for a few moments.

"Much cheerful conversation, the society of an agreeable person, and the hope that 'springs eternal in the human breast,' made these earlier weeks very pleasant. But when no bodily pain was alleviated, and instinct warned that something was wrong, I began to question and doubt a theory which claimed to cure cancers, yet could not help a headache. I made myself as passive as a reasonable being can, hoping that since lunatics and children were helped, I also could be, if I gave up trying to see, believe, or understand. But when thirty treatments left the arm no better, and the head much worse, I dared lose no more time, and returned to the homeopathy and massage, from which I had been lured by the hope of finding a short and easy way to undo in a month the overwork of twenty years.

"This is my experience, and many others, who have made the experiment, tell the same story, while half the fabulous cases reported to me prove to be failures,

like my own, when investigated. My opinion of the matter is that, being founded on a fact which no one denies, namely, the power of mind over body, there is truth in it and help, if it is not overdone, and more claimed for it than is due. Every physician has cases where the mind rules the body, and works wonders, with science to lend a hand; but to ignore such help, and rely only on the blind, groping self-delusion, or temporary excitement which the mind-cure brings to most, is a mistake.

"Mesmerism, unconsciously used, perhaps does much; curiosity, the love of the miraculous, the hope of health, and more than all, the yearning of weary spirits for divine support, lends to this new craze its charm, and attracts the crowds of sufferers, who fill the rooms and pockets of the persons who profess the healing gift.

"If it be all they claim, may it prosper and grow clearer, higher, and stronger; for we need all the help we can get to meet the new diseases that afflict us. If it be a delusion, as some of us believe, let those who practice it beware how they coin money out of the suffering of fellow-creatures, and blindly lessen faith in God and man by promising what they cannot perform."

SOMETHING ABOUT TEA.

The Journal of Commerce of the United States and Canada publishes the following facts about tea:—

"Like alcohol and all other poisons, tea is a stimulant for no other reason than that it is a poison, at least its alkaloid theine and its tannic acid. It stimulates just to the extent that it irritates, the nerves being the special objects of its attacks. Neither coffee nor tea was used in the early ages of the world, when man was at his best; when he lived for centuries; when his body was a grand magazine of vital force; when he was reared in native simplicity, nourished, invigorated by the simplest viands, ignoring the artificial-

ities of modern civilization. (?) Indeed, it was first used in its Chinese home in the last half of the ninth century, or a little more than ten centuries ago, while travelers in Europe, in the early part of the seventeenth century, spoke of it in glowing terms, at that time quite generally used in Asia. It was introduced into Europe by the Dutch East-India Company, and was known in England previous to 1657 as very rare, used on great festive occasions, costing from \$30 to \$50 per pound. With the flight of time, it is quite certain that man has fallen from the simplicity of his creation, both in civilized and uncivilized nations, to the same extent diminishing in real physical endurance and longevity. During the two centuries in which these artificial drinks have been to some extent known to the civilized world, the increased consumption of tea has been quite rapid, particularly for the last half century, previous to which our forefathers knew but little of its general use, being equally ignorant of neuralgia, though there were rare cases of nervous attacks resembling it, generally confined to the nerves of the face and head, instead, as at present, of attacking all parts of the body, the women, the more special votaries of the heathen herb, being the special sufferers. It is now estimated that the annual consumption of tea is 3,000,000,000 pounds; of coffee 1,000,000,000 pounds; cocoa and chocolate, 1,000,000 pounds, while similar drinks are used by less civilized nations and tribes. It is the favorite drink of Russia, Holland, and England, the last country importing annually 100,000,000 pounds, or several pounds to each man, woman, and child."

A Japanese Bath.—The Japanese are noted for their devotion to the bath. In the warm season of the year, every member of the family takes a daily bath, not always in a manner demanded by a strict regard for propriety, it is true, as the door-step is usually selected for the morning ablution, but with the strict-

est regard for the demands of hygiene for cleanliness of the skin. The bathing advantages of Japanese hotels are somewhat better, but certainly not such as would be required by the fastidious ideas of a European. According to the *Hotel Mail*, the bath-tub and heater are combined, so that the water, once heated, must furnish the bathing material for the whole house. Arriving at a Japanese hotel, footsore and weary, you ask the landlady: "How many have used the bath?" She innocently replies, "Only eight." You forego the luxury of such a bath.

Simply Horrible.—The editor of the *Sanitary News* recently placed in the hands of Dr. R. C. Kedzie, of the Michigan State Agricultural College, for analysis, specimens of the water used for cooking and drinking purposes by the residents of the town of Plymouth, in which occurred the dreadful epidemic of typhoid fever described in our last number. The following is a portion of his report:—

"Both kinds of water [well and hydrant] rapidly decolorize solution of permanganic acid.

"When the jug that contained the well-water was opened, an offensive odor was distinctly perceptible. On igniting the residue from this water, there was a strong offensive odor.

"Both of these waters are bad—unfit for potable and culinary use. The well-water is *simply horrible*. I have examined many bad waters, but never found one so utterly unfit for use. It belongs to the dung-heap rather than to the dinner-pot. It swarms with low forms of life in countless numbers. The hydrant-water contains the same animalculæ, but in smaller number.

"The examination of this water awakens surprise, not that many are sick in Plymouth, but that any should be well."

—New York City requires 100,000,000 pounds of butter annually, of which fully half is made of something besides milk.

Could not Stand a Bath.—The North American Indian is not particularly noted for his love of the bath, except when he takes to steaming in a hummum for a pneumonia or a pleurisy. A contemporary tells the following story of a poor Indian who was just out of prison:—

"A more woe-begone and wretched-looking man we never saw. He was as limp as a weak old paper collar. 'Did they starve you in prison?'—'No.' 'Did they treat you with cruelty, overtask you with labor, or torture you in the dark cell?'—'No; the great white chief did none of these things.' 'Then why this tortured look, and why is my red brother so anguished?'—'They made me wash myself. Ugh!'"

