

# GOOD HEALTH.



MENS SANA IN CORPORE SANO.

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## MENTAL THERAPEUTICS.

BY THE EDITOR.

WHATEVER may be the ultimate relation of the mind to the body, its influence over the latter for good or evil, in disease as well as in health, is certainly too great to be ignored in the consideration of the various agents by which the human system may be affected. Indeed, under some circumstances, the influence of the mind upon the body surpasses that of all other agencies that are or can be brought to bear upon it. Without delaying to furnish evidence for the influence of the mind upon the body in health, as this fact is so well and generally recognized, we will call especial attention to the effect of the mind in producing disease and also as an agent in the successful treatment of various diseases. Medical literature furnishes us with almost innumerable instances in which grave disorders as well as trivial affections have been cured through the influence of the emotions.

Numerous cases have occurred in which apoplexy has resulted from a sudden fit of anger or fear as also from intense pleasurable emotions, as a transition from a state of despair or grief to that of joy. It is stated that the man who invented the means for applying steam in navigation, died suddenly of apoplexy upon learning that his invention had received favorable notice from a scientific committee to which it had been submitted. A mother fell in an apoplectic seizure upon meeting her daughter, for whom she was waiting at a railroad depot, but who she had reason to fear had been killed in an accident which had just occurred. History informs us that an ancient Grecian died of excessive joy from receiving his three sons returning

crowned as victors in the Olympie games.

Insanity has not infrequently resulted from intense mental emotion, both pleasurable and the opposite. It is, however, well recognized that fear, grief, and other depressing agents are far more apt to produce serious results than are those of a pleasurable character.

It may not seem so remarkable that diseases of the nervous system should be produced in this manner, but instances are not wanting to show that mental influence may produce disease of almost every function throughout the body.

The phenomenon known as bloody sweating, which has by many been considered impossible, has been observed in several instances, in which the exciting cause was extreme rage or fear. For example, the case is reported of a sailor who was so affected by fright during a storm which threatened destruction to the ship and all on board, that he fell speechless on the deck, and broke out into a profuse perspiration of blood. When wiped away from his forehead, it appeared again, oozing out from the skin like ordinary perspiration. Microscopical examination of the sweat in other cases has shown that it does not contain blood corpuscles, but only the coloring matter of the blood. It seems that this phenomenon occurs also in animals. A case is related of a hippopotamus, which, under confinement, manifested for hours the most intense rage. The whole skin became covered with a bloody perspiration. In this case a microscopical examination showed that blood corpuscles had actually exuded from the skin.

Several cases are recorded in which jaundice has been produced by rage and



fear. Medical students sometimes become very yellow in consequence of mental anxiety which they undergo in the suspense preceding examination when failure is feared.

The effect of fear in causing cholera during an epidemic of this disease is so well known that it scarcely requires mention. Instances of this sort have been so numerous that there can be no doubt that during cholera times many persons have died of symptoms exactly resembling those of the disease, of which fear was the only cause.

A case is recorded in which small-pox, or a case exactly resembling it, seems to have been produced by the same mental influence. It is stated that a woman who was begging, with her child, in an English city, stopped a carriage containing two ladies, requesting alms, which being refused, she threw her child into the carriage, declaring that it had the small-pox and would communicate it to the inmates, upon whom she showered the most horrible imprecations. There was no evidence that could be obtained that the child was suffering with disease of any sort, yet one of the ladies was taken with small-pox within twenty-four hours, and died.

Chorea, or St. Vitus' dance, hysteria, and other convulsive and hysterical diseases, are frequently produced from the influence of the imagination, often as the effect of example. This fact has been observed in a number of instances in which diseases of this sort have actually become epidemic wholly through imitation. The effect of grief and disappointment in producing serious organic diseases, as consumption, is a fact too well known to need confirmation by examples. Every one is familiar with cases in which persons suffering some kind of disappointment or great bereavement, have gone into a decline, and died in a few months in spite of all that could be done for them. Both rheumatism and gout have been produced by mental influence, either through severe fright, the agony of suspense, or from fixing the mind on a part of the body, as in the case of John Hunter, who is said to have produced gout in his great toe by a prolonged effort of the will.

We might multiply to any extent instances in which diseases have been produced by the influence of the mind upon the body, but we will now call attention to some of the morbid conditions, of the cure of which, through mental influence alone, there have been well authenticated

instances. Everybody is familiar with the fact that toothache frequently disappears as the sufferer from this painful affection approaches the dentist's office.

Numerous instances have occurred in which persons have visited the office of a dentist for the purpose of procuring an extraction, but have found themselves so wholly free from pain when they reached the office door that they returned home without suffering the loss of the offending member. Many years ago an Italian physician was very successful in treating toothache by having the patient rub an insect between the fingers and apply them to the aching tooth. He claimed to cure at least three-fourths of his patients by this means, in which the imagination was the only active agent. Cases of painful joints in which patients have suffered, sometimes for many weeks, months, or even years, with gout or rheumatism, or purely hysterical affections, have not infrequently been cured by the operation of some strong mental influence, as sudden fright from the burning of a house, the sudden approach of a mad-dog, or from some other cause.

The case is related of a patient who, while suffering from an attack of colic, received a prescription, with instructions to "take it." He obeyed the order literally, taking the paper prescription instead of the compound, the making of which it directed. The medicine had such a magical effect that in a few hours he was entirely cured. It is said that the physicians in Tartary very frequently treat their patients in this way, writing the name of the medicine on a piece of paper, rolling it into a ball, and allowing the patient to swallow it whenever the drug which they desire to administer is not at hand. An English physician relates a case in which a lady patient of his, suffering with a pain in the chest, or pleurodynia, was promptly relieved in a somewhat similar manner. He wrote a prescription for a plaster, and handed it to her, giving directions to wear it, meaning, of course, the plaster. She, supposing that the paper prescription was the remedy intended to be worn, placed it over the painful part, with the effect of producing prompt relief.

Hysteria and other convulsive diseases, and even epilepsy, have been cured by severe fright, intense grief, and by affecting the imagination. The French committee appointed to investigate the claims of Mesmer, the first magnetic doctor,



when he was exhibiting in Paris in the latter part of the last century, stated in their report that in their experiments they had succeeded both in causing and curing convulsive affections through the influence of the imagination.

Almost every one is familiar with anecdotes concerning persons who have for years been bed-ridden with paralysis or other diseases, rendering them unable to walk, who have been suddenly cured by severe fright, as from a sudden fire or other danger. Sir Humphrey Davy had a case of paralysis which was entirely cured by the application of a thermometer to the patient's mouth. In taking the temperature of the patient prior to an administration of nitrous-oxide gas, he observed that the patient seemed to experience beneficial results. Indeed the patient was quite enthusiastic over the effects of the new remedy, which was applied daily without the use of any other means, with the result of wholly curing the patient in a week, although he had been for some time affected with the disease.

Herodotus tells the story of the sudden cure of a dumb person in the presence of great danger. He states that "during the storm of Sardis, a Persian, meeting Cræsus, was, through ignorance of his person, about to kill him. The king, overwhelmed by this calamity, took no care to avoid the blow, or escape death; but his dumb son, when he saw the violent designs of the Persian, overcome with astonishment and terror, exclaimed aloud, 'O man, do not kill Cræsus!'" It is stated that the cure thus affected was permanent.

Probably the most familiar, and indeed one of the most remarkable, of all illustrations of the influence of the mind in effecting a cure of disease, is seen in the familiar method of removing warts by charms of various sorts. Plenty of instances might be cited in which persons having warts which had existed for years and had been treated by more tangible means without success, have had them quickly removed by the application of some such remedy as rubbing with a split bean, doing the bean up in paper, and leaving it out in the road for some one to pick up; or rubbing them with a piece of fresh meat stolen from the butcher shop, and then throwing the meat away to decay, the wart being supposed to disappear with the decay of the meat. It is impossible to believe that in these cases the

remedies employed can have any curative effect whatever. Whatever influence they may have must be attributed wholly to the imagination of the person employing them. That warts are often cured in this way, however, there can be no doubt, as hundreds of the most intelligent people are ready to testify. An interesting illustration of the effect of the imagination in curing disease, occurred in the siege of Beda in 1625, when large numbers of the soldiers were suffering extremely with the scurvy. The Prince of Orange announced that he would provide an invaluable remedy. Each physician was supplied with two or three small vials of balsam, a drop or two of which was stated to be sufficient to impart powerful medicinal properties to clear water. With this diluted medicine the soldiers were treated, and with a success which was most extraordinary, and which was wholly due, of course, to its effect on the imagination.

Gout has been promptly cured by fear. Abernethy says on this point in his lectures, "You may see a person with gout that is almost unable to move with pain; but produce a shock to the nervous system by telling him that the house is on fire, and he will scamper about like a lamp-lighter."

Ague has in innumerable instances been cured through the operation of the imagination of the patient. In this disease all that is necessary for a cure is to interrupt the regular paroxysms of the disease. We have known instances in which persons were cured by such novel remedies as going down stairs head-foremost on all-fours, and other procedures incapable of producing any other than a mental effect. Without doubt, a large share of the results obtained in the use of quack remedies arise from the faith of the patient in the remedy employed. There are numerous illustrations of the employment with great success of remedies which are inert or nearly so, and which attain great celebrity until their inert properties are discovered. Remedies of this sort are well represented by Holman's Liver Pad, Galvanic Belts, the much lauded waters of many mineral springs, etc. The cures effected by "magnetic doctors" offer plenty of illustrations of the power of the mind—that of the patient, not of the doctor—over the body. There is no probability whatever of the existence of any occult force which can be communicated from one person to another, as is claimed by believers in animal mag-



netism. All the results which have ever been obtained by this mode of treating disease may be fairly attributed to the influence of the will, and the imagination of the patient himself. The effect obtained from the so-called "magnetic rubbing" must

#### *PATE DE FOIE GRAS.*

Most of our readers have heard the story of how geese are fattened at Strasburg until their livers become enormous masses of disease, through fatty degeneration.



Tending the Young Geese in the Field.

be attributed, in part at least, to the effect of rubbing, independent of the patient's imagination. We have observed many more striking instances in which equally appreciable results have been obtained in the same way.

Doubtless some have found it difficult to accept the story without many grains of allowance. While in Europe two years ago, we took the trouble to visit Strasburg, chiefly for the purpose of visiting the



principal establishment where the *pâté de foie gras* business is carried on, but we did not see the dire process, as the season for fattening had just closed, though we saw enough to convince us that the statements we had heard had not been overdrawn.

A correspondent of a popular journal has recently visited one of these establishments while operations were in progress, and has made some pictures showing the whole operation from beginning to end, which, together with his description, we here append.—Ed.

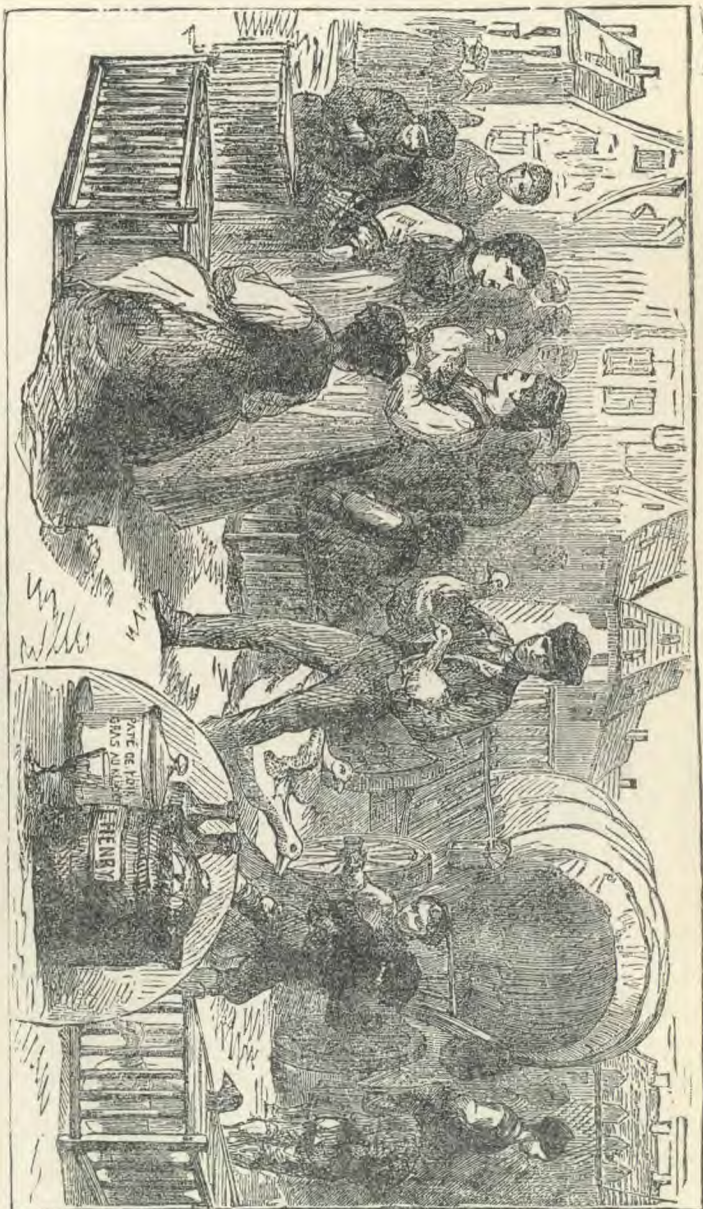
The correct thing at this hour of writing is to eat *pâté de foie gras* during the middle of a swell dinner. It comes in as an *entrée*, and is muchly relished by the knowing ones whose digestions admit of luscious tidbits at perilous hours. That *pâté de foie gras* is a tidbit that woos indigestion is beyond the region of controversy, and the human goose who partakes thereof, is as much of a goose as the unlucky bird whose liver has been enlarged that sybarites may dine.

Sidney Smith defined paradise as a place where one eats *pâté de foie gras* to the sound of silver trumpets. This is a queer, quaint notion of heaven, but it goes far to prove that Smith thoroughly believed that dyspepsia reigneth not within

the golden gates of the better land.

