



GOOD HEALTH.

A JOURNAL OF HYGIENE

CONTENTS OF THIS NO.

DEVOTED TO
PHYSICAL AND MORAL CULTURE

A SOUND MIND
IN A SOUND BODY

HEALTH IS
WEALTH

PROPER CLOTHING
ADEQUATE REST
AMPLE EXERCISE

CLEANLINESS NEXT TO
COURTESY

TEMPERANCE IN THINGS

PAGE.

General Articles.—Tea and Tipping, 353
Healthy Homes, 355
What our Children Eat, 357
Health and Ill-Health in Women, 359
The Hygiene of the Hair, 362

Temperance and Miscellany.—In-
fluence (poetry), 364
One Woman's Way, 364
Simplicity of Attire, 365
The Stitches' Story (poetry), 367
Samantha Allen's Visit to Mrs. Blodgetts, 367
Home First, 368

Popular Science.—The Dust in the
Air—Nature the great Teacher, 369

Editorial.—End of the Volume, 370
A New Food, 370
Gleanings from a Sanitary Convention, 371
The Remedies of Nature, 372
Newspaper Talk about Health, 372
Arsenical Wall-Papers, 373
"Tubbing," 374
A Catholic Father on Bangs, 374
A Young Man's Opinion of Corsets, 375
No Commandment, 375
A Dry City, 375

Domestic Medicine.—Nursing in
Country Homes—Styes, 376-377

Question Box.—Care of the Teeth—El-
der Berries as Food—Electrical Treat-
ment of Nasal Polypus—Cough—Saint
Helena Sanitarium—Whole-Wheat
Flour—Diet in Catarrh of the Bowels—
Dry Catarrh—Red Nose—Best Food
for Children—Diarrhea, 377-378

Science in the Household.—Holiday
Dinners—Bedding for Winter—True
Hospitality, 379-380

Literary Notices, 381

Publisher's Page, 383

Index to Vol. 21, 383-384

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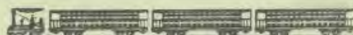
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| a.m. | 11.35 | 11.45 | 1.20 | 10.10 | | BATTLE CREEK, A | 3.45 | 9.00 | 2.35 | 4.30 |
| 8.10 | am | 12.05 | 12.5 | pm | D | Vicksburg,..... | 2.45 | 8.55 | 2.30 | am |
| 9.15 | | 12.45 | 2.21 | | | Schoolcraft,..... | 1.50 | 8.15 | 1.49 | |
| 9.5 | | 12.55 | 12.32 | VAL. | | Schoolcraft,..... | 1.50 | 8.15 | 1.49 | VAL. |
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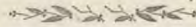
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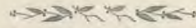
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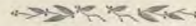
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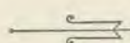
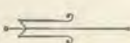
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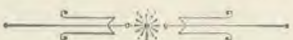
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GOOD HEALTH

A JOURNAL OF HYGIENE.

MENS SANA IN CORPORE SANO.

Volume XXI.

BATTLE CREEK, MICH., DECEMBER, 1886.

Number 12.



TEA AND TIPLING.

THAT there is any relation between tea and tipping will probably be a new idea to many of those who may read this; but we shall undertake to show that there is an unmistakable relation between the tea and coffee habit and the alcohol habit.

First, let us ask the question, Why do men drink alcoholic beverages? There are undoubtedly persons who drink because they have a fondness for the taste of liquor; but if you ask the confirmed inebriate why he drinks, he will tell you that he takes his dram for the effects which it produces, for the pleasurable sensations which it induces, or to relieve a terrible craving which nothing else will appease. The writer has often been told this by men who have been placed under his care to be reformed from the use of liquor. Often the remark is made, "I dislike the taste of liquor. I drink it only for its effects."

The same is true of other narcotics and stimulants. The opium-taker finds nothing to gratify the palate in the bitter, nauseating flavor of the drug to which he is en-

slaved. The same is true of absinthe, Indian hemp, and chloral. If tobacco is an exception to the general rule, it is only because it is flavored with licorice and sugar and a variety of other substances by which its real taste is disguised.

The same is also true of tea and coffee. Without the milk and sugar with which the bitter, astringent taste of these drugs is disguised, few would pretend to enjoy the steaming

cup. There are those who take their tea or coffee without the usual concomitants, just as there are those who take their whisky "straight"; but these are persons who take them for their effects.

The real reason why men and women use tea and coffee, leaving out those who take them as a matter of custom—just as there are those who drink a glass of beer or grog simply to be sociable—is to gratify a *desire for artificial stimulation*. This is the real sin of drunkenness. It is not simply the taking of a glass of wine or beer or rum, that is wrong, but the swallowing of an agent which excites and irritates the system and produces a false appearance of strength, which is sooner or later followed by an evident sinking of the vital tone as much below par as it seemed to be temporarily exalted.