Tea-Drunkards.—The *Christian at Work* says a good many good things in relation to health, and once in a while makes a telling hint against tea and coffee, the most popular and universally used of all narcotics or stimulants:—

"The term 'tea-drunkard' is known throughout Russia, and implies, not the abuse of *robur* or any spirit distilled from the herb, but that the cup which cheers, intoxicates also, if zealously adhered to. Strong tea is well known to be a powerful, though fleeting excitant of the nervous system; and if the reader likes to make the experiment, let him drink a dozen or fifteen cups of tea in the Russian style—that is, without cream or sugar, but flavored with a drop of lemon juice—in the space of a couple of hours, and he may arrive at the conclusion that there is something rational about such an epithet as tea-drunkard after all."

—A Mexican traveler reports that the Mexicans eat salt with their oranges, which is not surprising when we consider the well-known passion of the Mexican for condiments of every description. One traveler describes the ingredients of a Mexican dish thus: Potato, mustard, ginger, pepper, mustard, potato, mustard, pepper.

Whitewash.—From a sanitary and scientific standpoint, whitewash is deserving of the highest esteem and most liberal patronage. Its glistening whiteness is truthfully suggestive of the sanitary cleanliness which its application secures.

Nothing will sweeten up a musty cellar like a good coat of whitewash. A contemporary tells the following story, related by a missionary who was stationed at one of the South Sea Islands, which indicates that even the heathen have a high appreciation of this emblem of purity:—

“The missionary determined to give his residence a coat of whitewash. To obtain this, in the absence of lime, coral was reduced to powder by burning. The natives watched the process of burning with interest, believing that the coral was being cooked for them to eat. Next morning they beheld the missionary’s cottage glistening in the rising sun white as snow. They danced, they sang, they screamed with joy. The whole island was in commotion. Whitewash became the rage. Happy was the coquette who could enhance her charms by a daub of the white brush. Contentions arose. One party urged their superior rank. Another obtained possession of the brush, and valiantly held it against all comers; a third tried to upset the tub to obtain some of the precious cosmetic. To quiet this hubbub, more whitewash was made, and in a week there was not a hut, a domestic utensil, a war-club, or a garment but what was white as snow; not an inhabitant but had a skin painted with grotesque figures; not a pig that was not whitened; and mothers might be seen in every direction capering joyously, and yelling with delight at the superior beauty of their whitewashed babies.”

—A sanitary writer suggests the propriety of always rinsing the mouth well before drinking, and thereby getting rid of much deleterious matter in the shape of dust, germs, and decomposing particles of food left in the mouth.

Woman’s Dress.—The dress of a Persian lady, like that of her husband, consists, when in-doors, of simply two garments, a shirt and trousers. In cold weather, a jacket, cloak, shawl, or furs is added. In going out-of-doors, the whole person is enveloped in a wrapper, which covers the body from head to foot, leaving only a small opening for the eyes.


The Esquimau woman also wears trousers, and if any woman should venture to join an arctic expedition, we venture the prediction that she will adopt the arctic woman’s style of dress, notwithstanding the assertion of Dr. Hammond that “skirts are much warmer than trousers.” Nevertheless, we do not advocate the oriental or the arctic style of dress for women.

The sensible compromise which clothes the limbs warmly, and abbreviates the skirts sufficiently to emancipate the wearer from the inconvenience and dangers of “long skirts,” and suspension of the clothing from the shoulders, will thoroughly secure all the advantages of healthful and comfortable covering for the body.


—An English writer contributed to a popular magazine an article entitled, “What Dreams are Made Of.” As the author stated nothing about mince-pies, ice-cream, pickled pigs’ feet, fried oysters, etc., an American critic considers it evident that he has attacked a subject concerning which he is not well informed.

—More than 5,000 people are killed by snake bite each year in India. Most of these are natives, it being asserted that Europeans are rarely bitten, their feet being protected by boots. An almost equal number die of “snakes” in this country; for boots will afford no protection unless made sufficiently high to cover the mouth.

—The Chinese make bread from peanuts, the oil and odor of which are extracted by boiling the ground nuts for a long time.



DOMESTIC MEDICINE.



CHOREA, OR ST. VITUS' DANCE.

Symptoms.—At first, slight twitching of the muscles of the face and limbs on one side; after a time nearly all the muscles of the body become affected; constant restlessness; articulation indistinct; twitching of the muscles increased by slight movement; sometimes contractions so strong as to throw the patient upon the floor; digestion impaired; bowels constipated.

Causes.—The causes of this disease are not well understood, neither is it known what part of the nervous system is affected in this disease. It is probable, however, that it is chiefly due to defective nutrition of the brain and spinal cord. We have always found the disease associated with impaired digestion and an inactive state of the bowels. We have also observed that the disease is likely to occur in the children of parents who were addicted to the use of tobacco and alcoholic liquors. It more often affects girls than boys, and is most common between the ages of six and fifteen years. Chorea has often prevailed in epidemics, especially among factory employ-ees.

Treatment.—The disease is rarely, if ever, fatal, though it may continue a long time if proper treatment is not administered. The most important of all are such hygienic measures as will improve the patient's general health. The food should be of the most nutritious character. The patient should take little or no meat, but abundance of oatmeal, cracked wheat, graham bread, and other whole-wheat preparations. Exercise in the open air should be taken daily. The bowels should be moved daily by enemas, if they do not move spontaneously; but the application of measures recommended for constipation will generally relieve this difficulty without the constant use of enemas, which is to be avoided when possible. Daily massage and sponging of the whole body in tepid water is also important as a measure of treatment. In addition, we usually employ the ice pack, or hot and cold applications to the spine. The applications should be made daily, from ten to twenty minutes at a time. They are frequently followed by almost immediate relief, which is at first temporary, becoming more permanent. Galvanism of the spine, and central galvanism are means which should

be employed in obstinate cases. We have often used them with excellent effect. Daily gymnastic exercises are very useful. This plan is used in the hospital for children at Paris. Drs. Gray and Tuckwell report in the *London Lancet* the successful treatment of a large number of cases, and assert that "the hygienic treatment is alone sufficient to cure chorea and quite as promptly as any drug."

SCIATICA.

Symptoms.—Begins as a dull, heavy ache in the back and upper portion of the thigh; pain gradually becomes more intense, and is increased by motion of the affected limb; sometimes accompanied by cramps in the muscles of the limb.