Within sight of the beauteous spires of Strasburg Cathedral, and inclosed by the grim fortifications erected by the tena-

Sold to "Fatteners" in the Strasburg Market.



cious Germans, *pâté de foie gras* is for the most part prepared. The delicious morsel is, as is well known, the liver of a goose that has been crammed or overfed, in fact, an enlarged liver. To Mathieu, cook to Cardinal de Rohan, Prince-Bishop of



Strasburg, belongs the infamy of first inventing liver pies. The manufacture has since developed into a profession. The quality of water is said to affect the fattening, some districts supplying much better livers than others. The sale of these pies in Strasburg amounts annually to \$500,000. Where is the Alsatian Bergh?

Let an Alsatian goose tell the story of his brief but not uneventful career. "I am a native of Alsace," says the goose, "but I do not meddle with politics. I have no special love for Frenchmen or for

soon as the sun went down, our active little commander-in-chief drove us off to the village. Such a commotion there used to be as we went to roost; for all took to their wings at once, and we banged and pushed against each other in the rudest manner, quacking and shrieking enough to frighten any stranger who had never been in goose-land.

"But this pleasant life of liberty did not last long. At the beginning of autumn my master took me to Strasburg, whither one hundred and fifty thousand of my brethren are carried every year, and sold



Stuffing the Geese.

Germans. Bitter experience has taught me that these featherless creatures begin with kindness, only to end in cruelty. But let that pass. My earliest recollection is of a vast field, shaded by veteran oak trees, and intersected by pools of stagnant water. Here I and a large flock of my brethren were placed under the care of a little girl, who passed her time in spinning hemp and in keeping us out of mischief, in which latter part of her business she was aided by a dog. So long as daylight continued, we spent our time in fishing up delicious morsels of food from the marshy ground, but just as

me to a 'fattener,' a cruel woman, who either by magic or by long experience can tell, directly she handles a goose, whether it is the right sort for stuffing till its liver becomes unnaturally big. Now martyrdom began. I had bade farewell forever to the green fields and the shady nooks under the old oaks. First I was fed on broad beans, afterward on maize scalded with hot water. Hungry or not I was compelled to eat. The 'fattener' used to take me between her knees, keeping my wings imprisoned. With one hand she held my bill open; with the other she crammed maize down my throat till there was not



room for one grain more. A little gentle exercise or a fly through the air, would have aided digestion, but such privileges were rigorously forbidden. Instead of these, I was put into a slightly heated oven, where I experienced all the sufferings of seasickness without the relief of being able to vomit. During the last days of my torture I was inflated like a balloon, and could only breathe by gasps. I was transferred to a cage open at the top.

"Why did the 'fattener' watch night and day by our cages with a great knife in her hand? Alas! I too soon discovered. I saw a neighbor of mine in the next cage (he was an old village companion, and we had had many a romp together)—I saw this unlucky, bloated fellow stagger and fall. 'Apoplexy,' I said to myself. I had scarcely murmured the words when the ogress (she was really a pretty young woman, and had a sweetheart who adored her) seized my poor old pal by the neck and cut his head off. He was then hung up in a cool place for twenty-four hours, when his liver, swollen to hideous dimensions, was taken out and sold to a 'pie-maker.' The pie-makers give from three to six francs for these livers, according to

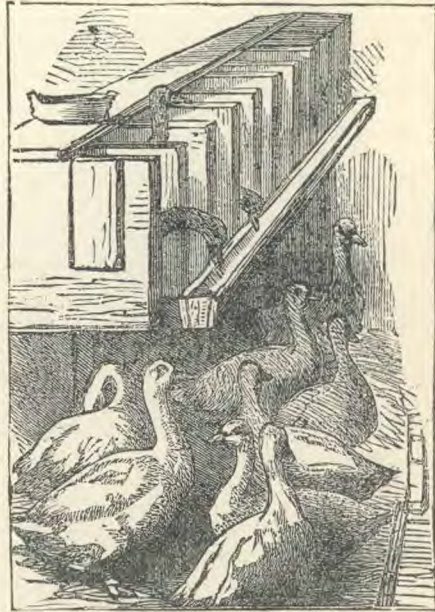


Being Heated in the Oven.

size, as they form a chief ingredient in the *pâtés* or *terrines de foie gras*.

"I indite these memoirs from the center of one of these precious concoctions, and

I hereby give fair warning that I intend to inflict a terrible indigestion on the man or woman who dares to eat what was once part of ill-used me."



In the Cage Waiting for the "Death."

\* Thus graphically does the goose tell the tale of *pâté de foie gras*, and I greatly fear that, despite the fearful threat, I shall not be deterred from tasting a *pâté* at the next opportunity.

Is life worth living? It depends upon the liver.

#### DIET IN RELATION TO AGE AND ACTIVITY.

BY SIR HENRY THOMPSON.

CONTINUED.

LET it be understood that in the matters of feeding and bodily activity, a surplus of unexpended sustenance—here referred to as "the balance"—is by its nature exactly opposite to that which prudent men desire to hold with their bankers in affairs of finance. In this respect we desire to augment the income, endeavoring to confine expenditure within such limits as will maintain a cash balance in our favor to meet exigencies perhaps not foreseen. But in order to preserve our health when that period of blatant, rampant, irrepressible vigor which belongs to youth has passed away, it is time to see that our in-



come of food, and our expenditure through such activity as we have, constitute a harmonious equality, or nearly so. It is the balance against us of nutritive material which becomes a source of evil. And it is a balance which it is so agreeable and so easy to form, and which often so insidiously augments, unless we are on our guard against the danger. The accumulated stores of aliment, the unspent food, so to speak, which saturate the system, are happily often gotten rid of by those special exercises to which so large a portion of time and energy is devoted by some people. It is to this end that men at home use dumb-bells or heavy clubs; or abroad shoot, hunt, and row, or perform athletic and pedestrian feats, or sweat in Turkish baths, or undergo a drench at some foreign watering-place,—all useful exercises in their way, but pursued to an extent unnecessary for any other purpose than to eliminate superfluous nutrient materials which are occasioning derangements in the system, and for which these modes of elimination are the most efficient cure, and hence they are often ordered by the medical adviser. But as we increase in age,—when we have spent, say our first half-century,—less energy and activity remain, and less expenditure can be made; less power to eliminate is possible at fifty than at thirty; still less at sixty and upwards. Less nutriment, therefore, must be taken in proportion as age advances, or rather as activity diminishes, or the individual will suffer. If he continues to consume the same abundant breakfasts, substantial lunches, and heavy dinners, which at the summit of his power he could dispose of almost with impunity, he will in time certainly either accumulate fat, or become acquainted with gout or rheumatism, or show signs of unhealthy deposit of some kind in some part of the body,—processes which must inevitably poison, undermine, or shorten his remaining term of life. He must reduce his "intake," because a smaller expenditure is an enforced condition of existence. At seventy the man's power has further diminished, and the nutriment must correspond thereto if he desires still another term of comfortable life. And why should he not? Then at eighty, with less activity, there must be still less "support." And on this principle he may yet long continue, provided he is not the victim of an inherited taint or vice of system too powerful to be dominated, or that no unhappy accident inflicts a lasting injury on

the machine, or no unfortunate exposure to insanitary poison has shaken the frame by long exhausting fever; and then with a fair constitution he may remain free from serious troubles, and be active to a right good old age, reaching far beyond the conventional seventy years which was formerly supposed to represent the full limit of man's fruitful life and work on earth.

But how opposed is this system to the favorite popular theory! Have we not all been brought up in the belief that the perfection of conduct consists, truly enough, in temperate habits in youth and middle life, such duty, however, being mostly enforced by the pleasant belief that when age arrived we might indulge in that extra "support"—seductive term, often fruitful of mischief—which the feebleness of advancing years is supposed to deserve? The little sensual luxuries, hitherto forbidden, but now suggested by the lips of loving woman, and tendered in the confidence of well-doing by affectionate hands, are henceforth to be gratefully accepted, enjoyed, and turned to profit in the evening of our declining years. The extra glass of cordial, the superlatively strong extract of food, are now to become delicate and appropriate aids to the enfeebled frame. Unhappily for this doctrine, it is, on the contrary, precisely at this period that concentrated aliments are not advantageous or wholesome, but are to be avoided as sources generally prolific of trouble. If the cordial glass and the rich food are to be enjoyed at any time, whether prudently or otherwise, like other pleasures they must be indulged when strength and activity are great—in other words, when eliminating power is at its maximum, assuredly not when the circulation is becoming slow and feeble, and the springs of life are on the ebb; for the flow of blood cannot be driven into any semblance of the youthful torrent by the temporary force of stimulants, nor is it to be overcharged by the constant addition of rich elements which can no longer be utilized.

And thus it is impossible to deny that an unsuspected source of discomfort, which in time may become disease, sometimes threatens the head of the household,—a source which I would gladly pass over if duty did not compel me to notice it, owing, as it is, to the sedulous and tender care taken by the devoted, anxious partner of his life, who in secret has long noted and grieved over her lord's



declining health and force. She observes that he is now more fatigued than formerly after the labors of the day, is less vigorous for business, for exercise, or for sport, less energetic every way in design and execution. She naturally desires to see him stronger, to sustain the enfeebled power which age is necessarily undermining; and with her there is but one idea, and it is practically embodied in one method; viz., to increase his force by augmenting his nourishment! She remonstrates at every meal at what she painfully feels is the insufficient portion of food he consumes. He pleads in excuse, almost with the consciousness of guilt, that he has eaten all that appetite permits; but he is besought with plaintive voice and affectionate entreaty "to try to take a little more," and, partly to stay the current of gentle complaint, partly to gratify his companion, and partly, as with a faint internal sigh he may confess to himself, "for peace and comfort's sake," he assents, and with some violence to his nature forces his palate to comply, thus adding a slight burden to the already satiated stomach. Or if perchance, endowed with a less compliant nature, he is churlish enough to decline the proffered advice, and even to question the value of a cup of strong beef tea, or egg whipped up with sherry, which unsought has pursued him to his study, or been sent to his office between eleven and twelve of the forenoon, and which he knows by experience must, if swallowed, inevitably impair an appetite for lunch, then not improbably he will fall a victim to his solicitous helpmeet's well-meaning designs in some other shape. There is the tasteless calf's-foot jelly, of which a portion may be surreptitiously introduced into a bowl of tea with small chance that its presence will be detected, especially if accompanied by a good modicum of cream; or the little cup of cocoa or of coffee masking an egg well beaten and smoothly blended to tempt the palate—types of certain small diplomatic exercises, delightful, first, because they are diplomatic and not direct in execution; and secondly, because the supporting system has been triumphantly maintained, my lord's natural and instinctive objections thereto notwithstanding.

But the loving wife, for whom my sympathy is not more profound than is my sorrow for her almost incurable error in relation to this single department of her duty, is by no means the only source of fallacious counsel to the man whose

strength is slowly declining with age. We might almost imagine him to be the object of a conspiracy, so numerous are the temptations which beset him on every side. The daily and weekly journals display column after column of advertisements, enumerating all manner of edibles and drinkables, and loudly trumpeting their virtues, the chief of which is always declared to be the abundance of some quality averred to be at once medicinal and nutritious. Is it bread that we are conjured to buy? Then it is warranted to contain some chemical element; let it be, for example, "the phosphates in large proportion,"—a mysterious term which the advertising tradesman has for some time past employed to signify a precious element, the very elixir of life, which somehow or other he has led the public to associate with the nutriment of the brain and nervous system, and vaunts accordingly. He has evidently caught the notion from the advertising druggist, who loudly declares the special forms of half-food, half-physic, or his medicated preparations of beef and mutton to contain the elements of nutrition in the highest form of concentration, among which have most likely figured the aforesaid "phosphates," as if they were not among the most common and generally prevalent of the earthly constituents of all our food! Then, lest haply a stomach, unaccustomed to the new and highly concentrated materials, should, as is not improbable, find itself unequal to the task of digesting and absorbing them, a portion of gastric juice, borrowed for the occasion, mostly from the pig, is associated therewith to meet, if possible, that difficulty, and so to introduce the nourishment by hook or by crook into the system. I don't say the method described may not be useful in certain cases, and on the advice of the experienced physician, for a patient exhausted by disease, whose salvation may depend upon the happy combination referred to; but it is the popular belief in the impossibility of having too much of that or of any such good thing, provided, only, it consists of nutritious food, that the advertiser appeals to, and appeals successfully, and with such effect that the credulous public is being gulled to an enormous extent.

Then even our drink must now be nutritious! Most persons might naturally be aware that the primary object of drinks is to satisfy thirst, which means a craving for the supply of water to the tissues—the only fluid they demand and



utilize when the sensation in question is felt. Water is a solvent of solids, and is more powerful to this end when employed free from admixture with any other solid material. It may be flavored without impairing its solvent power; but when mixed with any concrete matter, as in chocolate, thick cocoa, or even with milk, its capacity for dissolving—the very quality for which it was demanded—is in great part lost. So plentiful is nutriment in solid food, that the very last place where we should seek that quality is in the drink which accompanies the ordinary meal. Here, at least, we might hope to be free from an exhortation to nourish ourselves, when desirous only to allay thirst or moisten our solid morsels with a draught of fluid. Not so; there are even some persons who must wash down their ample slices of roast beef with draughts of new milk!—an unwisely devised combination even for those of active habits; but for men and women whose lives are little occupied by exercise, it is one of the greatest dietary blunders which can be perpetrated.