A person who drinks tea, soon acquires a desire for the accustomed stimulant. If deprived of the usual cup, a sense of loss and physical discontent is experienced which is not felt when any single article of ordinary

food is temporarily withdrawn from the dietary. Many persons, when deprived of their accustomed cup of tea or coffee, experience a very distressing headache, nervousness, irritability, or other equally unpleasant symptoms. This fact in itself, is sufficient proof of the harmful character of these beverages. The fact that one is dependent upon the drugs, and that their withdrawal is followed by such unpleasant consequences, is evidence of their harmful nature, and indicates that they are not different in their effects from others of the large class of stimulant and narcotic drugs, the use of which is attended by similar results.

The claim has been made that the use of tea and coffee is advantageous to those who have to undergo great fatigue, on the supposition that they impart an increase of muscular strength; but the fallacy of this idea is well shown by some experiments made by Dr. Edward Smith of England, many years ago, which seem to have been overlooked or ignored by those who have offered apologetic arguments for the use of these popular beverages. Dr. Smith stated as the result of his experiments, "There is a greater readiness for exertion, and more ease in making it, after taking tea; but if it be indulged in, a greater sense of exhaustion follows."

Dr. Smith again remarks that the essential action of tea is to waste the system "by promoting vital action which it does not support." These facts were demonstrated a quarter of a century ago, and, as Dr. Smith says, "have not been disproved by any subsequent scientific researches"; and yet we find persons of eminence still clinging to the popular notion that these beverages are harmless, and endeavoring to bolster up the fallacy by a show of scientific argument which, in fact, has no real foundation.

The effects of tea are exactly similar to those which are produced by any other stimulant, and are evidently such as must result in injury to the system if frequently repeated.

The similarity of tea to alcohol and other stimulating beverages is further seen in the fact that if taken in sufficient doses, all the

profoundly intoxicating effects of alcohol may be produced. An English physician mentions a number of persons who had become so addicted to the use of tea that they were often found in a state of insensibility from its effects. An author is referred to, who was found thus intoxicated with tea, two or three times a week.

It is evident that tea and coffee may be made the means of satisfying the morbid craving for artificial stimulation, and does it not necessarily follow that their use may be the means of establishing such an appetite? The insatiable appetite for alcoholic liquors which so enslaves a man as to deprive him of his will, is not developed in a day. At first, small tipping is indulged in, perhaps, only as a pastime, or in obedience to social custom or influence. After a time, the appetite for some artificial stimulant begins to be developed, and hard cider and beer are no longer sufficient to satisfy the demand. Then something stronger must be used. Little by little, the habit grows until it becomes overpowering. A cup of strong tea is more powerful in its effects than a glass of lager beer or hard cider, and if the latter will lead to drunkenness, why not the former?

The writer has met not a few instances in which women who had become greatly addicted to the tea-drinking habit, had, in consequence, become broken down in health, nervous, sleepless and enervated, and had resorted to chloral, opium, and even brandy or whisky as a means of alleviating the ills which they had brought upon themselves by the use of tea. In several instances, these victims of "the cup which cheers, but not inebriates," had become confirmed drunkards, through this means, and were restored to sobriety only by the most persistent and protracted efforts. In two instances, the effort was only temporarily successful.

We cannot better conclude this article than by the following paragraph from an article in the London telegram from the pen of that eminent English divine, the Dean of Bangor:—

This bad housewifery is not only productive of possible revolution, but of lamentable immorality. Excessive tea-drinking, renewed thrice a day, and other forms of bad feeding, make both men and women feel weak. What is the result? You will remember that when Mrs. Brown, on her way to Brighton, felt again and again what she called a 'sinking,' she had perpetual recourse to a certain bottle, which in the long run did her no good, but made her sink more. A badly-fed population, suffering from the effects of poor housewifery, must be subject to the sense of 'sinking.' Thus the tea-kettle goes before the gin bottle, and the physical weakness and nervous irritability that had their origin in the bad cookery of an ignorant, thriftless house, end in the ruin of intemperance and deadly disease."

HEALTHY HOMES.

ARRANGEMENT OF ROOMS.