This is, perhaps, the most common of all forms of neuralgia. A patient who has had one attack is much more liable to subsequent ones. The disease sometimes passes away in a few days, but generally lasts from four to twelve weeks, and may become chronic.

Causes.—The causes of sciatica are essentially the same as those which produce other neuralgias. It is sometimes produced by sitting on a hard chair a long time. Severe exertion with the limbs also sometimes excites an attack. Cases are mentioned in which it has been occasioned by an enlarged prostate gland; a predisposition to the disease is produced by a weak or depressed state of the system.

Treatment.—In addition to hot baths, hot packs, hot fomentations, hot and cold applications, and the use of electricity,—all of which remedies have been fully described in the description of treatment for neuralgia,—obstinate cases sometimes require still other measures. We have, in some instances, obtained relief by the following method of freezing:—

Make a mixture of equal parts of salt and shaved ice; wrap quickly in a piece of thin muslin, and apply it over the affected part. From three to five minutes is as long a time as is necessary to produce the desired effect.

In other cases, we have succeeded by the injection of cold water by means of the hypodermic syringe, the injection being made at the seat of pain, as near as possible to the affected

nerve. Pricking the nerve with a needle, in some cases, gives magical relief. The practice of nerve stretching has lately been recommended for cases which are not otherwise relieved. The operation is a somewhat formidable one, it being necessary to open the tissues down to the nerve trunk, draw out the nerve, and stretch it with considerable force. Good results have been reported in the use of this measure in quite a number of cases; but we have never resorted to it, having found other measures effective in all the cases which we have treated. In a few very obstinate cases we have found it necessary to resort to the injection of a few drops of chloroform by means of the hypodermic syringe, the injection being made into the nerve itself, or as near to it as possible. The method of treatment known as electro-puncturing has also been used by a number of eminent physicians with great success. It consists in applying electricity to the nerve itself by means of a needle passed into it. A very mild current is used.

GRAVEL IN THE KIDNEY-RENAL COLIC.

Symptoms.—Small concretions and brick-dust sediment passed in the urine; a sharp pain in the kidney, coming on after severe jolting, and acute pain darting from the kidney to the bladder, and down the thigh; great desire to pass urine, efforts ineffectual; vomiting; sudden cessation of pain after having lasted from two to thirty minutes, or longer.

This disease occurs most often in adults, but not infrequently in children. It is an exceedingly painful affection, and may be easily mistaken for ordinary colic or the passage of gall-stones. The causes are the same as those which produce stone in the bladder. They are not fully understood at present.

Treatment.—Hot baths, fomentations over the kidney and following the course of the pain, and large draughts of hot water, are the most useful methods of treatment. We will also suggest the use of copious hot enemas. This method is often very efficacious in relieving severe abdominal pain, for which we have often employed it, though we have not had the opportunity of using it in this disease; but we have no doubt that it will be found a very useful means of relieving the terrible pain of gravel if efficiently employed.

To Remove Freckles.—Freckles may be quite readily removed by covering the face at night with a thin layer of powdered salt-peter, moistened in water.

To Stop Nosebleed.—Nosebleed may generally be controlled by simply raising the hands above the head, or sitting in an upright position; but as this cannot always be accomplished so easily, it is well to have several other resources at hand. One of the best means which can be readily employed by skilled persons is the insertion in the bleeding nostril, as high up as possible, of a piece of cut sponge previously saturated with lemon juice or vinegar. The person should then lie horizontal, with the face down. The vinegar or lemon juice will cause coagulation of the blood, and if the face is turned down, the slight amount of blood which flows after the introduction of the sponge will form a firm clot, by which the hemorrhage will be effectually checked.

A Specific for Hiccough.—Dr. Henry Tucker recommends, in the *Southern Medical Record*, the use of the following very simple remedy in the treatment of hiccough: Moisten granulated sugar with good vinegar. Of this give to the child from a few grains to a teaspoonful. The effect, he says, is almost instantaneous, and the dose seldom needs to be repeated. He has used it for all ages—from infants of a few months old to those on the down-hill side of life, and has never known it to fail. The remedy is certainly a very simple one, and although no theory is advanced to account for its wonderful action, it merits trial.

Sneezing.—Sneezing is excited by irritation of the nasal mucous membrane as by inhaling snuff, or by titillation with a feather. Sneezing is a well known indication that a cold has been taken when it is due to the congestion of the mucous membrane of the nose. A general convulsive action of the muscles occurs in the act of sneezing, which, it has been suggested, is an effort of nature to produce a reaction and so avert the effects of the exposure. Sneezing may be caused by looking at the bright sun. It is also one of the annoyances of hay fever.

A Pin Sling.—An English surgeon suggests the following simple method of confining and suspending the hand and fore-arm in cases requiring it:—

“A gentleman consulted me the other day for a painful condition of the tip of his left little finger. To secure the benefits of physiological position and immobility, I bent the elbow at an acute angle and raised the hand; then pinching up the sleeve at the wrist, fixed it to the coat by a strong safety-pin, with another I attached a fold of the sleeve to the coat just under the el-

bow. Rest was absolute; the finger waxed pale and easy, and my patient went to his office duties in comparative comfort."

"Even if an ordinary sling be at hand, the process of fixing the fore-arm at an acute angle is not quite simple, and the resulting unsightliness is often unpleasant.

"A third pin, fixing the sleeve on the inside of the arm to the body of the coat, adds greatly to immobility. In this position I found one pin very useful, in steadying the shoulder of a young lady who had it dislocated three times. She had barely recovered from the last accident, when she was very anxious to go to a ball. By fastening the inside of the sleeve to the bodice with a safety-pin, a trusty, yet invisible check-mate was provided, allowing freedom of hand, but barring abduction."

Hot Air for Foul Wounds.—An English medical journal describes a method of treating chronic ulcers and foul wounds by giving the affected part a hot water bath for two hours each morning and evening, simply keeping the wound cleansed and covered with a piece of lint soaked in a solution of boracic acid. Hot steam has been used in a similar way with equally good results.

For Boils.—A French medical journal suggests the following method of thwarting boils: "Make a soft paste of honey and powdered arnica-flowers, and spread upon linen. Make the application every two hours." The pain and soreness are said to disappear in one to three days.