Another agent in the combination to maintain for the man of advancing age his career of flesh-eater, is the dentist. Nothing is more common at this period of life than to hear complaints of indigestion experienced, so it is affirmed, because mastication is imperfectly performed for want of teeth. The dentist deftly repairs the defective implements, and the important function of chewing the food can be henceforth performed with comfort. But without any intention to justify a doctrine of final causes, I would point out the significant fact that the disappearance of the masticating powers is mostly coincident with the period of life when that species of food which most requires their action, viz., solid animal fiber, is little, if at all, required by the individual. It is during the latter third of his career that the softer and lighter foods, such as well-cooked cereals, some light mixed animal and vegetable soups, and also fish, for which teeth are barely necessary, are particularly valuable and appropriate. And the man with imperfect teeth, who conforms to nature's demand for a mild, non-stimulating dietary in advanced years, will be blessed with a better digestion and sounder health than the man who, thanks to his artificial machinery, can eat and does eat as much flesh in quantity and variety as he did in the days of his youth. Far be it from me

to undervalue the truly artistic achievements of a clever and experienced dental surgeon, or the comfort which he affords. By all means let us have recourse to his aid when our natural teeth fail, for the purpose of vocal articulation, to say nothing of their relation to personal appearance; on such grounds the artificial substitutes rank among the necessities of life in a civilized community. Only let it be understood that the chief end of teeth, so far as mastication in advancing age is concerned, has been to a great extent accomplished, and that they are now mainly useful for the purposes just named. But I cannot help adding that there are some grounds for the belief that those who have throughout life, from their earliest years, consumed little or no flesh, but have lived on a diet chiefly or wholly vegetarian, will be found to have preserved their teeth longer than those who have always made flesh a prominent part of their daily food.

Then there is that occasional visit to the tailor, who, tape in hand, announces in commercial monotone to the listening clerk the various measurements of our girth, and congratulates us on the gradual increase thereof. He never in his life saw you looking so well, and "fancy, sir, you are another inch below your armpits"—a good deal below—"since last year!" insidiously intimating that in another year or so you will have nearly as fine a chest as Heenan! And you, poor deluded victim, are more than half willing to believe that your increasing size is an equivalent to increasing health and strength, especially as your wife emphatically takes that view, and regards your augmenting portliness with approval. Ten years have now passed away since you were forty, and by weight twelve stone and a half, a fair proportion to your height and build. Now you turn the scale to one stone more, every ounce of which is fat—extra weight to be carried through all the labors of life. If you continue your present dietary and habits, and live five or seven years more, the burden of fat will be doubled, and that insinuating tailor will be still congratulating you. Meantime you are "running the race of life"—a figure of speech less appropriate to you at the present moment than it formerly was—handicapped by a weight which makes active movement difficult, upstairs ascents troublesome, respiration thick and panting. Not one man in fifty lives to a good



old age in this condition. The typical man of eighty or ninety years, still retaining a respectable amount of energy of body and mind, is lean and spare, and lives on slender rations. Neither your heart nor your lungs can act easily and healthily, being oppressed by the gradually gathering fat. And this because you continue to eat and drink as you did, or even more luxuriously than you did, when youth and activity disposed of that moiety of food which was consumed over and above what the body required for sustenance. Such is the import of that balance of unexpended aliment which your tailor and your foolish friends admire, and the gradual disappearance of which, should you recover your senses and diminish it, they will still deplore, half-frightening you back to your old habits again by saying, "You are growing thin; *what can be the matter with you?*" Insane and mischievous delusion!

It is interesting to observe that the principle I have thus endeavored to illustrate and support, little as it is in accordance with the precept and practice of modern authority, was clearly enunciated as long ago as the sixteenth century. The writings of Luigi Cornaro, who was born of a noble family in Venice soon after the middle of the fifteenth century, and was contemporary for seventy years with Titian, wrote his first essay on the subject of regimen and diet for the aged when eighty-three years of age, producing three others during the subsequent twelve years. His object was to show that, with increasing age and diminishing powers, a corresponding decrease in the quantity of food must be taken in order to preserve health. He died at Padua, "without any agony, sitting in an elbow chair, being above an hundred years old."

Thus he writes :-

"There are old lovers of feeding who say that it is necessary they should eat and drink a great deal to keep up their natural heat, which is constantly diminishing as they advance in years; and that it is, therefore, their duty to eat heartily, and of such things as please their palate, be they hot, cold, or temperate; and that, were they to lead a sober life, it would be a short one. To this I answer that our kind mother, Nature, in order that old men may live still to a greater age, has contrived matters so that they should be able to subsist on little, as I do, for large quantities of food cannot be digested by old and feeble stomachs. . . . By always eating little, the stomach, not being much burthened, need not wait long to have an appetite. It is for this reason that dry bread relishes so well with me; and I know it from experience, and can with truth affirm, I find such sweetness in it that I should be afraid of sinning against temperance, were it not for my be-

ing convinced of the absolute necessity of eating it, and that we cannot make use of a more natural food. And thou, kind parent Nature, who actest so lovingly by thy aged offspring, in order to prolong his days, hast contrived matters so in his favor that he can live upon very little; and in order to add to the favor, and do him still greater service, hast made him sensible that, as in his youth he used to eat twice a day, when he arrives at old age he ought to divide that food, of which he was accustomed before to make but two meals into four; because thus divided, it will be more easily digested; and as in his youth he made but two collations in the day, he should, in his old age, make four, provided, however, he lessens the quantity as his years increase.

"And this is what I do, agreeably to my own experience; and therefore my spirits, not oppressed by much food, but barely kept up, are always brisk, especially after eating, so that I am obliged then to sing a song, and afterwards to write.

"Nor do I ever find myself the worse for writing immediately after meals, nor is my understanding ever clearer, nor am I apt to be drowsy, the food I take being in too small a quantity to send up any fumes to the brain. Oh, how advantageous it is to an old man to eat but little! Accordingly I, who know it, eat but just enough to keep body and soul together."

Cornaro ate of all kinds of food, animal as well as vegetable, but in very small quantities, and he drank moderately of the light wine of his country, diminishing his slender rations as age increased.

It must now be clearly understood, as a general rule for men at all ages, that the amount of food ingested ought to accord, within certain narrow limits, with the amount of force employed for the purposes of daily life. But there is a certain qualification, apparent but not real, of the principle thus enunciated, which must be referred to here, in order to prevent misunderstanding or misinterpretation of my meaning in relation to one particular. It is right and fitting that a certain amount of storage material, or balance, should exist as a reserve in the constitution of every healthy man. Every healthy individual, indeed, necessarily possesses a stored amount of force, which will stand him in good stead when a demand arises for prolonged, unusual exertion, or when any period of enforced starvation occurs, as during a lingering fever or other exhausting disease. The existence of this natural and healthy amount of reserved force is, of course, presupposed throughout all my remarks, and its extreme value is taken for granted. That undue amount of stored nutriment, that balance which has been referred to as prejudicial to the individual, is a quantity over and above the natural reserve produced by high health; for when augmented beyond that point, the material takes the form of diseased deposit, and



ceases to be an available source of nutriment. Even the natural amount of store, or reserve, is prone to exceed the necessary limit in those who are healthy, or nearly so. Hence it is that in all systems of training for athletic exploits,—which is simply a process of acquiring the highest degree of health and strength attainable, in view of great or prolonged exertion,—some loss of weight has almost invariably occurred in developing a perfect condition. In other words, almost any man who sets himself to acquire by every means in his power the best health possible for his system, does, in the process necessary thereto, throw off redundant materials, the presence of which is not consistent with the high standard of function required. Thus what is sometimes called “overtraining” is a condition in which the storage is reduced too much, and some weakening is incurred thereby; while “under-training” implies that useless fatty and other matters have not been sufficiently gotten rid of, so that the athlete is encumbered by unnecessary weight, and is liable to needless embarrassments, telling against his chances in more ways than one. The exact and precise balance between the two conditions is the aim of the judicious trainer.—*Nineteenth Century*.

FO BE CONTINUED.

### BEDS AND BEDDING FOR THE SICK.

BY KATE LINDSAY, M. D.

IN the case of the sick it is very important to provide proper bed and bedding. It is estimated that an average adult exhales through the skin and lungs about three pints of moisture loaded with excrementitious matter every twenty-four hours. When covered up warm in bed, most of the organic matter exhaled by the skin finds its way into the bedding, and lodges there. For this reason, house-keepers have been urged to air bedding well before making up beds.

If this is an important matter which should not be neglected in the case of those in health, who only occupy it one-third of the time, how much more essential must it be in the case of the sick, unable to be out of bed at all, and saturating the bedding through the whole twenty-four hours, not only with foul organic matter, but with the germs, oftentimes, of malignant and contagious diseases! What a foul and unwholesome condition such bedding must be in, when used day after day, some-

times month after month, without either change or airing, save sheets and pillow covers!

We have seen the sick child, burning with fever, and tossing about deliriously on a huge feather bed, become quiet and rest sweetly when placed on a folded quilt laid over a straw bed and covered with a clean sheet. I think most of my readers will remember times in hot weather when sleep deserted them because of the downy pillows and bed into which they confidently sank some night during the reign of the dogstar.

It is not always in the lowly home of the poor that we find improper sick-beds. In private families in limited circumstances, it is not always an easy matter to have a comfortable sick-bed, especially when there is scarcity of room and bedding.

In the hospital the iron bedstead, woven wire mattress, air and water beds, with other improved modern appliances, make the question of easier solution. But a great deal can be done under the most adverse circumstances to make the sick-bed comfortable and wholesome. The feather bed should be discarded under all circumstances, at least it should not be placed next to the patient. When the bottom of the bed is of unyielding slats, it may be well to put it next to them, and on top a husk, straw, hair, or cotton mattress, covered with a soft cotton comfortable.

To insure the cleanliness of the bed and bedding used around the sick, it is necessary to expose it to air and sunshine a part of the twenty-four hours. To insure this being accomplished after the best method, there is need of two beds and changes of bedding, one for the night and one for the day, one change airing out-of-doors, or in damp weather in a heated, well-ventilated room, while the other is in use. This is especially necessary in all cases of acute contagious diseases and fevers. A simple cot bed can be made by any carpenter, to which the patient can be transferred a part of the time, when two beds cannot be had. All that will be needed for this change will be an extra comfortable to fold over the canvas on the cot, and an extra blanket and sheets. If the bedding is limited, and cannot be spared long for the purpose of airing, it should be taken out-of-doors, and shaken by two persons, after the manner of carpet shaking. I have seen old straw beds, mattresses, and comforta-



bles quite renewed by this process. Indeed, it is in a manner washing them in the air; and instead of the meshes of the fabrics and material forming the mattresses and quilts being filled with impure organic matter, they are filled with air fresh and pure.

The bed frame should not be too high, and should always rest on casters, well oiled and easy running, to enable the nurse to move the bed about to air it, and to clean under it. No valance should be hung around the sick-bed, no matter how it may add to the æsthetic arrangement of the room. It excludes the air, and often hides foul vessels left to saturate bed and bedding with the effluvia from the putrefying contents in them. I have seen beds that were moldy underneath from this cause, and from lack of fresh air and change of position. The space underneath and the underpart of the bedding in such cases was a fruitful garden for the culture of germs of disease; and from this space they will fill the air in the room, and be taken into the systems of both sick and well, and prove a means of spreading and intensifying contagious diseases.

No curtains should surround the bed, shutting out the air. Even the netting used to keep off insects might better be dispensed with in cases of sickness. The wire screen in doors and windows is preferable, and keeps off the insects as well as netting. In changing the bedding, the fresh should always be dry and well aired and warmed in cool weather. But there is no necessity for the nurse or any other person to sleep on the clean sheets before they are put on the sick-bed. The patient will saturate them soon enough himself, without the help of other people's skin exhalations. This is true, although many old ladies are much prejudiced in favor of the rather unclean custom just referred to. In future articles we hope to be able to give some hints about the care of helpless invalids who are entirely bed-fast.

—A doctor was asked by the Mass. Board of Health: "Do you believe that milk can convey typhoid-fever germs?" "I have no doubt that the water it is diluted with often does," was the reply, to which a chorus of echoes, "That's the real desiccated truth," comes up, and the fact that every milk-infection case that has been traced to its source has ended at the bed of the person ill of it, however many more sycamore-roots may have intervened, is proof sufficient for most minds.

#### CONSUMPTION IN CATTLE.\*

DR. ROBERT KOCH, in an address delivered in March, 1882, before the Physiological Society of Berlin, upon "The Etiology of Tubercular Disease," says: "One-seventh of the deaths of the human race are due to tubercular disease;" and recently published statistics, while probably below the actual facts, show that in 1880 there occurred, leaving out fractions, ninety-five thousand deaths from the one single cause—consumption—in the United States alone.

Any influence, then, which tends to bring about so great destruction and distress to the human family, deserves certainly the most pains-taking and exhaustive investigation, and as far as possible, its abatement or mitigation.

To this end, therefore, has this paper been prepared, that the facts herein contained, and which are but recent in their discovery, may be more widely scattered among the people for their information and guidance, and with the hope of obtaining the practical result of establishing, under the sanction of law, a system of inspection by which the danger of partaking of infected meat and milk may be reduced to the minimum.

Certain zoological affinities between man and the lower order of animals have, in recent time, provoked much speculation among philosophers and naturalists. Yet, impressed as we are, no aspect of the subject is so full of practical interest and instruction, so full of weal or woe to the race, as that to be derived from a careful study of the pathological relations of the two. For our present purposes, we restrict the scope of this paper to a brief consideration of the danger of communicating diseases, especially such as are tuberculous in their nature, to man through the use of food products of infected animals. From a broad statement of fact we learn that the skeletal framework and internal organization of the higher mammalia are not only morphologically identical with the structure of man, and thus subserve the same purpose in animal economy, but that the blood is similar in chemical composition, contains the same anatomical elements, and is subject to analogous changes in disease; hence, in the use of food products of infected animals, the danger

\* A paper prepared by J. D. Plunket, M. D., of Nashville, Tenn., member of the State Board of Health and its committee on this subject, here quoted from the second annual report of the Tennessee State Board of Health.



of communicating to man some virulent blood poison is always imminent; for "nowhere in the struggle of life against the manifold causes of disease," it has been truly said, "do we more effectually imperil our health and happiness, than in partaking of animal food of a suspicious character." Much effort has been made in this direction during the recent past, and many facts of importance have been brought to light; yet, practically, we are still only upon the threshold, and what occasions most regret is, that the accomplished laborers engaged in this wide field of scientific research at this time, are, in reality, but few.

However, it is suggested that the time has now arrived when the sanitarian and physician should no longer neglect it, but with zeal kindled afresh, press forward to the exploration of this realm in the causation of disease, and thus more accurately survey those boundary lines in pathology which now seem to separate the human maladies from those of our food-producing animals. Here, no doubt, will be realized one of the highest and most important achievements in medical science, as through knowledge thus obtained we will be able to indicate causes of human disease now scarcely suspected, or but dimly comprehended. Less than fifteen years ago we were utterly ignorant of the fact that milk ever became a carrier of infection; yet, Mr. Earnest Hart, of London, states that during this short period, and up to 1881, there occurred in England alone fifty epidemics of typhoid fever, fifteen of scarlet fever, and seven of diphtheria, traced to the use of infected milk.