THE size and number of the rooms will depend upon the purse and wish of the owner. However, there are certain facts which should influence the arrangement of the rooms. The living rooms should be on the sunny side of the house. Men as well as plants, need sunlight, and without it the best physical development cannot be attained. Especially should the rooms occupied by women and children, who are out of doors but little, be light and sunny. My professional work daily calls me into houses which are dark and damp. I never enter such a house without a sensation of chilliness. It matters not how luxuriantly such a house be furnished, it never looks cosy and cheery. The pale faces and rheumatic walk of the inmates, convince us that such houses are not healthful, and without health they cannot be happy. How often do we find the sunny side of the house occupied by a long passage way, or hall, while the living rooms lie on the northern and cold side of the house. Too often the frugal housewife shuts out every ray of sunlight for fear that it will fade the carpets. Some one has said with truth that "it is far better to have faded carpets than faded cheeks." The child that is

but seldom bathed in the sunshine grows like the plant in the dark cellar, sickly and pale.

The long, dark, conventional hall should be done away with. In summer it becomes a kind of store-house for old hats, rubber coats, and umbrellas. In winter, it is but imperfectly heated, and filled with cold draughts, through which the children run with a shudder. At all times it detracts from the comfort and ornamentation of the interior of the house. There may be houses in which it is useful, but then it should be well lighted and heated. It is better to have a stairway go up from a sitting-room or from a small vestibule.

It is the ambition of most American wives to have one room in which are collected the most showy of the household ornaments. This room is called the parlor. The small boy is taught to regard this room as forbidden territory. The air and sunlight are carefully excluded, and the room opens only to some honored visitor. The exclusion of the small boy may be all right, but the air and light should be regarded as the most honored of guests, and admittance even to this shrine should not be denied them; for they bring with them health and happiness, the greatest blessings granted to mortals.

It is unfortunately the fashion to make the bed-rooms small in order to have a large sitting-room or parlor. The small size of bed-rooms has become a fruitful source of injury to the health of individuals. No one who lies from six to eight hours in a small bed-room, with no provision for ventilation, can be perfectly healthy. Indeed, there is really more need, if possible, of having the bed-rooms large and airy than there is of giving like attention to the living rooms. The constant going in and out during the day removes some of the ill-effects arising from the want of proper space and improves the air of the room by fresh currents when the doors are opened; while during sleep one must breathe the air in which he lies. Basement and attic bed-rooms are both highly objectionable. The former are always poorly supplied with fresh air, and are generally damp

and musty. The latter are likely to be too cold in winter and too warm in summer.

If the owner can afford, at least one good room should contain a fire-place or grate; for with every attention to the laws of health, there must come times when some member of the family will be sick, and the sick-room should be full of cheer. The open fire is most cheerful. Pleasant surroundings often aid the doctor's pills and potions in restoring the patient to health.

Probably the most important room in the house is the kitchen. Before you praise the house-keeping of any woman, visit her kitchen. The parlor may be a gem of beauty, the bed-linen may be spotless, the table may be covered with decorated china, but if the kitchen be filthy, all is in vain. The floor, which is best of hardwood or yellow pine, should be kept bare. At least two windows, one on each side, for the purpose of thoroughly airing the room occasionally, are desirable. The pantry should be large and well supplied with cupboards and shelves. The flour box should be so hung that it will close itself. It adds much to the comfort of the cook and to the cleanliness of the walls and ceiling of the room, if the stove or range be covered by a hood which conducts the vapors arising from the cooking, into a flue in the chimney.

THE WINDOWS.

Every room should have direct sunlight and not be dependent upon that which is diffused through another room. The windows should extend well towards the ceiling and be hung so as to lower from the top as well as raise from the bottom. The blinds should be hung in such a manner that they are easily opened. In no part of the house should they be kept closed during the day.

HEATING AND VENTILATING.

Of all the methods of heating, the open fire is the most enjoyable; while the stove is the most economical. In the Northern States the open fire alone seldom furnishes enough heat during the coldest months of winter. Coal stoves should have no loose joints through which gases can escape. The mica doors

must be kept in repair, the flue must not be allowed to clog, and attention must be given to the dampers. The most poisonous gas given off from burning coal is carbonic oxide. It is without odor, and whole families have been poisoned by it without being awakened. It combines with the substance of the red blood corpuscles, forming quite a stable compound, and thus preventing the oxygenation of the blood. Especial care must be exercised when coal stoves are placed in bed-rooms or in rooms which open into bed-rooms.