To Remove Dirt from the Eye.—Lift the lid so as to catch sight of the particle of dirt, then make a loop of a hair and draw it across the mucous membrane in such a way as to catch and remove the speck of dirt.

Cure for Street Noises.—Smear with vaseline some very thin tissue paper. Make up into a small ball and crowd into the ears. This will completely shut out all external noises and will be found a great comfort to nervous invalids whose sleep is disturbed by noises upon the street.

Writer's Cramp.—A German has discovered that writer's cramp can be more readily cured by massage and gymnastic exercises than by any other means.

"The massage consists of rubbing, kneading, stretching, and beating of the fingers, and the several muscles of the hand and arm, with or without the simultaneous assistance of elastic bands worked over thumb and fingers.

"The gymnastic exercises are active and passive. The latter consists of flexions and extensions of all the joints of the fingers, hand, and arm. Active exercises include systematic voluntary movements of the parts affected; and if the general condition of the patient requires it, of all the limbs and trunk."

How to Escape Cholera.—A Philadelphia professor in a recent lecture remarked as follows:—

"That you may know how to visit with safety cholera patients, and to live among them, let me tell you what the king of Italy did. While the disease was at its height in Naples, he arrived from Rome and visited the cholera hospitals in Naples. He escaped uninfected, but why? All his food, and all the water and wine he drank, were sent to him from Rome in sealed and hermetically closed bottles and boxes. As he could not become infected by way of inhalation, but only by the food and water swallowed, care was simply taken to have the food and drink pure. Should the cholera visit us, have your main organ of digestion in the best possible order, avoid errors in diet, live on the plainest food, and have every drop of water you drink, every particle of food you take, thoroughly boiled, and you will avoid all danger from infection."

Flaxseed Tea.—Take an ounce of whole flaxseed, half an ounce of crushed licorice root, an ounce of refined sugar, and four tablespoonfuls of lemon juice. Pour over these ingredients a quart of boiling water; let this stand near the fire for four hours, and then strain off the liquid. The flaxseed should not be crushed, as the mucilage is in the outer part of the kernel, and if bruised, the boiling water will extract the oil of the seed, and render the decoction nauseous. The tea should be made fresh daily.

Convulsions.—Two drops of nitrate of amyl placed upon a handkerchief and held to the nose of a child in convulsions will cause the attack to terminate almost immediately. The drug is a powerful remedy, and should never be used without the greatest caution.

Liver Spots.—The so-called liver spots, which frequently appear upon the chest, are usually the result of a microscopic fungus, which grows in regular patches, and gradually extends sometimes over a considerable portion of the trunk, although usually confining itself to the upper part of the chest. It can be easily cured by applying almost any germicide. The best application is a solution of hypo-sulphite of soda, in proportion of one ounce to the pint of water.

Question Box.

Constipation in Infants—Hiccough.—An anxious mother inquires :—

1. What can I do for my baby of six weeks, whose digestive organs seem very inactive, at one time going more than forty-eight hours without a passage, and *frequently a day passes* without any movement of the bowels? Takes its food in the natural way.

2. Is it beneficial to give a young babe saffron tea, or something of that kind, for the purpose of aiding nature in throwing out impurities through the skin?

3. Is moistened sugar frequently given to a baby for hiccough injurious?

Ans.—1. Give the child, in addition to its regular food, a little well boiled barley or oatmeal gruel two or three times a day. Knead the bowels very thoroughly every day. Give the child a vigorous rubbing of the whole body with the hand dipped in tepid water, afterward drying, and rub the surface with oil. The bowels should be moved by an enema once a day, if they do not move without.

2. No; if it is desirable to excite perspiration, a blanket pack will be quite as efficient.

3. Yes; hiccough is usually produced by "wind on the stomach." The use of sugar will give temporary relief, but is certain to exaggerate the trouble in the end.

Paralysis from Diphtheria.—A. P. B., of New York, asks :—

1. Will you please tell me in your columns the best means of restoring the leg of a child which has been paralyzed after she has been cured of diphtheria two weeks?

2. May this not be caused by overeating?

Ans.—1. Recovery from this form of paralysis usually occurs without treatment, in the course of a few weeks, but the restoration to health may be accelerated by alternate hot and cold sponging of the parts daily, followed by vigorous rubbing with olive or cocoonut oil. After a few weeks, electricity may be used with advantage.

2. No; paralysis is a frequent occurrence after severe attacks of diphtheria. We do not know of any reason for attributing it to overeating.

Oatmeal as a Summer Food.—L. F. B., of Wis., inquires as follows :—

Is oatmeal desirable food for summer, or is it "heating to the blood"?

Ans.—Oatmeal and the farinaceous grains, as wheat, rice, corn, etc., together with leguminous seeds, as peas and beans, are classed among the foods especially essential for the production of heat and force. If taken in excess, they might

be "heating" at any time of year. If taken in such quantities as are required by the system, they are equally good in summer or in winter, though of course they should be taken in less quantity in summer than in winter.

Flesh food is far more "heating" than grains of any sort, not because so much heat is produced by its consumption in the body, but because it excites and stimulates the heat-producing functions of the body. The best diet for summer is fruit, grains, and milk.

Sour Stomach.—Mrs. C., a subscriber, inquires :—

1. What kind of food would it be best for me to take, being troubled with sour stomach?

2. Is there any medicine that I can get that will help me? Am in good health otherwise.

Ans.—1. A person suffering with sour stomach should avoid butter, all pastry, rich and highly seasoned foods, and should avoid taking fluids at meals, or a large quantity of fluid foods. The food should be dry and thoroughly masticated. Fruits and vegetables should not be taken at the same meal. It may be necessary for the patient to restrict the diet for some length of time.

2. In extreme cases of acidity, temporary relief may be obtained by the use of charcoal in half-teaspoonful to teaspoonful doses, taken in a little water after each meal. Pepsin, pancreatis, and other digestants are frequently used, but only afford temporary relief.

Torpid Liver.—A New York subscriber, who signs himself "A Dupe of Doctors," wishes a remedy for an enlarged and torpid liver, the symptoms of which are "malaria, much gaping and stretching, and dullness in the head."