That the list should end here, and permanently be limited to the three diseases named, there is nothing in the analogy of epidemics, as at present understood, to warrant us for a moment in believing. At a glance, then, are we profoundly impressed with the fact that nowhere does there exist greater danger to the public health than is to be found comprehended in the science of dietetics; and no aspect of it demands a more thorough and intelligent supervision, or one more worthy of our daily consideration, than the sanitary condition of the milk and meat we consume, or one better calculated to enhance the cause of sanitary science, than the practical study of those ailments which affect our food-producing animals.

The extent to which the different kinds of diseased meat are liable to be used, will depend in a great measure upon the com-

parative frequency that these infectious maladies occur in a given locality; and the more insidious the nature of the disease the greater the liability of its transmission from animals that are being slaughtered and that are more or less affected.

"All meat that would cause sickness, disease, or death in man, if partaken of as food, must be regarded in the light of sanitary science as diseased, and consequently unfit for human use in any form." Meat possessing such qualities must come from an animal affected with some form of infectious malady, the germs of which are contained in the flesh, and are liable to be transmitted; for a disease in which a contagious virus is developed during its course, or a virulent principle generated in the blood, renders the meat from all animals thus affected exceedingly dangerous as an article of food. "Meat is not materially affected by the entozoic maladies of animals, unless the parasite, in some stage of its existence, makes its abode in the flesh, and has not been destroyed by cooking." Practically, then, from this we conclude that there are but few diseases which absolutely render these animal supplies unfit for human use so far as is yet known, prominent among which have been mentioned tuberculosis, malignant anthrax, small-pox, erysipelas, hydrophobia, and the two parasitic affections caused by the *trichina spiralis* and the measles tape-worms. There are, however, other maladies from which our slaughtered animals are liable to have suffered, and which may greatly impoverish the nutritive quality of the meat and thus render it unpleasant in taste and general appearance; but if the flesh contains no animal poisons, or other morbid products, no harm can come from its use, so far as we now know, when served upon our table. And even a diseased article, when thoroughly cooked, may not prove injurious to one whose digestive powers are active. Many varieties of diseased meat are so patent that even by the dexterity of the butcher's art it is impossible to disguise them. Measly pork and beef, for instance, are easily detected by the unaided eye; but the parasitic contamination of such meat is often overlooked in the absence of official inspection or sufficient popular information regarding it, and consequently there is ever present an opportunity for a tape-worm to become initiated in all who may partake of it. The tubercular deposits, we are informed, which are found at



times upon the pleural membrane lining the chest cavity of the animal, thereby causing the lungs to adhere to the ribs or along the internal walls of the abdomen, are alone sufficient evidence to condemn the carcass.

However, without a careful inquiry into the history of the article, or a microscopic inspection, it is no easy matter in all cases to decide whether meat is possessed of injurious qualities or not.

Take, for example, trichinous pork, and any of the many cases following its use; none of the victims ever suspected the meat until a peculiar form of sickness made its appearance, involving all who partook of it, and we are informed this is also true of black leg veal and other fine-looking specimens of meat that are affected with anthrax poison, and probably still other infections not yet fully made out.

To what extent trichinosis exists among the hogs of Tennessee, we have no positive information beyond the fact that it does exist in some degree; but as the larger part of the pork used in this State is imported from points north and west of us, principally from Indianapolis and Chicago, it may not be inappropriate to here digress a moment, and give some facts as to the prevalence of trichinosis in the hogs found in the region from which the pork-packers of these places largely derive their supplies.

It will suffice for our present purpose to take, for illustration upon this point, the situation as we find it in the State of Indiana alone.

Dr. G. Sutton, of Aurora, Ind., says, in a report made to the American Medical Association at its meeting last May, "We know at the present time that there is a desire to suppress facts in relation to the existence of trichinæ in our pork; but after an experience of ten years, in which I have examined a large amount of pork, I can say that from three to sixteen per cent of the hogs in Southeastern Indiana are infected with this parasite. The prevalence of the disease varies greatly in different localities. I know that in one instance pork that was brought to my office by a farmer for examination, was found to be filled with trichinæ. This pork, instead of being used in his family, we have the most conclusive evidence, was at once shipped to Cincinnati, and sold in the market. Drs. Harding and Robin, of Lawrenceburgh, informed me that they had microscopically examined specimens

from two hundred and forty-five different hogs slaughtered in the vicinity of Lawrenceburgh, and found trichinæ present in forty of the specimens, making about sixteen and one-third per cent of all examined. Drs. Gatch and Miller, of Lawrenceburgh, also informed me that they had examined with a microscope two hundred hogs killed for pork, and found trichinæ in thirteen, making about six per cent. Dr. G. V. Stevenson, of Rising Sun, also wrote to me that he had found trichinæ in pork killed in Ohio County; and Dr. Sale, of Dillsborough, told me that he had found trichinæ in pork killed in that section of the country.

"We have seen notices recently, in the newspapers, that trichinæ had been discovered, and that trichinosis had prevailed at Liberty, South Bend, Fort Wayne, Decatur, and other places in Indiana.

"When we bear in mind that upwards of 5,000,000 hogs are slaughtered and packed in the Western States, not including those which are put up for family use by the farmers, that if four per cent of this pork is diseased, which we believe to be a low estimate, we have 221,484 diseased hogs put annually upon the market, or, at an average of two hundred pounds to the hog, 44,296,800 pounds of diseased meat, every ounce of which, under favorable circumstances, is capable of producing disease."

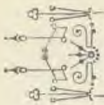
Many cases of sickness which are diagnosed as typhoid fever, chronic diarrhea, etc., there are good grounds for believing, are produced by trichinæ.

Inspection properly performed by one who is in every way fully qualified and equipped, is the most reliable means of averting the danger to health and life consequent upon partaking of animal food which is diseased—a danger, too, that is not only unseen, but unsuspected. It is to the consideration of this danger, as it manifests itself particularly in the possible transmission of bovine tuberculosis to man, through the use of meat and milk as food, that I will now direct your attention briefly.

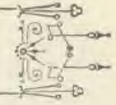
TO BE CONTINUED.

—It is essential to health that the body be kept in constant use. Indolence will soon clog up the wheels of action, make the mind grow dull, the body useless, and life a burden.





## 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.*

### LET US TRY TO BE HAPPY.

LET us try to be happy! We may, if we will,  
Find some pleasure in life to o'erbalance the ill;  
There was never an evil, if well understood,  
But what, rightly managed, would turn to a good.  
If we were but as ready to look at the light  
As we are to sit moping because it is night,  
We should own it a truth, both in word and in deed,  
That who tries to be happy is sure to succeed.

Let us try to be happy! Some shades of regret  
Are sure to hang round which we cannot forget;  
Times come when the lightest of spirits must bow,  
And the sunniest face wear a cloud on its brow.  
We must never bid feelings, the purest and best,  
To lie blunted and cold in our bosoms at rest;  
But the deeper our griefs, the greater our need  
To try to be happy, lest other hearts bleed.

Oh, try to be happy! It is not for long  
We shall cheer each other with counsel or song;  
If we make the best use of the time that we may,  
There is much we can do to enliven the way;  
Let us in earnestness each do our best,  
With God and conscience, and trust for the rest,  
Still taking this truth, both in word and in deed,  
That who tries to be happy is sure to succeed.

—Sel.

### DAYS IN THE TROPICS.

BY MRS. E. E. KELLOGG.

#### A DAY IN HAVANA.

OUR first visit in the city of Havana was to the market, an immense structure surrounded by a broad arcade, where was exhibited for sale almost every conceivable commodity that can be raised or manufactured, from toilet articles and jumping jacks to live goats and an endless profusion of household wares. Upon one side, donkeys, laden with heaping paniers of pine-apples and sugar-cane, stood just beneath the shelter of the arcade; while all around and about were stands of fruits and vegetables of almost unlimited variety,—bananas, varying in size from that of an ear of corn to a lady's little finger, pine-apples, as mellow and juicy as a ripe peach, pomegranates, mangos, sapodillas, mameys, melons, custard-apples, tamarinds, sweet lemons, guanabanas, egg-apples, rose-apples, and scores of other luscious and curious fruits. This display of the choice productions of mother earth was by far the most interesting feature of the heterogeneous collection of natural and artificial products to be found at the market; and after examining and purchasing samples of such as were new to us, we proceeded to the Cathed-

ral, which contains the tomb of Christopher Columbus.

The discoverer of America, or as he is styled by the Spaniards, *The Great Admiral*, died in Spain in the year 1506. In the succeeding three hundred years, his remains were transported from Valladolid to Seville, afterwards to the city of Santa Domingo, and at last after this long period of wandering from place to place, were brought to Havana, where with imposing and pompous ceremonies they were finally immured behind a marble slab in the walls of her great Cathedral. A fine bust of Columbus in relief adorns the slab covering the depository, underneath which is the following inscription in Spanish:—

OH, REMAINS AND IMAGE OF THE  
*GREAT COLUMBUS,*

A THOUSAND YEARS ENDURE PRESERVED IN  
THIS URN,

*And in the Remembrance of our Nation.*

The Cathedral itself, though massive and old, is not particularly interesting either for its architecture or interior embellishments, of which it has but few.

The heat, which in the middle of the day is quite oppressive, drove us back to our hotel till evening; but as our windows looked out upon one of the principal thoroughfares, we found much to interest us in watching the ever-varying panorama of life and activity going on around us. Hundreds of Chinese coolies, in their native dress, were to be seen carrying baskets of produce and burdens of all sorts suspended from a yoke placed upon their shoulders. These poor sons of China came to Havana, agreeing to work eight years in payment for their passage money, at the end of which time they were, of course, in debt for board and clothing, the liquidation of which requires another eight years' servitude. Thus they were virtually slaves. We understand that the coolie trade is now suspended, by order of the government. We judge that they have retained their native customs in all their manners of living, dressing, and eating, as several times during our stay, we chanced to see them at their meals as dexterously whisking their food into their mouths with chopsticks as though at home in their own Celestial Empire.

Donkeys, bearing upon their backs whole



coopsful of live chickens, marching gravely along toward the market; two-wheeled Victorias, with postillions in bright colored uniform sitting astride the horse, rumbling along over the pavements; street-cars almost invariably drawn by three horses; negro women, puffing cigars, and cooking their dinners over a bonfire in the yard or on the street corner, added to the strangeness of the scene. Occasionally we would see a milk-vender driving his cows, with their muzzled calves, from house to house, and, stopping before the front door, milk the required amount, after the usual custom in Cuba. One would imagine this method of milk-selling must do away with all proneness to adulteration, but we have been informed that milk-men, even here, find some way to trick their customers out of the genuine article, either by carrying sponges filled with water in their sleeves, from which that liquid trickles down their arms into the lacteal fluid, or by wearing about their bodies a supply of tubing filled with water, which they press out while milking, by the movement of their arms in much the same manner as the Scotchman plays upon his bagpipe.

As the atmosphere cooled toward evening, we drove out to the Botanical Garden, a magnificent collection of tropical vegetation, where majestic palm-trees, lifting high toward the heavens their clusters of rich, rustling verdure, and a countless variety of other tropical trees, shrubs, and flowers, interspersed with miniature water-falls, statuary, and grottoes, made the place a "thing of beauty and a joy forever." Attached to this garden were the magnificent grounds and summer residence of the Captain-General.

### A SUMMER PREACHMENT.

BY ELEANOR KIRK.

"A SUPER-SENSITIVE conscience is usually hostile to sound nerves," a wise physician once remarked. "Most of my patients who suffer from irritability of the nerves are women whose standards of duty are high, and who will keep up to them, dead or alive."

No truer words were ever spoken than these. Between "the upper and nether mill-stones" of "I don't feel like it, but I ought to feel like it," and "I will do it whether I feel like it or not," the majority of housekeepers are constantly crushed. This process goes on month after month, and year after year until the outraged nerves at last put in their fatal protest.

In order that the domestic machinery may run without jar or friction, in order that every duty may be attended to in its proper time, these careful housekeepers consent to sacrifice their health and their lives. These domestic ruts are so deep and so steep that they are exceedingly hard to climb out of, even if the dwellers therein become at last alive to the necessity of so doing.

"I have no time for change or recreation. My duty is right here. If I were to leave my post, everything would go to rack and ruin," they tell us.

"But you feel the need of different conditions,

do you not?" we sometimes ask, in our desire to make an impression.

"Oh, I would give anything in the world for a month at the sea-shore. Why, the very sight of the ocean would be like a glimpse of heaven."

Poor, weary soul, how little she knows of heaven in that dark rut to which a mistaken idea of duty has doomed her!

"What would become of the preserves?" another housekeeper with a pallid face and cavernous eyes inquired. "Raspberries, blackberries, plums, peaches—why, it takes me most of every summer to can fruit for the rest of the year. I am sure I don't see how folks get along without preserves."

"Better eat apple sauce and stewed fruit, or plain bread and butter even, than not to add to one's health and happiness by a change of air and scene," we argue, but generally without effect. It is an awful pit—this one of preserving-kettles and sewing machines and stocking baskets. Our bodies shall be worn out in ministering to our bodies. We shall be fed with sweetmeats and jellies and pies and cake—none of them good for the body, and our souls shall also pine and starve for the want of timely and proper nutriment. Why should the cravings of the spirit be so constantly disregarded? Why is it not as legitimate to minister to the imagination as to the more material needs of the body? From whence this spirit that pleads so earnestly with us for green fields and crested breakers? What voice is this so steadily protesting against monotony and overwork? These tread-mill devotees will assure us that it is the voice of the Siren ever trying to tempt mortals from the performance of their duties. And when they say it, they believe it, and the rut grows deeper and deeper, till at last the sewing machine ceases to click, and falls, with the preserving kettles and jars, into the keeping of the second wife.