Ans.—The "symptoms" given do not necessarily indicate either a torpid or an enlarged liver. It is very likely that malaria is a cause, rather than a symptom, of the condition which our correspondent considers torpidity of the liver. The liver is not nearly so often diseased as is generally supposed. The patient will probably find relief from the symptoms described, by taking a good sweating bath of some sort once a week, followed by an oil rub, and a fomentation over the liver at night, followed by a wet bandage.

Gravel for Dyspepsia.—A correspondent writes: My husband, having sore lips, was told to swallow white gravel from the brook. He did so, and was cured. While in Florida this winter, I got sand to take for heat in the stomach and bowels. Will it hurt me?

Ans.—We have never had any experience in the "dirt cure" for dyspepsia, and hence are not prepared to answer our correspondent's question. Our general theory has been that the less dirt one puts into his stomach the better, which may be a mistake. If it can be demonstrated by experience that dirt is healthy

as a food or a medicine, scientists will undoubtedly soon discover some reason therefor.

Malaria and Sleeping Rooms.—Mrs. S. C. K., of Texas, inquires :—

Do you think it unhealthful, or a cause of malarial fever, to sleep on the lower floor of a building with the doors and windows open?

Ans.—Various observations have seemed to show that in various districts the air nearest the ground, at least during the night time, is most heavily charged with malarial germs. When in Italy, a few years ago, we noticed that persons who lived on the Roman Campagna, one of the most malarious localities in the world, selected the highest points for their dwellings, in some instances perching their hovels on the tops of ancient tombs. On inquiry, we were told that persons living in these places were less liable to malarial fevers than those who lived in buildings placed on the general level.

Tooth Powder—Danger from Chilling.—H. A. S., of Canada, asks :—

1. Would the use of salt as a tooth-powder have any injurious effect on the teeth?

2. What do you recommend for cleansing the teeth?

3. Is there any danger in the chill sustained by putting cold underclothing next the skin on rising in the morning, in a cold climate like the Canadian Northwest?

Ans.—1. Probably not.

2. A good tooth-brush, soft water, a little fine soap, and powdered chalk.

3. Feeble persons should always rise in a warm room. Underclothing should always be warmed before putting on, for a person who is at all delicate in health. Cold clothing is very likely to be damp from the condensation of vapor from warm air.

Catarrh of the Bowels.—A subscriber asks: What are the symptoms of a catarrh of the bowels, and what is the result if the disease is not arrested?

Ans.—Catarrh of the bowels is usually indicated by frequent stools, containing a larger or smaller amount of mucus mingled with fecal matter. The result is emaciation and general debility, and sometimes pulmonary or mesenteric consumption.

Massage—Heart Disease.—A subscriber in the far West asks :—

1. What is meant by "massage treatment"?

2. Is sage tea injurious to any one, and could it be taken often without injury?

3. Would much walking be injurious to one supposed to be troubled with heart disease?

Ans.—1. Massage treatment consists in sys-

tematic manipulation of the body. The mode of application is an art which cannot well be acquired without personal instruction.

2. A decoction of sage leaves has a marked astringent property, and may be quite usefully employed as a lotion for external application, but cannot be especially recommended for internal use, though no serious harm might result from its use in moderate quantities.

3. A person suffering from heart disease should never walk rapidly, nor so long as to become thoroughly exhausted.

Intestinal Dyspepsia.—H. W. inquires :—

1. What are the usual symptoms of intestinal dyspepsia?

2. What is the cause of dreams? Is there any cure?

Ans.—1. One of the leading indications of dyspepsia is bloating of the bowels. Constipation, diarrhea, and the passage of undigested food are other symptoms which appear in various cases.

2. Dreams of an unpleasant character are a frequent symptom of neurasthenia, and often accompany other forms of nervous disease. They disappear when the cause is removed.

Cereal Coffee.—S. P. wishes to know how cereal coffee is made. It consists of wheat, or other grain, which has been roasted in the oven until nicely browned. It should not be burned. Some use a stiff mixture of bran and molasses, which should be carefully browned in the oven, and used the same as other coffee.

Hogs.—J. S. H. asks several questions respecting hog-raising, the first two of which do not come within our province. To the last question, "Do you keep hogs at the Sanitarium?" we are glad to be able to answer emphatically, No! We have better use even for our table and kitchen remnants than fattening the scavenger. Fragments which are eatable are given to the poor, and the balance, while still fresh and wholesome, is fed to chickens.

Asparagus.—A reader wishes to know if asparagus is a healthful article of food.

Ans.—Yes, when properly cooked. The nutritive value of these green stems is small, but at the season of the year when this vegetable is commonly used, the system requires bulk rather than concentration in diet. Care should be taken to have the article fresh and tender.

ANXIOUS thoughts disturb digestion.

SCIENCE IN THE HOUSEHOLD.

CONDUCTED BY MRS. E. E. KELLOGG.

RICE.

Composition of Cleaned Rice.

Nitrogenous matter	7.5
Starch	76.0
Fat	0.5
Cellulose	0.9
Mineral matter	0.5
Water	14.6

Descriptive.—Rice is one of the most abundantly used and easily digested of all the cereals. It is probable, from the fact that it is found growing wild in India, as also from its long and extensive use in that country, that India is its native home. It is, however, now cultivated in most tropical and subtropical climates, and is said to supply the principal food for nearly one-third of the human race. It is mentioned in history several hundred years before Christ. According to Soyer, an ancient writer on foods, the Greeks and Romans held rice in high esteem, believing it to be a panacea for chest and lung diseases.

The grain is so largely grown and used by the Chinese that "fan," their word for rice, has come to enter into the combination of many compound words. A beggar is called a "tou-fan-tee," that is, "the rice-seeking one." Their ordinary salutation, "Che-fan," which answers to our "How do you do?" means "Have you had your rice?"

Like the other cereals, rice belongs to the *grass* family. The plant requires a wet soil to grow it in perfection, and the fields in which the grain is raised, sometimes called *paddy* fields, are periodically irrigated. Before ripening, the water is drained off, and the crop is then cut with a sickle, made into shocks, stacked, threshed, and cleansed much like wheat. The rice kernel is inclosed within two coverings, a coarse outer husk, which is easily removed, and an inner siliceous coating or red skin. *Paddy* is the name which in India is given to the rice grain when inclosed in its husk; the same is termed *rough* rice in this country. The outer husk, or *paleæ*, of the rice is usually removed in the process of threshing, but the inner red skin, or hull, adheres very closely, and has to be removed by rubbing and pounding, which process is thus described by a writer in the *American Agriculturist*:—

"The rough rice is first ground between very heavy stones running at a high speed, which partially removes the hull chaff. The grain is then conveyed into mortars, where it is pounded for a certain length of time by the alternate rising and falling of very heavy pestles shod with iron. From these mortars elevators carry the

rice to the fans, which separate the grains from the remaining husks. From here it goes through other fans, which divide it into three qualities, whole, middling, and small. The whole rice is then passed through a polishing screen, lined with gauze wire and sheepskin, which, revolving vertically at the greatest possible speed, give it the pearly whiteness with which it appears in commerce."

The middlings consist of the larger broken pieces of the grain; the small rice, of the small fragments mixed with the chit of the grain. The broken rice, well dried, is sometimes ground into flour of different degrees of fineness. The *small* rice is much sweeter and somewhat superior in point of nutritive value to the *large*, or *head* rice usually met with in commerce.

Rice is characterized by a large percentage of starch, and is so deficient in other food elements that if used alone, unless consumed in very large quantities, it will not furnish the requisite amount of albuminous material necessary for a proper food. For this reason it is necessary to supplement its use with some other food containing an excess of nitrogenous elements, as peas, beans, whole-wheat, etc. In this respect it is analogous to the potato. Associated with other articles rich in albuminous elements, rice is an exceedingly valuable food. It is one of the most easily digested of all foods, boiled or steamed rice requiring but a little over one hour for digestion.

Preparation and Cooking.—The best method of cooking rice is by thoroughly steaming it in some way. If boiled in much water, it loses a portion of the already small percentage of nitrogenous elements it possesses. It requires very much less time for cooking than any of the other grains. Like all the dried grains and seeds, rice swells to several times its original bulk in cooking. This fact has led to many unfortunate experiences among amateur cooks, one of the most amusing of which is told of the inexperienced cook of a river sloop, whom the captain set to cooking rice. Telling him that he would find fifteen pounds in the locker, and cautioning him about cooking too much, the captain went about his business of loading his vessel with pig-iron.

In half an hour the new cook rushed out, exclaiming,—

"Say, captain, don't take on any more pig-iron; we will have a load of biled rice before night."

The captain rushed into the cabin, where he found all the pots, kettles, pans, and tubs full

to overflowing with cooked rice, which was also seething over the top of the kettle, and falling upon the stove and floor.

"What you been doin'?" yelled the skipper, as he glanced around. "How much rice did you put in the pot?"

"Put in the whole of it, Cap.," said the lad; "and I've been doin' nothin' but bailin' out rice for the last twenty minutes. Where does all the stuff come from?"

A good way to clean rice for cooking is to put it into a colander, and place the colander in a deep pan of water. Rub the rice well with the hands, lifting the colander in and out the water, and changing the water until it is clear, then drain. In this way the grit is deposited in the water, and the rice left thoroughly clean.

When cooked, each grain of rice should be distinct, yet each perfectly tender. A good method for cooking rice is to soak a cupful in one and a half times as much water for an hour, then add a cup and a half of milk, turn all into an earthen dish, and set into a covered steamer over a kettle of boiling water, and steam an hour. It should be stirred with a fork occasionally for the first ten or fifteen minutes.

Rice Dumplings.—A relishable dessert for children and invalids may be prepared as follows: Take as much rice, well boiled, as when kneaded into a paste will envelop six apples. Knead the rice with a spoon until of a thick compact kind of paste. Prepare the apples by peeling, and digging out the cores. Fill the hole left with sugar and a bit of lemon rind. Make the rice into round balls, and then roll them out with a rolling-pin to the size of a large saucer. Set an apple in the midst of each flat of paste, and fold the rice about it in purse-shape. Tie the dumplings in floured cloths, and boil for three quarters of an hour. The chief difficulty in making rice dumplings is to handle the paste with ease. Before shaping each one it is well to dip the hands in cold water. Stoned peaches may be used in place of apples in their season.

Shape of Rice.—Steam a quarter of a pound of whole rice in a quart of milk until it is perfectly tender; add two tablespoonfuls of sugar, the well beaten yolk of an egg, and almond flavoring. Heat all together, but do not allow it to boil after adding the egg. Turn into a mold and cool. Serve with cream and sugar or a syrup of fruit juice.

Red Rice.—Take a pint and a half of red currants and half a pint of raspberries with a quart of water. Stew the currants gently till the juice flows freely, add the raspberries just before the currants are ready. Strain the juice, sweeten to the taste, heat to boiling, and stir in for each pint of juice two tablespoonfuls of ground rice or rice flour, well braided with a little cold juice. Cook a few moments. Pour the preparation into a damp mold. When cold, turn it into a glass dish, and serve with cream.

E. E. K.

—A pint of sugar is one pound, one ounce of any liquid is two tablespoonfuls, and a pint of liquid weighs sixteen ounces.

Husk Beds.—A correspondent in the *Household* says that the way to make a husk bed is to put the husks into plenty of water, and spread them on the grass to dry, first spreading sheets on the grass to keep away the insects from them if possible.

When the husks are dry, draw them through a flax hatchel, or split them with a fork several times to make them softer. Then fill them into a bed-tick. Do not put enough of them into the tick to make it hard, but sufficient to make a good comfortable bed. Have a slit in the center of the bed-tick, so that you can stir up the husks every day. The slit can be fastened with buttons. If you will wash or scald the husks every few years, they will keep sweet, and you will have a cheap and comfortable bed.

To Clean Tiled Floors.—Wash once with a solution of muriatic acid and warm water—a pint of acid to a bucketful of water; then rinse off with clean water and soft soap. Wash afterwards two or three times a week with clean suds.

To Remove Finger Marks from a Piano.—Have two chamois skins; moisten one with cold water; first wipe the spots with this, and immediately rub well with the dry skin.