"I gave up all idea of leaving the city this summer," said a friend to the writer the other day. "I had been ill from overwork and worry, and was so terribly morbid that I was in tears about half the time. I see now from this point of view, how wrong it was for me to allow myself to drift into such a state. When my husband suggested the sea-shore, I declined to consider it for a moment. He could only have two weeks' vacation, and why should I have six?"

"But I am well, and you are not," he argued.

"I can get well at home, and I will," I replied. "Other folks do; why should n't I?"

"But I did not rally, and at last the doctor informed me that he had no medicine adapted to my case. The quickest and cheapest way out of the difficulty would be by the means of an immediate change. Now I had sunk to such a depth of morbidity that I felt sure I was at least partially shamming illness in order to accomplish this summer trip, and that a good, strong effort of my will would put an end to this foolish invalidism. When my husband left me on the Sound steamer the evening of my departure, I can truthfully say that I was perfectly miserable. My conscience reproached me in the cruellest manner. My duty was with my husband in my



own home, and if I had been worthy to have been the wife of such a man, I should have stayed there. As he bade me good-by, he put into my hand some evening papers, and after a while in sheer desperation I opened one of them. The first thing my eyes fell upon was a report of the entertainment given to the Hon. S. L. Cox, our new minister to Turkey. In responding to the various eloquent and flattering speeches of his friends, this gentleman said, among other good things:—

“But there must be an end of all occupations; and for a wholesome, thorough living, there must be more or less of change. We must sometimes fold our tents like the Arabs.”

“I can never tell you how much good these true and simple words did me. It seemed like a direct, personal message, and I was better from that moment. I have been here ten days, and feel strong enough to return; but I know it is n't best. But when I do, I shall have a level head, sheathed nerves, and a true and loyal heart for my work.”

O women sinking into ruts, climb out before it is too late. Health and enthusiasm are worth more than all the canned fruit and all the tucks and furbelows in the world; and health and enthusiasm can only be obtained by a careful, conscientious treatment of the spirit.

The body thrives best with plain food for two reasons: First, because plain food is more easily digested and assimilated, and next, because less of nerve force is consumed in its preparation. And so for this last reason, better health must result as a rule from the wearing of plain clothes. These nerves of ours, these messengers from the mind to the body and the body to the mind, should have more attention paid to their communications. They always tell us the truth. It would be well for other weary and depressed housekeepers—and their name is legion—to take to heart the words of our new Turkish minister, that “there must be an end of all occupation; and for a wholesome, thorough living, there must be more or less of change.”

### TASTING.

A LITTLE grieved face disappeared as the door closed, and the mother turned with a flushed cheek to her friend as she said:—

“I know I should not have spoken that way to Robbie, but I get so nervous and miserable, that the words slip from my lips before I think. I am ready to cry over them afterwards. Still, Robbie tries me a good deal.”

“Have you never tried to get at the root of the nervousness?”

“Oh! Mary. I have prayed over it, and fought against it, and sometimes I think I will rise an hour earlier that I may have more time for Bible reading and prayer; but I seem to need the time for sleep.”

“You certainly do, all you can get. Does it ever strike you as a moral duty to look after your health? that it is a sin to do anything needlessly that will impair it? Sleep is a duty just as much as reading your Bible. By the way, how is your appetite? I see you have laid a cookie beside you there on the sewing machine, so I judge it is pretty good, as it is so short a time since breakfast.”

“There you are mistaken, Mary. It is wretchedly poor. I never care for my meals. Often a cup of coffee and bit of bread is my whole breakfast.”

“Still you eat between meals I see. Perhaps that accounts for your ‘no appetite.’”

“Oh, merely a trifle like this or an apple or a slice of peach, when I am preparing them for tea.”

“Or a raisin or two when you are picking them over,” continued her friend, “or a bit of spice, or a biscuit to try the newly made butter, and so on. But my friend, just these ‘nips,’ as you call them, keep your stomach in constant turmoil. Instead of a fair meal that it can digest, and then have a time for resting, it gets no rest. A thimbleful of milk has to be churned and turned and digested, as we call it, just as truly as a plateful of corn and cabbage. If you keep up this habit, you will wear out this good friend so that it cannot serve you if it would. All manner of nervous troubles come in with this habit, and you will find in a little while if you thoroughly break it up, that your hearty old appetite at meal-times will come back, and with it good digestion and a more even mind. Make a rigid rule that no morsel shall cross your lips between meals, no matter how tempting the crumb. If need be, go without one meal, and see if you are not glad when the next one comes round. Of course, it will take a little time, now the old habit has been indulged in so long; but all the medicine in the world, and the most earnest prayers over the subject, will not cure you as long as you keep up the practice of eating so often of even a crumb. Many good cooks cannot eat the products of their own industry for just this reason. They form the habit of tasting this and that all through the day, until the stomach, utterly overworked, refuses to call for more food at meal-times to add to its miseries.”—*J. E. Mc., in Rural New Yorker.*

—He who comes up to his own ideas of greatness must always have a low standard.



## THE TRICYCLE.

ANYTHING which will act as an incentive to women's spending more time out-of-doors in active muscular employment, is certainly worthy of encouragement, and we are glad to note that the tricycle, which affords one of the most agreeable as well as healthful forms of out-of-door exercise for women, is rapidly being introduced into this country, where some inducement to exercise of this sort is needed much more than in England, in most parts of which the tricycle is now as common as the velocipede or bicycle in this country. Miss Willard, the President of the N. W. C. T. U., has set the tricycle going at her home in Evanston, Illinois, and that she finds the exercise pleasant may be inferred from the following interesting paragraphs concerning tricycling, which she contributes to a local paper:—

"Some enterprising ladies of our village have set about domesticating the tricycle among us. At any time for ten days past these pioneers might have been seen guiding their novel craft along our shady avenues. They claim to have the highest medical and scientific authority for their pleasant innovation.

"They quote Dr. Benjamin Ward Richardson, the famous English writer on hygiene, who, with his daughter, has made delightful tricycle trips among the highways and by-ways of England. He says:—

"I am of the opinion that no exercise for women has ever been discovered that is to them so really useful. The tricycle is now, in fact, with me, a not uncommon prescription, and far more useful than many a dry, formal, medicinal one which I had to write on paper. I shall rejoice to see the time when this exercise shall be as popular among girls and women as tennis and the dance."

"They also quote the testimony of a physician in *Cassel's London Family Magazine* as follows: 'The tricycle is becoming every day more fashionable among ladies, and I am glad that it is so.'

"An English lady adds her testimony thus: 'My sister and myself have just returned from a tour on a "sociable" (*i. e.*, a two-seated tricycle), having ridden four hundred and seventy miles, and we have had such a successful time in every respect that we intend repeating the tour next year.'

"In England, from the Queen down, the

tricycle has become the favorite form of locomotion among ladies, and is rapidly gaining ground in America. At Chautauqua, Mrs. G. R. Alden, 'Pansy,' has introduced the 'Preparation of Iron,' as a physician playfully called it in prescribing for an overtired brain-worker; and at summer resorts in the East this new-fangled vehicle is rapidly winning its way.

"Nevada, the '*prima donna*,' expressed her delight when riding the tricycle in Boston at Col. Pope's gallery a few weeks since, in words many times repeated in Evanston within the last few days, 'This is simply fascinating.' Long live the tricycle!"

## VIRTUE.

Know thou this truth, enough for man to know,  
"Virtue alone is happiness below"—

The only point where human bliss stands still,  
And tastes the good without the fall to ill;  
Where only Merit constant pay receives,  
Is blest in what it takes and what it gives;  
The joy unequalled, if its end it gain,  
And if it lose, attended with no pain;  
Without satiety, though e'er so blessed,  
And but more relished as the more distressed;  
The broadest mirth unfeeling Folly wears  
Less pleasing far than Virtue's very tears:  
Good from each object, from each place acquired,  
Forever exercised, yet never tired;  
Never elated while one man's oppressed;  
Never dejected while another's blessed;  
And where no wants, no wishes can remain,  
Since but to wish more virtue is to gain,  
See the sole bliss Heaven could on all bestow!  
Which who but feels can taste, but thinks can know;

Yet poor with fortune, and with learning blind,  
The bad must miss; the good, untaught, will find:  
Slave to no sect, who takes no private road,  
But looks through nature up to nature's God;  
Pursues that chain which links the immense design,  
Joins heaven and earth and mortal and divine;  
Sees that no being any bliss can know,  
But touches some above, and some below;  
And know where Faith, Law, Morals, all began,  
All end in love of God and love of man.

—Pope.

## THE LITERARY TASTES OF THE YOUNG.

"I do not know what is the matter with my children," said a good-hearted mother in my hearing the other day. "They read all the newspaper stories and dime novels within their reach; but as for more substantial literature, such as scientific, religious, and historic works, they do not touch them. Why is it so?" she asked. "I never was so foolish."

Let me pause and ask, Why is it so? It is a question which demands attention. It may be that the parent is not so foolish



now, at least since age has somewhat cooled the impulsiveness of youth. But somebody is to blame. There is a cause somewhere for this abnormal demand of mental intoxication. When the child manifests an ungovernable appetite for strong drink, we begin to cast about to ascertain whether the parents were not given to tipping, or if they did not, at least, administer stimulating food and drink to the child in infancy. If the parents are tipplers, the question is settled at once; for, if they fed the child on stimulants, that accounts for the abnormal appetite. There is a cause somewhere for the youthful taste for mental intoxication. Where is that cause?

There are many parents, who, though they do not *now* read sensational stories by the wholesale as many of the young do, yet have contracted such a taste for them that they "just delight" to while away a few hours occasionally in perusing fiction. Ah, there is the secret! They have developed those particular functions of the mind,—the sensational powers,—and have thus cultivated a taste for such literature greater than for any other. Need we be surprised that that taste should be handed down, that those faculties should be more highly developed in their offspring? No more than we need wonder that a thirst for strong drink is born in some children.

But it does not follow, by any means, that all thus *inherit* this abnormal literary taste; yet all come by it honestly. Suppose that a child should be fed on sweets and other such foods from very infancy. What would be the result? He would crave only such food, and would feel miserable without it. Would not the parents of such a child be blameworthy? Yet many teach their children much worse mentally, and think nothing of it.

Before the child can talk, or scarcely catch an idea, it is subjected to almost continual nervous and mental excitement. Every one tries to call its attention by some wonderful maneuver, in order to make it stare, and when old enough to understand language, and comprehend complex ideas, its little mind is kept in constant commotion and excitement. Wonderful stories are daily poured into its ears, merely because they intoxicate and delight. They are its mental daily bread, and, of course, they soon become a necessity with it. It can delight in nothing real and natural, because these seem too insipid. This demand calls forth a

supply, and where will the matter end?

Now, who is to blame, the parents or the child? Certainly not the latter.—No, the parents are to blame; and what is worse, they keep up the practice in the face of all its evil tendency. If you offer them good literature, they say, "It is of no use; the children won't read it." In Heaven's name, I ask, will you make no attempt to remedy the evil? Will you let them go on until the golden hours, intended for mental culture and development, are all wasted? Do not, I entreat you. Get something inviting, yet substantial, and gradually try to repair the injury you have done. It cannot be done at once, but *it is time to begin*. Every moment lost, lessens the prospect of remolding the literary tastes of your children, and unless their tastes are remolded, they cannot be men and women of thought, of intellect.

But you say, "Must all such sensational literature be condemned?"—No; the mind needs some such literature, something to cultivate the imagination, to arouse the sensibilities; but it should be something of genuine merit, something inspiring, ennobling, elevating, and not base and vile. Away with all your sentimental love stories, that aim only at mental intoxication. Let the literature be such as combine thought with feeling, beauty and sublimity with sentimentality.—*G. W. Hudson, in Mother's Magazine.*

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## Popular Science.

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**Books Made of Clay.**—Far away beyond the plains of Mesopotamia, on the banks of the river Tigris, lie the ruins of the ancient city of Nineveh. Not long since, large mounds of earth and stone marked the place where the palaces and walls of the proud capital of the great Assyrian Empire stood. The spade, first of the Frenchman, then of the Englishman, has cleared all the earth away, and laid bare all that remains of the old streets and palaces where the Princes of Assyria walked and lived. The gods they worshiped, and the books they read, have all been revealed to the sight of a wondering world.