About Beds.—Our beds are our night-clothes, and ought to be kept as clean as our shirts and coats. Woolen blankets are healthier than quilts; put a heavy United States army blanket over a kettle full of hot water and see how fast the steam makes its way through the web; a quilt would stop it like an iron lid, and thus tends to check the exhalation of the human body. In order to disinfect a quilt, you have first to loosen the pressed cotton; a woolen blanket can be steamed and dried in a couple of hours. For similar reasons, a straw tick is better than a horse-hair mattress, though a woven-wire mattress is perhaps preferable to both. Feather beds are a recognized nuisance. Children over ten years should sleep alone, or at least under separate blankets, if the bedsteads do not reach around.—*Sel.*

—An excellent and convenient receptacle for table cutlery is a cotton flannel case, tacked to the inside of a cupboard door. Make it so there will be a separate compartment, or pocket, for each knife and fork. The flannel absorbs any moisture left on the knives and forks, and its soft texture helps to keep them smooth and bright. The case may be made as ornamental as taste and time will allow.

—We agree with an exchange that says: "While 'economy is wealth,' and nothing of use should be thrown away, it is the worst sort of waste to try, by any artifice of cooking or disguise of condiments, to insinuate things unfit to be eaten, into people's stomachs. It is criminal to impede the delicate processes of nature by compelling her to do scavenger work."

Literary Notices.

POPULAR SCIENCE MONTHLY: Published by D. Appleton & Co., New York. 50 cents a number, or \$5.00 a year.

The first article in *The Popular Science Monthly* for July, by Dr. Frankland, the eminent English chemist and sanitarian, is very important. It is on "A Great Winter Sanitarium for the American Continent," and is the result of Dr. Frankland's comparative study of the subject as observed in the Engadine of the Swiss Alps and the Yellowstone region, which he visited expressly to determine its sanitary possibilities. "Recent Progress in Aerial Navigation," by Professor W. Le Conte Stevens, an illustrated article, will be read with extreme interest on account of the late advances in this difficult but fascinating art. "Railroads, Telegraphs, and Civilization," by Professor Herzog, gives a masterly and original handling of a mighty problem,—how these great new agencies are reacting, and are destined still further to react, upon the constitution of modern society. "Diet in Relation to Age and Activity," by Sir Henry Thompson, is an especially valuable article by an authority. "On Leaves," by Sir John Lubbock, is an illustrated paper full of curious interest by this indefatigable observer. But the best article of the number is a translation from the German, entitled "Ethics and the Development Theory," a powerful discussion of the relation of morality to evolution. "Archæological Frauds," by Abbott, "Earthquake Phenomena," "Curiosities of Star-Fish Life," "Moths and Moth-Catchers," "The Hygiene of the Aged," are all articles of superior interest, making a number of unusual strength and variety. The minor departments of the magazine are full, varied, and lively.

THE PRIMARY TEMPERANCE CATECHISM: By Julia Colman, National Temp. Pub. House, New York.

This little pamphlet is one of the nicest things we have ever seen for teaching temperance to very young children. The lessons are well adapted to oral teaching. They are vividly illustrated, and are accompanied by a set of primary temperance leaflets, to correspond with the lessons, which can be given to the pupil after the lesson, thus making it still more effective, and impressing it more clearly on the mind.

THE GOSPEL UNION NEWS is a twenty-four page monthly journal, published at New Haven, Ct., by John C. Collins, in the interest of Christian workers. It contains news, items, suggestions, plans, correspondence, sermons, sketches, etc. The June number contains portraits finely engraved from recent photographs of Rev. Dr. G. F. Pentecost and Mr. and Mrs. Geo. C. Stebbins, the gospel singers, with brief biographical sketches, and full details of the great evangelist and pastor's methods of work in the Tompkins

Avenue Congregational Church, Brooklyn, N. Y., by which this church has grown in four years from a membership of 200 to one of 900, and become in many ways a model working church. Subscription price 75 cents a year.

THE HOME GUARDIAN: Published at No. 6 Oak Place, Boston, Mass. Subscription price \$1.25 per year.

The June number of this journal presents its usually well-supplied table of contents. There is a vivid description of "Sea Bathing at Brighton," a long installment of the serial, "Fortune's Cold Shoulder," and many other interesting articles. The Temperance Department is well stocked with valuable items; and the Mother's Bureau, Young Ladies' Satchel, and Children's Department are all replete with good things.

BABYHOOD: Published at 18 Spruce St., New York City. \$1.50 per annum.

The fact that nearly two-thirds of all deaths from diarrheal diseases among children during the year, occur in the months of July and August, is made the leading theme in *Babyhood* for June, and considerable space is devoted to a comprehensive article on "Summer Complaint," with a special view to prevention. There are few subjects connected with the care of children which are of such vital importance as this, and there can be no doubt that the startling mortality of infants could be materially reduced, if parents would allow themselves the full benefit of such literature as this. Of other interesting articles contained in this number of *Babyhood*, may be mentioned "Photographing the baby," "Creeping-Aprons," "A Remedy for Sleeplessness," "Baby's First Attire," "Eating between Meals," "Obstinate Children," etc., etc.

THE HOUSEHOLD: Published at Brattleboro, Vt. Subscription price \$1.10 per year.

This paper comes to our table monthly, filled with practical things on all subjects relating to the details of house-keeping. Few journals devoted to household topics are more to be recommended than this.

THE CANADA CITIZEN AND TEMPERANCE HERALD: Published at Toronto, Canada. Subscription price \$1.00 per year.

This is one of the most dauntless advocates of prohibition and moral reform published in the Dominion of Canada. Every number is full of good things well worth reading.

THE CULTIVATOR AND COUNTRY GENTLEMAN: Published by Luther Tucker and Son, Albany, N. Y. Subscription price \$2.50 per annum.

This is a weekly agricultural paper, now in its fifty-fifth year of publication. Its columns always contain articles of importance for the farmer, the horticulturist, the poultry-raiser, and the bee-keeper. Neither are the wants of families forgotten; for in each number is a department devoted especially to fireside topics.

Publisher's Page.

A New Health Journal.—We have just received the initial number of the *Pacific Health Journal and Temperance Advocate*, published by the Pacific Press Publishing Co., in the interests of the Rural Health Retreat at St. Helena, Cal., J. H. Waggoner, editor.