The most curious of all the curious things preserved in this wonderful manner are the clay books of Nineveh. The chief library of Nineveh was contained in the palace of Konyunjik. The clay books which it contains are composed of sets of tablets, covered with very small writing. The tablets are oblong in shape, and when several of them are used for one book, the first line of the tablet following was written at the



end of the one preceding it. The writing on the tablets was, of course, done when the clay was soft, and then it was baked to harden it. Then each tablet or book, was numbered, and assigned to a place in the library, with a corresponding number, so that the librarian could easily find it, just as our own librarians of today number the books we read. Among these books are to be found collections of hymns (to the gods), descriptions of animals, birds, stones and vegetables, as well as history, travels, etc. The Assyrians and Babylonians were great students of astronomy. The method of telling time by the sun, and of marking it by an instrument called a sun-dial was invented by the latter nation. None of our modern clocks and watches can be compared to the sun-dial for accuracy. Indeed, we have to regulate our modern inventions by the ancient Babylonian system.—*Printer's Circular.*

**Imitation Ivory.**—Imitation ivory is made of various substances, but the common potato seems about the most unlikely thing from which to manufacture it. The "murphy" has to be put through a rather elaborate chemical process. When it is completed, it is said to be of a creamy white color, hard, durable, and elastic. Furthermore, it can be easily colored while still in the pulpy state. Celluloid is one of the most perfect imitations, and at the same time, it is about as inflammable as gunpowder. There ought to be a law forbidding the manufacture of children's toys from this dangerous substance. I once had a ball of celluloid which was seemingly as hard as marble. But by just touching a lighted match to its polished surface, it burst into a bright flame which could only be extinguished by plunging it into water. Nice material this, for little girls' bracelets and necklaces! I never wore any celluloid collars or cuffs after that experiment. Small wonder, though, that it catches fire so easily when you come to consider that it is made of gun-cotton and camphor gum.—*Sel.*

**Lifetime of Animals.**—Camels live from forty to fifty years; horses average from twenty-five to thirty; oxen, about twenty; sheep, eight or nine; and dogs, twelve to fourteen. Concerning the ages of non-domesticated animals, only a few isolated facts are known. The East Indians believe that the life period of the elephant is about three hundred years, instances being recorded of these animals' having lived 130 years in confinement after capture at an unknown age. Whales are estimated to live to the age of four hundred years. Some reptiles are very long lived, an instance being furnished by a tortoise, which was confined in 1633, and existed until 1753, when he perished by accident. Birds sometimes reach a great age, the eagle and the swan having been known to live one hundred years. The longevity of fishes is often remarkable. The carp has been known to live two hundred years; common river trout, fifty years; and the pike, ninety years; while Gesner, a Swiss naturalist, relates

that a pike caught in 1497 bore a ring recording the capture of the same fish two hundred and sixty-seven years before. Insects are very short-lived, usually completing the term of existence in a few weeks or months. Some even perish within a few hours after emerging from a grub state, and die upon the very day of entering on their new life. As a general rule, not to be applied too closely, larger types of animals live longer than smaller.—*Sel.*

—In Norway and Sweden, accumulations of moss, often more than a foot thick, and half decomposed, serve to make paper and millboard as hard as wood, blocks of which, formed by the hydraulic press, may even be turned in the lathe and polished. This substance is said to possess the good qualities of wood without its defects, such as warping and splitting, so that it is suitable for making doors and windows. A plant has, it is said, been laid down in Sweden for working up these deposits of a hitherto waste substance into a useful material.—*Ex.*

**The Pyrophore.**—At a recent meeting of the Academy of Science, at Paris, a plate half filled with water containing half a dozen insects about an inch in length, which shone like diamonds although the room was filled with sunshine, was passed around among the members. These insects had been brought from Mexico, where they are to be found in the forests. Their scientific name is the *pyrophore*, and as none had ever been seen in Europe, they created quite a sensation. The light resembles that of a glow-worm or a fire-fly, although as much more brilliant and intense as an electric lamp surpasses a wax taper in its power of illumination. When the light begins to fade, it can be made as brilliant as before by shaking the insect or dipping it in water. It is said the Indians of Mexico use them for a light at night, as a few will suffice to illuminate an entire room. When they are walking at night they put one on each foot so that they can be sure of their way, and also that they do not step upon any venomous snake or reptile, with which the tropical forests abound. The Mexican ladies buy them of the Indians, and inclose them in a transparent bag, which they wear in their hair or at the neck. The effect is very beautiful, especially when several are worn, and as the Indians sell them for a few cents a dozen, they are in the reach of every fair one. They are fed on sugar-cane, and if well taken care of, will live a long time. One placed upon a page will enable it to be read with ease in the darkest night.—*Am. Druggist.*

**Ancient Dentistry.**—In the museum of Cometo, in Tuscany, von Marter recently discovered a skull containing false teeth. They seem to have been made from the teeth of animals, and were fastened to their natural neighbors by means of narrow gold bands. The tomb from which this skull was taken, was said to date back to the fifth or sixth century before the Christian era.



# GOOD HEALTH.

BATTLE CREEK, MICH., SEPTEMBER, 1885.

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

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### THE SOCIAL CANCER.

WITHIN a few weeks, the English-speaking public, the world over, have been astounded and appalled by the horrible revelations of sensuality and beastly licentiousness prevalent in the metropolis of the world, made by the *Pall Mall Gazette* of London. We are indebted to the kindness of several friends for copies of the full report of the "Secret Commission," appointed by the *Gazette* to investigate the matter, the result of whose labors was the disclosure referred to.

According to the *Gazette*, even pagan Rome, in the days of its grossest turpitude, was not more deeply sunken in sensuality than is "Christian" London at the present moment. Sexual crimes of every description are carried on under the very eyes of the law with impunity. Every conceivable refinement in sensuality is constantly practiced with scarcely an appearance of secresy.

The *Gazette* boldly charges the higher classes, the nobles, and even princes of the royal blood, with being the chief supporters of the most infamous practices, such as the sale of young girls for vile purposes, the systematic entrapping and seduction of girls, etc.

It is at least commendatory of the masses of the English people that they seem to be thoroughly aroused by these disclosures, and that the resulting agitation is likely to produce some legislation which may in a small degree mitigate this mighty evil; but it is worth while to consider what are some of the causes of this horrible state of things in the very head-quarters of modern civilization, and which lie far too deep to be reached by any police regulation or parliamentary enactment. The real causes of the growing magnitude of sexual vices in all civilized communities, we believe to be chiefly the following:—

1. The depraving influence of "high civilization." The conditions of life with the average

human being in a civilized community are such as tend to the exaggeration and stimulation of the animal part of his nature. The precocious development of the nervous system; the excitements of theaters, balls, parties, novels, and evil associations; the stimulation of rich and irritating foods, excessive eating, midnight feasting, and holiday gormandizing; the lack of vigorous muscular exercise, which naturally subdues and regulates the animal passions,—these, together with other influences, prevalent in all civilized communities, tend to the propagation of vice.

2. The increase of wealth and idleness. While the lower classes are unquestionably much addicted to gross forms of vice, it is not to be doubted that the wealthy classes are by far the chief supporters of organized and systematic sensuality. Idleness, the want of mental occupation and physical fatigue, leaves the mind open to the temptations and allurements of vice, and produces a physical condition calculated to encourage, rather than repress, the lower passions. Idleness thus creates the demand which wealth provides the means to gratify.

3. The waning respect for religion, and the lessened influence of moral principles upon men's lives. That there is such a tendency as this, is too patent to all careful observers to require documentary evidence as proof. The young men of the rising generation are largely infected with the ingenious but sophistical blasphemy of Ingersoll. Their consciences are quieted by the alluring platitudes of free-thinkers and moralists, and soothed by the moral cataplasm of an after-death probation, when a man who has devoted the present life to the "sowing of wild oats," may atone for his dissoluteness by devoting his life to being good.

This blunting of the moral sense is in no way more apparent than in the growing disrespect for womanhood. The outward conduct may be circumspect enough, but the foul literature of the times,—the sensational newspaper accounts of vice and grossness, the prurient novels and



story-books, the bawdy talk of the street, the workshop, and the club-room,—all these influences have blunted, and to a great degree destroyed, those pure sentiments which are the best safeguard to virtue.

The *Gazette* has given a picture of London which has startled the world, and caused every decent man and woman in Christendom to blush with shame. But we must not suppose that London is worse than other large cities. Indeed, the observations of the writer in Naples, Vienna, Paris, and Stockholm, led him to the conclusion that other European cities are equally bad in this respect. And who shall say that an investigation like that of the *Pall Mall Gazette*, if made in this country, would not disclose a similar state of morals in half a dozen American cities?

Is it not high time that those religious teachers who shut their eyes, and lull themselves to sleep with the comfortable notion that the world is yearly growing purer and better, and that the grand millennium is coming on apace, were jostled from their slumbers, and awakened from their vain delusion to an appreciation of the depths of wickedness and vice into which humanity is falling? Let parents and guardians, teachers and ministers, and all who may influence the morals of the young, set about them double barriers against vice, and let them fortify their characters against sin and sensuality, by a moral culture which will keep the heart pure, the imagination clean, the sentiments true to virtue and purity, and then we may hope that a genuine reform may begin.

#### BOWEL COMPLAINT.

At the present season of the year, a very large proportion of all the cases of disease are due to bowel complaint in some form or other. Any one who wishes to experience the delights of being turned inside out, and having his small intestines tied up into knots, may easily satisfy his curiosity by carefully executing the following program:—

Do not go to bed until midnight or after, and employ the time with gossip about neighbors, or reading an exciting story-book, so as to get the nervous system well worked up before retiring, to render sleep so disturbed that you will not want to get up in the morning, until ten minutes before time to take the morning train for

your place of business. Wake up suddenly, and find you are going to be left; jerk on your clothes in a hurry, without taking any morning bath; rush down to the dining-room, scold the cook for not having breakfast ready, when you know you are not ready yourself; swallow as fast as you can cram into your mouth, a hot biscuit, two griddle-cakes, a fried steak, two hard-boiled eggs, two glasses of ice water, a cup of strong coffee, all the time growling at the cook because the biscuit are not done, the eggs not hard enough, the beef-steak tough, the cakes cold, and the ice water not cold enough, and the coffee not strong enough. Growl a few words to the children about the importance of early rising; rush off to the depot, finishing your toilet as you dash along the street.

As you get nearly to the depot, you see the train just going out, and have to run twenty rods for dear life, and are just able to throw yourself on the steps of the last car, with your heart in your mouth. Completely exhausted, slowly stagger to a seat, and when you begin to cool off, get mad at yourself because you forgot to put on a clean collar, and neglected to bring some papers needed in the day's business. Buy a newspaper of the train-boy, and plunge into the market and stock reports, to drown your troubles and see what are the prospects of business for the day; find every one complaining of dull times, and get awfully blue over the remote prospect of bankruptcy.

Finally, reach your place of business feeling pretty well roiled up. Everybody, from the head clerk down, seems to be unusually stupid. Some important business has been neglected, which affords you a good opportunity to get into a violent passion. You storm around for an hour or two; find it doesn't do any good, and finally get disgusted with yourself, and go and sit down in your office and look over morning letters. You feel thirsty all the morning, and every fifteen or twenty minutes take a glass of ice water.

Along about eleven o'clock you begin



to feel as though there was a big stone in your stomach. Something with an indescribable flavor, about as hot as pepper-sauce, comes up in your throat, a slight hint that business has already begun in the regions below. You run out to the nearest drug-store, and drink a bottle of Hunyadi-janos water, or a dose of "seltzer aperient," and think you are a little better, though your head feels terribly, and the big lump in your stomach still remains.

At twelve o'clock, just as business is pressing, you rush out to a restaurant near by, and swallow a bowl of ox-tail soup, a couple of ham sandwiches, and a big porter-house steak, some Saratoga chips, half a spring chicken, two or three glasses of iced tea, with a piece of cherry pie and a dish of ice-cream. Swallow the stuff in about three minutes and a half, and rush back to business. Pretty soon you will begin to feel feverish, and in the course of the afternoon will drink six or eight glasses of ice water.

When you get through with your day's work, hurry home and eat a hearty supper, scold your wife a while to work off some of the nervous irritability which is pressing for utterance, and go to bed. Roll and tumble around for two or three hours, catching little cat-naps, never getting sound asleep, dreaming a few horrible dreams about burglars and dynamite assassinations, and by and by get thoroughly waked up with the idea that there is a wild animal loose, running around your abdominal cavity, or that the big and little intestines have gotten into a wild skirmish, and propose to fight it out, regardless of any inconvenience occasioned by their maneuvers. Tell your wife you think that glass of milk you took last night did not agree with you, and that you are going to have the cholera. Ask her to give you a dose of Mrs. Meddlesome's cholera mixture, which she brought over the other day to be kept in the house in case any of the children should be sick in the night. You swallow a double dose of the fiery stuff so as to make sure of the

business, and pretty soon things begin to twist up livelier than ever. You think you will stand it until morning; but long before that time you get two or three doctors around you, and have all your friends in the neighborhood sympathizing over you, and urging you to swallow things which will be very likely to scratch and tear your true inwardness in the most vigorous manner possible. If you pull through, it will be because you have a strong constitution, thanks to the fact that your father had better sense than to drink ice water by the gallon, and to crowd his stomach with all kinds of heating and indigestible foods, and make a brute and a glutton of himself generally.

If you do not care to have this kind of a rumpus with your internal arrangements, just omit most of the things suggested, and keep quiet and cool. Take a light, nourishing diet of grains and milk. Avoid fats, sweets, pastry, meats, and ice water. Do not let anybody or anything you meet make you mad, and go to bed on an empty stomach. If, in spite of these precautions, you feel any distant mutterings of an approaching gastric cyclone, go without a meal or two, drinking copiously of hot water, say three or four pints. Clear out the bowels with a large, hot enema, and if not yet relieved, have flannels wrung out of hot water and applied to the abdomen for half an hour. Go to bed after this treatment, and wake up in the morning all right.

#### CRAMMING PHYSIOLOGY.

Much of the instruction in physiology and hygiene given in our public schools consists of the most sorry sort of cramming, calculated to be to the student of no practical benefit. That the same evil prevails in schools of other countries is evidenced by the following report of an examination of pupils in a public school, which was recently published in an English newspaper:—

"Food is digested by the action of the lungs; digestion is brought on by the



lungs having something the matter with them. The food then passes through your windpipe to the pores, and thus passes off your by evaporation, through a lot of little holes in your skin, called capillaries. The food is nourished in the stomach. If you were to eat anything hard, you would not be able to digest it, and the consequence would be you would have indigestion. The gall-bladder throws off juice from the food which passes through it. We call the kidneys the bread-basket because it is where all the bread goes to. They lay up concealed by the heart."

In replying to the question "Why do we cook our food?" our fifth standard girl gave the delightfully inconsequent reply: "Their of five ways of cooking potatoes. We should die if we eat our food roar." Another girl wrote: "The function of food is to do its proper work in the body. Its proper work is to well masticate the food, and it goes through without dropping, instead of being pushed down by the skin." A third pupil put in her paper that "food digested is when we put it into our mouths, our teeth chews it, and our tongue roll it down into our body. We should not each so much bone-making foods as flesh-forming and warmth-giving foods; for if we did, we should have too many bones, and that would make us look funny."

On the subject of ventilation, one student informs us that a room should be kept at ninety in the winter by a fire, and in the summer by a thermometer, while a classmate writes, "a thermometer is an instrument used to let out the heat when it is going to be cold." Another girl sets down: "When roasting a piece of beef, place it in front of a brisk fire, so as to congratulate the outside." But an answer perhaps best illustrating the jargon that comes of the cram system is the following: "Sugar is an amyloid; if you was to each much sugar and nothing else, you would not live, because sugar has not got no carbon, hydrogen, oxygen, nitrogen. Potatoes is another amyloids."

*Cholera in Piggeries.*—Dr. Wm. P. Carpenter, an eminent physiologist, disagrees with Dr. Tyndall's assertion that cholera germs are bred only in the human intestines, and gives three remarkable instances as evidence that cholera, or at least the almost equally fatal choleraic diarrhea, was caused by offensive piggeries, by a retarded drain in marshy ground, and by a compost heap of unnamable filth in an unused yard. The outbreak of fatal disease in each of these cases was directly traced to these sources, the effluvium being borne on the wind. In each the disease was successfully combated, and finally conquered, by a removal of the filthy cause.

*New Dietetic Wickedness.*—The inventive genius of thousands of brilliant chefs connected with restaurants and eating-houses in large cities is constantly exercised to discover some new means of tickling the worn-out palates of fashionable epicures. The latest discovery recorded is an article called "cheese-sticks," consisting of dough, cheese, and red pepper, which, after being mixed together, is forced through an apparatus which puts it into the shape of straws. It is served at "teas," along with ham sandwiches.

The inventor of this new dyspepsia-making compound has reached the zenith of his glory in this last achievement, and ought now to retire on a handsome annuity provided by the manufacturers of Pierce's P. P. P., Radway's Pills, Stomach Bitters, and all other "Stomach and Liver Regulators."

*Stings All the Way Down.*—We were forcibly struck not long since by the argument used by a New York professor in a medical college, in favor of pepper as a remedy for certain conditions of the bowels, for the reason that it is not digested like proper food substances, and so exerts its peculiar action the whole length of the alimentary canal. As evidence to support his theory, he notes the fact that a person who has eaten raw oysters with



pepper for supper, experiences the next morning a burning, stinging sensation in the rectum. Every body knows that pepper stings in the mouth. After it has been swallowed, the peculiar burning sensation which it produces is no longer unpleasantly felt, but its irritating effects again become apparent when it has reached the lower bowels, after having traveled through the thirty feet of large and small intestines.

During the passage through the alimentary canal, no sensation is experienced, except at the two extremities, for the reason that these parts only are fully supplied with nerves of sensibility. The same disastrous consequences are produced in the form of gastric and intestinal catarrh and various disturbances of the stomach and other digestive organs. What is true of pepper is true of pepper-sauce and all other condiments which bite and sting as they go down the throat.

*Health of College Girls.*—The Massachusetts Bureau of Labor has been making some investigations respecting the health of young ladies, while taking a course of study in college, and after graduation. Out of seven hundred persons from whom reports were obtained, it was found that 78 per cent of the women graduates were in the enjoyment of good health. At the beginning of the college course, 20 per cent were suffering from ill health. At its close only 17 per cent were ill, showing an improvement of health to the amount of 3 per cent during the college course. This certainly does not indicate that hard and continuous study is detrimental to young women.

*Gen. Gordon on English Dinner-Parties.*—Gen. Gordon is generally looked upon as a very eccentric sort of a man. He certainly had a mind of his own about a good many things, as is evidenced by the daily jottings in his diary, which has recently been published, and in which he criticises the English dinner-party, with which he

was probably as familiar as any Englishman, as follows:—

“At those dinner-parties we are all in masks, saying what we do not believe, eating and drinking things we do not want, and then abusing one another. I would sooner live like a dervish with the Mahdi than go out to dinner every night in London. I hope if any English general comes to Khartoum, he will not ask me to dinner. Why men cannot be friends without bringing their wretched stomachs in is astounding.”

*Danger in Canned Meat.*—During the hot months there is much danger in the use of canned meats, and those who use this class of foods should be thoroughly informed respecting the possibilities of harm from this source. Almost every week cases are reported in which whole families have been poisoned by the use of canned meats of some sort. Several deaths have occurred from this source. Cases have been reported in which the decomposition of the meat took place both before and after canning. In warm weather meat often decomposes to such a degree as to be dangerous to health, and even life, within a few hours after the can has been opened. The safest way is to avoid the use of it altogether. Fruits, grains, vegetables, and milk, and a moderate allowance of eggs, furnish the best dietary for this season of the year.

*Adulterated Coffee.*—A correspondent of the *Universal Benefactor* reports the discovery that a large Eastern firm is engaged in the manufacture of coffee from clay. It is molded and colored so that it exactly resembles the genuine beans, with which they are mixed to the extent of twenty-five or fifty per cent. We do not know that this will be any particular harm, however, as the clay is not soluble, and would only have the effect to diminish the stimulating properties of the coffee, which certainly do no one any good, and are frequently productive of harm. We have no sympathy with adulterants, however, even though the adulteration may improve the article.




 DOMESTIC MEDICINE.
 

**Sunstroke.**—When a person is suffering with sunstroke, the face is red, the temples are throbbing, and the skin is hot. The proper treatment is to immediately put the patient in a cold bath if possible, or douse him with cold water. Pouring cold water on the head and over the body is a means which should be employed, if a well is near. No time should be lost in applying this important measure of treatment. Heat exhaustion is a condition very different from sunstroke. The surface is likely to be cool instead of hot, and the patient requires hot applications instead of cold. He should be put into a hot bath, or have hot fomentations applied to the head and spine, while the body is sponged with hot water.

**Heat Fever of Children.**—The *Therapeutic Gazette* calls attention to a discovery accredited to Dr. Comegys, of Cincinnati, that the common "bowel complaint" of children during hot weather is really a form of heat fever which is quite common in the tropics, the usual symptoms of which are the fever-dried tongue and mouth, rapid pulse and respiration, intense thirst, vomiting, purging of greenish, watery materials mixed with undigested food, sleeplessness, headache, contracted pupils, delirium, and at last insensibility.

When the disease reaches the last stage, the doctor says the bowel trouble has "gone to the head," and that the case is hopeless. Dr. C. certainly deserves great credit for having demonstrated that these cases are most readily relieved, not by calomel, astringents, and other internal remedies, but by the use of cold water applied externally in the form of the cold bath.

"Mothers accustomed to the powders, pills, and nauseous mixtures of the older physicians, usually object to the withdrawal of the medicine, but especially are they terrified by the use of the cold baths, and the infants themselves are usually prone at first to protest with what little physical strength they have against the plunge into cold water; but when it has been once seen that the child which has been tossing for nights, moaning and sleepless, becomes quiet, and on being taken out of the bath falls into a peaceful slumber, the opposition of the mother soon be-

comes turned into great confidence. In our own experience, even nursing babes soon recognize instinctively the effect of the bath, and older children become eager for it. There is, therefore, after the first essay, usually no trouble in carrying out the plan of treatment; indeed, not rarely care must be exercised that the bath be given not too frequently. It must be remembered that the object of the bath is to reduce the temperature of the child, and that, therefore, unless the bathing is done with sufficient frequency to keep down the temperature, it will not be efficacious; but, on the other hand, it must not be forgotten that it is very possible to overdo the treatment. The thermometer should be freely employed, and the practitioner be guided by its warnings. If two baths in the twenty-four hours should keep the temperature near normal, two is all that is necessary. If eight baths are required, eight should be given."

**Milk Diet.**—The occurrence of albumen in the urine, as the result of acute disease of the kidneys during the latter stage of pregnancy, is well recognized as a premonitory symptom of puerperal convulsions, one of the most dreadful of all disorders pertaining to child-birth. These conditions should always be ascertained before child-birth by boiling the urine, after adding an acid. An eminent French physician, Dr. Tarnier, has discovered that feeding a person suffering in this way upon an exclusive milk diet greatly facilitates recovery. It is probable that the greatest advantage to be derived from a milk diet is its easy digestibility and the large amount of fluid which it introduces into the blood, thus encouraging and facilitating action of the kidneys. In addition to the milk diet, the patient should take a warm bath at least three times a week. The bath should be about one hundred degrees. The patient should be kept in the bath until perspiration begins, and then should be taken out, wrapped in woolen blankets, and left to perspire two or three minutes, according to his strength. The patient should take in addition to the two or three quarts of milk required for nourishment, six to ten glasses of hot water during the day. This will produce such an activity of the skin as will greatly relieve the kidneys, and encourage recovery.



## Question Box.

**Obstructed Tear-Duct.**—Mrs. D. B., of New York, inquires: Is there any home treatment for closed tear-duct? My right eye has troubled me for a good while from this cause, the tears all running on the outside. It makes the eye sore, and of late it discharges a yellow matter constantly. I have catarrh quite badly. What is the cause of the discharge? Please answer in GOOD HEALTH.

*Ans.*—There is no curative treatment for the difficulty named, which can be successfully employed at home. You should place yourself under the care of a good oculist, who, by the use of probes for the purpose, will dilate the obstructed duct so that the tears can pass down into the nose in the natural way. It is possible that the difficulty may have been caused by nasal catarrh, the disease gradually working up into the nose. If this is the case, as is quite likely, no treatment will be permanently successful unless the catarrh is cured.

**Coffee—Warts.**—1. Is coffee as hurtful as tea? 2. What will cure warts, those smooth, hard ones?

*Ans.*—1. Strong coffee is equally as stimulating to the nervous system as tea of equal strength, although a pound of coffee contains less of the narcotic principle than a pound of tea. Ground coffee contains little or no caffeine. As a rule, coffee is more likely to produce indigestion, and tea various nervous disorders.

2. Nitric acid, sulphuric acid, or acetic acid will kill any kind of warts. Touch the wart lightly with the acid every two or three days. The best way is to moisten the blank end of a match in the acid, and then touch the wart with it.

**Salicylic Acid for Preserving Fruit.**—C. C. F., of Pa., inquires: Is salicylic acid hurtful when used in canning fruit? It is used quite extensively in this section. The following is one of the recipes: Salicylic acid, thirty-five grains; sugar, eight ounces; water, one quart.

*Ans.*—Salicylic acid, like many other substances such as carbolic acid, creosote, etc., has the power to preserve organic substances from decay or decomposition. Salicylic acid is used in preference to others for the preserving of foods on account of the absence of unpleasant flavor. It should be understood, however, that this is a powerful drug when taken even in small doses. It produces intense burning of the stomach, and sometimes occasions serious disturbances of the heart and other portions of the system. There can be no question as to the propriety of using such an article. In fact, while a few doses might do no particular harm as the poison would be speedily eliminated from the

body, if used habitually, the results must be disastrous; and there should be a law prohibiting the sale of the article for the purpose of preserving food. We hear of recipes, similar to the one given above, being sold in various parts of the country, and would warn our readers against purchasing any chemical whatever for such a purpose. Canning by the ordinary process of heating the fruit to a boiling point, and sealing tightly in glass cans, is the only satisfactory manner of preserving fruit in a fresh state, at present known.

**Snapping in the Ear—Tooth-Wash.**—W. J. B., of Oregon, inquires:—

1. What is the cause of snapping in the ear, and what is the cure, if any?

2. What brand of tooth-wash do you recommend?

*Ans.*—1. Snapping in the ear is most commonly caused by disease of the Eustachian tube, which is usually the result of nasal catarrh. The catarrh generally extends from the nose up the tube, toward the ear. The first thing to be done is to cure the nasal catarrh. Afterward, if the difficulty is not removed, a good surgeon, who makes a specialty of treating diseases of the ear, should be consulted. It is possible for catarrh of the Eustachian tube to exist without nasal catarrh, though such cases are not common.

2. We recommend no brand of tooth-wash. All the dentifrice required is a little fine soap and pure water, to be applied with a good brush. A little precipitated chalk may be used with advantage in addition.

**Diet in Dyspepsia—Catarrh—Wizard's Oil—Healthful Cookery.**—D. K. P., of Cal., inquires:—

1. Is mush and milk good for persons suffering with dyspepsia? If so, what kinds are best and most easily digested?

2. Do you know of any positive cure for catarrh in the head, brought on by frequent colds which were not properly treated? I have tried everything, and nothing does it any good.

3. Is there anything in Hamlin's Wizard oil that would prove injurious to health if taken internally, or applied externally?

4. What is the price of the book entitled "Healthful Cookery"?

*Ans.*—1. There are so many forms of dyspepsia, it is impossible to answer this question in a brief paragraph. Some dyspeptics can digest any kind of mush taken with milk with ease, while others find all their troubles aggravated by its use. The majority of dyspeptics do better on food which requires thorough mastication. Mush and milk is likely to be eaten too rapidly, without proper mastication or salivation.



2. There is no one remedy which will cure all kinds of catarrh. When the disease has existed for many years, the treatment required is often very different from that needed in recent cases. Cases of catarrh accompanied by profuse, thick, yellow discharges may be cured by means of such agents as will thoroughly cleanse the nasal cavity, followed by mild astringent remedies. For the first, perhaps equal parts of salt and carbonate of soda, a teaspoonful of the mixture to the pint of water, is as useful as anything which we are able to recommend. As an astringent application, sulphate of zinc, sulphate of iron, or ferric alum, used in the proportion of ten to fifteen grains to the pint of water if employed by the means of the nasal douche or the sponge douche, or in the proportion of one dram to the pint if used with an atomizer, are among remedies to be recommended.

3. The following is the formula for Hamlin's Wizard Oil according to Kelner's formulary:—

Tinct. Camphor,	1 ounce.
Aqua Ammonia,	$\frac{1}{2}$ "
Oil Sassafras,	$\frac{1}{2}$ "
Oil Cloves,	1 dram.
Turpentine,	1 "
Chloroform,	2 drams.
Alcohol,	$3\frac{1}{2}$ ounces.

After reading the above list, we think our correspondent will be able to decide for himself whether the mixture is a proper one for internal use. There is no objection whatever to using it as an external application for relieving pain, but it possesses no greater virtue than other stimulating liniments.

4. The work entitled "Healthful Cookery" has been out of print for some little time. The "Household Manual" (price 75 cents) contains a large number of valuable recipes, prepared by Mrs. E. E. Kellogg, which are well worth the price of the entire book.

**Water-Drinking Before Meals.**—A patient desires to know if it is well to drink a glass or so of cold water an hour or two before meals.

*Ans.*—A person suffering with a slow digestion should not drink cold water shortly before eating, as it cools the stomach, slackens the action of the blood-vessels, lessens the activity of the peptic gland, and so lessens the amount of gastric juice produced. Hot water is preferable.

**Electricity—Hot Water-Drinking.**—Does electricity cure diseases? 2. Should any person beside dyspeptics drink hot water?

*Ans.*—1. Electricity is a valuable remedial agent, not because it directly "cures disease," but because it facilitates the vital processes, and by this means enables the system to successfully combat disease and remove morbid conditions.

2. Hot water-drinking is good for any one who is troubled with biliousness, torpid liver, deficient secretion of urine, and for any person suffering with bladder disease.