For some months a rumor in the air has been heralding the advent of this new recruit to the ranks of health journalism, and we are pleased to know, in glancing through the first number, that the modest promises respecting the character of the journal are more than realized in its make-up; and one need not look at the title page to discover that the editorial quill is managed by an experienced hand. The readers of the early numbers of the *HEALTH REFORMER* would very soon recognize the familiar style of "J. H. W.," in the trenchant thrusts and caustic criticisms on pork-eating and tobacco-using.

The selected articles are, with one exception, made with care, and are excellent. The editorials are still better. One quoted writer speaks about "The 'spiritual dynamics' of Ayer's Pills, Tarrant's Aperient, or 'a blue pill,' which strikes us as hardly orthodox hygienic philosophy. We can imagine how 'a blue pill' might have something to do with electro-dynamics, in which mercury often plays an important part; but we cannot comprehend how it could contribute to 'spiritual dynamics,' unless by affording an opportunity to fight 'blue devils,' the usual product of a mercurialized liver. However, this is undoubtedly an inadvertence, the like of which has happened to all of us scores of times, since the editor complains of having eaten enough calomel before he was twenty to make a good-sized dinner for a laboring man, and certainly knows its properties too well to recommend it to his readers.

We are glad to note the announcement in the journal that the Rural Health Retreat at St. Helena is again open, and under favorable auspices. This institution has for a number of years been struggling amid difficulties which have rendered its success hitherto impossible; but its managers are now sanguine that the most serious obstacles have been surmounted, and that the establishment is prepared to enter upon a career of successful usefulness. The journal will undoubtedly contribute largely to this end. The best way to establish a permanent patronage for a health institution is by the education of the public in health principles. Without the interest and the confidence which arise from faith in the principles of right living and the true healing art, no institution of this sort can achieve anything more than a spasmodic or temporary success. We believe that there is ample opportunity for a successful health institution upon the Pacific Coast, and have every confidence that if the proper effort is made in the direction suggested, entire success may be attained.

The new journal is printed on a fine quality of toned and calendered paper, in clear type, and is neatly gotten up. It contains twenty-two pages of interesting reading matter, and is published bi-monthly at fifty cents a year. Address, for specimen copies, Pacific Press, Oakland, Cal.

Invalid tourists in the South, during the last winter, found their comfort greatly enhanced by the improved parlor and sleeping car known as the *MANN BONDOR CAR*. This car secures the quiet and seclusion obtained by the compartment system of European cars, without the inconveniences incident to the European system. The car is divided into single and double compartments, which are made accessible by a narrow hall running along one side of the car. The little rooms are furnished with every luxury and convenience conceivable. One might easily imagine himself cozily settled in the private boudoir of some Eastern prince, while making himself comfortable among the luxurious cushions of the elegantly upholstered couch. Each room has its independent ventilator, a writing table when desired, and everything which the most fastidious individual could require for comfort. If a porter's services are needed, one has only to touch the button beside the door, and a polite waiter shortly makes his appearance, ready to supply hot or cold lemonade, a glass of milk, or a light lunch.

The sanitary agents of these new cars seemed to be as nearly perfect as possible. The closets were wholly free from the horrible smell which usually haunts this department of ordinary sleeping cars, and often pervades the whole car.

The *Mann Boudoir Car* is in every way a vast improvement over the old-fashioned sleeping or parlor cars, and we hope that it will have so liberal a support by the traveling public as to make it a permanent institution.

The efficiency and popularity of the State Board of Health of Michigan, has been very clearly demonstrated by the results of an attack made upon the board in the State Legislature during the last session, recently closed. Although the attack was exceedingly bitter and personal as regards the able Secretary of the Board, Dr. H. B. Baker, and notwithstanding the most persistent and ingenious efforts on the part of the enemies of the Board, the attack which evidently aimed at the disorganization of this body, or serious crippling of its usefulness, was a complete failure. The instigator of the movement, although himself the chairman of the investigating committee, was unable to control the action of his committee, which was decidedly in favor of the Board, and took the poor subterfuge of a "minority report." Some portion of this found its way into the public prints before it had been presented to the legislature, yet it has apparently had no effect at all, except to expose the animus of those who made it, and the Board will continue the even tenor of its way undisturbed, notwithstanding that a few sore-headed politicians have undertaken to convince the intelligent people of the State of Michigan that \$18,000 per annum is a large price to pay for caring for its most valuable interests, and the protection of its citizens against the ravages of contagious and epidemic diseases.

By an invitation from the managers, the editor will deliver the *Tabernacle Lecture* at Monons Lake Assembly, Madison, Wis., August 7th. Subject, "Temperance from a Scientific Standpoint."

We call attention to the announcement of the new edition of the *HOME HAND-BOOK OF DOMESTIC HYGIENE AND RATIONAL MEDICINE*, in the advertising columns of this number. The warm welcome which has been extended to this popular work by the medical profession, as well as by the people, is wholly unprecedented. Hundreds of physicians have testified to its merits, and thousands of homes depend upon it, not only for their advice in sickness, but for counsel respecting conduct in all matters relating to health. The new edition is enlarged in matter, but diminished in size, by the use of a thinner quality of paper, making a less cumbersome and more compact volume. The price has also been reduced, and the publishers are offering a liberal discount to agents. Good agents will find this a rapidly selling work, and while engaged in its introduction, may feel that they are doing genuine missionary work. Those who desire to canvass for the work should address, Health Publishing Company, Battle Creek, Michigan.

We have just received from the office of the *Dietetic Reformer*, of England, a brief announcement of the death of Rev. R. Bailey Walker, who has for many years been the active secretary of the English Vegetarian Society, the head quarters of which is located at Manchester, England. We have as yet learned no particulars.

S. B. P., an old patron of the journal, in renewing his subscription says:—

"We like *GOOD HEALTH* very much. Have thought sometimes we would not take it, but there are so many good things in it we do not want to miss it. We get lots of good out of it."

The Sanitarium people are enjoying, to the fullest extent, the magnificent strawberries which are plentifully supplied from the Sanitarium farm. The crop is this year remarkably fine in quality and quantity. The pickers sometimes send in more than fifty bushels, as the result of one day's picking.