**Boiling Honey.**—If honey is boiled before using it, does this not obviate any danger arising from any poisonous element it may contain?

*Ans.*—The poisonous volatile matters which the bees gather from the flowers, as well as the virus from the bee sting, will probably be prevented by boiling, so that boiled honey may perhaps be considered more wholesome than unboiled. We are not aware, however, that any scientific experiments have been made which will throw any light upon this question.

**Hygienic Pie Crust.**—A friend asks for a recipe for hygienic pie crust made short without grease of any kind.

*Ans.*—There are several methods of making pie crust short enough to please even the "toothless," without butter or lard. See recipes in the "Health and Temperance Manual."

**Salt.**—A correspondent asks: Does table salt lose its savor under any circumstances?

*Ans.*—No; so long as there is any salt left, it retains its characteristic flavor. The salt referred to in the Scriptures, which might lose its savor, was a kind of salt found in some places in Palestine. It contained siliceous or calcareous particles mixed with salt. The salt might be dissolved, leaving a substance looking like salt but without taste.

**Sleeping in Church.**—A patient inquires: What is the best remedy to prevent persons' sleeping in church?

*Ans.*—Plenty of sleep the night before and an empty stomach.

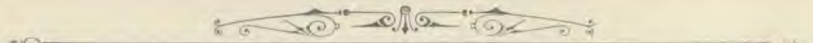
**Olive Oil in Cookery.**—Can you recommend pure, fresh olive oil for use in cookery?

*Ans.*—Pure olive oil is undoubtedly superior to lard and other animal fats for use in cookery; but fats of any kind used in cookery, as a rule, render the food less digestible. It is very difficult to get the pure quality of olive oil. Most of that used in this country, and indeed in most foreign countries, is really refined cotton-seed oil. In some cases, lard oil is used as a substitute. Cotton-seed oil is perhaps a good substitute for olive oil.

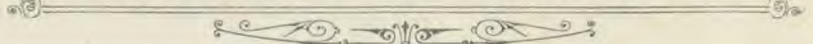
**Honey in Colds.**—An inquirer wishes to know if honey is a good remedy for colds.

*Ans.*—Honey acts as an expectorant in a mild way, and hence will sometimes relieve a cough, but it has no curative virtue. We have known persons to make themselves dyspeptics by taking large quantities of honey for the relief of a cold. The appetite for honey increased to such a degree that the individuals seemed to have a cold all the time, and found themselves obliged to take honey to "prevent the cold," as well as to cure it.





## SCIENCE IN THE HOUSEHOLD.



CONDUCTED BY MRS. E. E. KELLOGG.

### HOW TO SWEEP A ROOM.

THERE are some who, upon glancing at the title of this paper, will cast it aside, thinking it superfluous, and exclaiming, "Why should I, or any other person, be taught to sweep a room? It is not a study, but the simplest thing in the world to do."

Not so fast, my friend; there is always a right and a wrong way of doing things; the purport of this paper is to show the proper way, which may take a trifle more time, but which will afford greater satisfaction in the end. As the parlor is generally considered the most difficult to sweep, let us repair there, and "begin hostilities" at once. The latter phrase would be most appropriate if the sweeping were to be left to the servant alone, from the war-like sounds that issue from quarters left to their ministrations. All small, movable articles, ornaments, bric-a-brac, etc., should be dusted, and removed from the room, also the smaller pieces of furniture, chairs, small tables, and easel, if there is one, all should be thoroughly dusted to prevent carrying dust into the hall or room where they are deposited. Then rugs should be taken into the yard, or on the back porch, well shaken, and left there until wanted; after removing piano cover, table scarf, mantel lambrequins, and other articles of a like nature, shake every particle of dust from them, fold them away, and proceed to cover the remaining furniture, the mirror and pictures, with clean dust-cloths. Now if you are properly arrayed for the occasion, what is a necessary evil to many persons will prove a pleasure to you; by being properly arrayed is meant a dress of some material that will wash, a mob cap that completely covers the head, and hands encased in old gloves. Some persons have a mistaken notion about wearing gloves in sweeping, calling it an affectation; as it does not have an ill effect on the sweeping, and goes far towards preserving the hands for other work which requires smooth hands, the objection does not seem plausible. But "*yeve-nons a nos moutons*;" after raising windows high, fastening curtains and *portieres* out of the way, commence at the corner farthest from the door, sweeping continuously in that direction. Do not sweep with one side of the broom, but change from time to time, or you will have a most disagreeable weapon to handle afterward, a lopsided broom. It is, of course, understood that you are using a good, strong corn-broom, not a sweeper; the latter is very good to use between sweep days, to remove threads, crumbs, or other foreign substances from the middle of the room,

but not much can be thought of a housekeeper who uses the sweeper for regular sweeping; in such cases the corners of the room, as well as the sides, are never cleaned. The chief trouble with a sweeper is that it is apt to foster a habit of laziness as to regular sweeping, and the sweeping, when done in that way, is never thorough. They should seldom be placed in the hands of a servant, whose chief aim seems to be to shirk legitimate duties. But not to digress again; after having carefully swept all the dirt towards the door in one heap, gather it into the dust-pan, and burn it. Do not let the pan stand with the dust in it after the sweeping is done; burn it immediately, as, if left to stand, it will blow imperceptibly, but surely, into your clean room, and cause double trouble. When the dust has settled, remove dust-cloths, shake, air, and fold them away till next sweep-day. Obtain a bucket of warm water, therein pour a few drops of ammonia, wring a cloth out of this almost dry, and—

—on bended knee,  
As in olden time a devotee,

proceed to wipe the surface of your carpet. By doing this, your sweeping will last twice as long. The cloth should never be so wet that the water will drop from it, as this would cause dampness, which should, by all means, be avoided. But the carpet,—a moment before wiping it, you were thinking, "How dull it looks; a new one will have to be obtained ere long." Now, what has caused this transformation? Each flower and figure stands out clear and bright, and with the last rub you will come to the conclusion that the carpet will last a long time yet. Now let windows and paints receive their weekly attention; then bring in the furniture, ornaments, etc.; as they were dusted before being taken out they will require but little attention further than placing properly. If the size and shape of your room permits, place chairs and ornaments a little differently each time you sweep, as it gives one who is tied down to home duties, one who gets but rarely away from home, a sense of change that can be, situated as she is, obtained in no other way.

As a medicine, the broom excels as a tonic. If the women who sit around from one year's end to another, nursing imaginary ailments, were, once a week, to take a dose of sweeping, mild, of course, at first, they would soon begin to feel the salutary effects from the use of the broom, and would save themselves many a dollar for medicine, broken china, and battered furniture.—*Good Housekeeping.*



**Rinsing Bottles.**—Bottles after being some time in use, are apt to acquire a crust or coating very difficult to remove by ordinary rinsing. The *Bohmische Bierbrauer* gives the following methods for removing such impurities: 1. Soak them in permanganate of potash; 2. Rinse the bottles out with a solution of equal parts of muriatic acid and water; 3. Use chloride of lime and water in the proportion of one ounce of the lime to two pints of water, and allow the bottles to lie in the solution for three or four days; 4. Strong sulphuric acid may be put into the bottles, which may then be corked and allowed to stand for a day or two. This should remove the strongest crust. Either of these four methods requires great care. The chemicals should in all cases be carefully rinsed out with clean water, and it should be borne in mind that all acids are extremely injurious to clothes, etc.—*American Druggist*.

—A pair of boots or shoes thoroughly soaked are not easy to dry without being uncomfortably stiff, as well as badly shrunken. A very simple device will make the drying process comparatively safe. The wet shoes should be thoroughly stuffed with newspapers, which serve not only keep them in shape, but hastens their drying by absorbing the moisture.

### Literary Notices.

**DORCAS:** Published 872 Broadway, N. Y. Subscription price, \$1.00 a year, 10 cents a single copy. The September number has been received. The editor (a woman of great ability) and the publishers strive to please their patrons, and spare no expense to fill its pages with good and thorough instructions in knitting, crocheting, and embroidery. All the designs that are not original come from abroad, thus making it a magazine worth having in every household, as the same directions are not found elsewhere, and will all be found explicit and correct. In each number we find new novelties in every line of fancy work, and have decided that *Dorcas* is the best magazine of its kind in existence. We advise all to send for it without fail.

WE have received an attractive Illustrated Circular of Adrian College, giving a description of the various departments of this institution. The pamphlet is embellished by handsome cuts of the Buildings, the Museum, Interiors, etc., and contains, in a compact form, just the information desired by those contemplating attending college. Any one may obtain copies of this Circular, or of the annual College Catalogue, by addressing President D. S. Stephens, Adrian, Mich.

**ATHEISM AND ARITHMETIC; OR, MATHEMATICAL LAW IN NATURE.** Arithmetic in plants. Mathematics in musical science. Number in vital action. By H. L. Hastings. 12mo. Cloth and paper. Boston and London.

This work, which is number fifteen of a series of anti-infidel works by the same author, is a concise and strong presentation of arguments in proof of the existence of God, according to evidences found in nature. It is written in an attractive style, and is full of interest from beginning to end.

THE NORTH AMERICAN REVIEW, Sept. issue, comes to our table well laden with its store of knowledge. "Grant's Memorial: what shall it be?" is discussed in this number, by Launt Thompson, Karl Gerhardt, O. L. Warner, and Wilson McDonald, sculptors; W. H. Beard, painter; Calvert Vaux and Henry Van Brunt, architects; and Clarence Cook, art critic. This symposium is sure to attract wide attention at this time, when the desire is so general to erect a monument to Grant that shall be worthy of the man, the nation, and American art. The same number of the *Review* contains a consideration of the question, "Shall our National Banking System be Abolished?" by George S. Boutwell, F. J. Scott, S. Dana Horton, and Edward H. G. Clark. "Ouida" contributes an essay on "The Tendencies of English Fiction," and Elizabeth Stuart Phelps writes on "The Great Psychical Opportunity." But the most readable article in the number is ex-Sergeant-at-Arms French's "Reminiscences of Famous Americans," which is a series of delightful anecdotes about the famous war senators. Mr. French is writing a book of these reminiscences. If it equals this forestallment in the *Review*, it will be one of the famous works of modern literature.

TRAVELER'S READY REFERENCE GUIDE: Published by the Knickerbocker Guide Co., 46 Bond St., N. Y.

"*Appleton's National Railway and Steam-Navigation Guide*" has been purchased from Messrs. D. Appleton & Co. by the Knickerbocker Guide Company, and consolidated with the *Knickerbocker Ready Reference Guide*. The first number of this consolidated publication is the issue for July, 1885. It will be slightly larger than *Appleton's Guide*, but will be sold for the same price (25 cents), and is the only national railway guide which is sold at that price. It contains many features which will commend it to the traveling public. The July number contains a Tourists' Guide in addition to the usual matter.

The department of "Anecdotes and Incidents," a popular feature of *Appleton's Guide*, will be retained.

The book will be issued by the Knickerbocker Guide Co., from the office of the National Railway Publication Co., the latter company being the well known publishers of the *Official Railway Guide*, the standard work. From this fact it will be seen that the publishers possess unrivaled facilities for obtaining early and accurate information respecting all transportation-matters.



## Publisher's Page.

☞ An experienced gardener has been employed to take charge of the Sanitarium greenhouse, which it is hoped may soon be one of the finest in the State.

☞ The Sanitarium is having, the present summer, the largest patronage it has ever enjoyed. Upwards of five hundred guests have arrived at the institution since July 1, and the number is scarcely diminished. The new five-story building, erected last year, has been none too large to accommodate the growing patronage of the institution. Notwithstanding the great increase of accommodations, including a large dormitory which has been fitted up for helpers, it has been necessary to rent several cottages in addition to the number owned by the institution.

☞ Aug. 7, at eight p. m., the editor had the pleasure of addressing an audience of about 2,500 persons at the Wisconsin Chautauqua, the Monono Lake Assembly, situated on the bank of the beautiful Monono Lake, near Madison, Wisconsin. The location is a most fortunate and delightful one. Just across the lake, within ten minutes' ride by steamer, is the city of Madison, the capital of the State, and a city of which any State might well be proud. Situated on four charming lakes, well drained, and well built, it is not wonderful that Madison should be as famous for the remarkable health of its inhabitants, as for its natural beauty and picturesqueness.

We were surprised to find the Assembly grounds such an attractive place, and have never seen a spot which was naturally so well adapted to the purpose for which it is used as this.

We had the pleasure of meeting several old friends and patients, among them Dr. and Mrs. Stillman, of Madison, Mr. Pullen, and others.

☞ The weekly summaries of the reports of sickness received from health officers in all parts of the State, show the present to be a remarkably healthful season, in Michigan at least. A few days only have been so warm as to be uncomfortable; indeed, heat in the Sanitarium has been required in the main building fully two-thirds of the days during July and August. Crops have been abundant, and there is every prospect of an end of the "hard times," of which every body complains.

☞ We have received the August number of the *Pacific Health Journal*, and, although we were glad to pronounce the preceding number *very good*, we must say that this is even better. The editor was discouraged because somebody said that he had "struck twelve the first time," which he took to mean that there was no chance for improvement, and might have given up in despair if he had not found one little imperfection, which gave him a chance to do better the next time. We are always ready to stick out an ear to help a sinking brother whenever opportunity affords, and are glad to see that although one stroke of the editorial clock was a little weak the first time, the second round gives us twelve full, clear, resonant tones, which we hope may reverberate among the hills and valleys of the Golden State, till every pork-eater, tobacco-smoker, and beer-guzzler trembles with fear, and seeks safety within the pale of sanitary uprightness. One particular stroke of the clock rings out so loud and clear above the rest as to suggest that the editor has, hidden away in his sanctum, the veritable "Big Ben of London," and had instructed the sexton—

To ring, ring the bell,  
To sound the funeral knell  
Of calomel.

Success to our contemporary's clock. May its face ever be set toward the highest standard of sanitary excellence. May its hands ever point out the physical errors and follies of our depraved civilization. May its main-spring never weaken, its driving-weights never run down, its tones ever ring the true gospel of health, and keep on striking loud and clear till every toe to health and physical happiness has been struck down.

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