Makers of wrought iron stoves and furnaces will insist that gases pass more readily through cast iron, and for this reason their stoves are superior and free from danger; but a properly constructed and managed cast-iron stove is free from danger, and is, in many respects, superior to those made of wrought iron. One of the greatest objections is that in houses in which they are used, there is usually no provision made for ventilation. However, a house heated by stoves, may be as well ventilated as any other. In most dwellings, there is, unfortunately, no special provision for ventilation; but the carpenter fits the windows, doors, and base boards so poorly that much fresh air will come through the crevices. But if many occupy the room, the amount of fresh air which finds admittance through these channels may be insufficient. Especially is this likely to be the case if the room is surrounded by other parts of the building, and consequently has but a small amount of surface exposed to the out-door air. Besides, the direct draughts from windows and doors, are always unpleasant, and may seriously affect the inmates of the house. In order to remedy these defects, any one of a number of simple devices may be resorted to for the admission of fresh air. The simplest of them consists in fitting a piece of board from four to eight inches wide in the window frame directly in front of the bottom of the lower sash. This board may be finished to correspond with the wood-work of the room. With this board in place, and the lower sash slightly raised, two air vents in the window are established, one under the lower sash, the current of which is turned upward by the board, and the

other between the upper and the lower sashes. Through the upper vent some of the foul air will escape, though the current through this opening is not invariably outward. Another plan consists in bringing a pipe about six inches in diameter through, and possibly under the floor, to the stove, where it terminates in a sheet-iron jacket placed around the stove, leaving a space of one or two inches, and having escapes only at the top. The heat of the stove will produce a strong current through the pipe, and thus plenty of fresh, warmed air is admitted to the room. The exact amount of air entering may be regulated by a properly constructed damper.

For every room heated by a stove, there should be two flues, one for smoke and other gaseous products of combustion, the other for ventilation. The latter should extend to the floor, just above which there should be a register. The partition between the ventilating and the smoke flues should be of brick placed on edge, thus making it as thin as possible so that the upper part of the ventilating flue will be thoroughly heated from the smoke flue; or the smoke flue may be of iron pipe placed in a large flue, and the space all around the pipe will serve as a ventilating flue. With this arrangement, the upper part of the ventilating flue will be heated whenever there is a fire in the stove, and the removal of the foul air will be rendered certain. It should be seen to in building the chimney that the inside of the ventilating flue be not clogged with mortar or pieces of brick.

Unfortunately, however, the great majority of houses which are heated by stoves are built without the slightest provision for ventilation. In such houses, fresh air may be introduced by the method already given; but the escape of foul air is more difficult to be provided for. It may be done, however, as follows: Place a pipe of tin or sheet iron, from six to ten inches in diameter, according to the size of the room, along the wall behind the stove. The lower end of this pipe extends to within a few inches of the floor and remains open, while the upper end passes by means of an elbow into the smoke flue below

the point at which the stove pipe enters. When the chimney begins near the ceiling, as it does in many inexpensive houses, the upper part of the ventilating pipe may be formed into a jacket, and enter the chimney with the stove pipe.

WHAT OUR CHILDREN EAT.

BY MARION HARLAND.

IN an interesting and valuable little work entitled "*Food for the Invalid*," Dr. J. Milner Fothergill, of London, says: "Up to a recent period, oatmeal porridge and milk was the food of the nursery *par excellence*, and is still so, where the parents possess good sense and the children good digestions—conditions which do not co-exist in every household."

This one sentence distinctly proclaims the nationality and dwelling-place of the distinguished author. "Up to a recent period" the food of the American nursery has been more "promiscuous" than that of the adult members of the household, by reason of such adjuncts to the regular daily fare as green apples, pop-corn balls, taffy, and candies illimitable and indescribable. "It is astonishing what children can eat with impunity," is a complacent proverb which could hardly have gained circulation in any other country, if we except Lapland and West Africa. Casting aside imaginative drapings, let us omit from the statement just penned, the clause—"Up to a recent period"—and confess what is the diet of children in ninety-nine hundredths of the homes of the comfortable classes of our enlightened land—abodes where poverty never lays her scrawny hand on meat or sup. We will furthermore exclude such extreme cases of eccentric dietary as recur at once to the memory of each reader.

Within a week, I have seen a baby just one year and two weeks old, toddling on the orchard-grass and munching, with his double quartette of small white teeth, wind-fall pears of an inferior grade at best, which, as his mother asserts, "agree with him as nothing else does."

Within a month, another, two months

younger, was displayed by his proud papa as a prodigy who "will have a bite of anything his mother eats, yet was never sick in his life."

A year or so ago, I was accosted in my walk on a farm-house porch by a laughing father, and made to hearken to the story of a feat performed by his whey-faced three-year-old, who had been brought out of town to recruit from a severe attack of cholera infantum.

"The young dog attacked a basket of peaches, not over-ripe ones either, standing by the kitchen door, and ate *ten* before I left him!"

With a hinted doubt as to the propriety of terming these "extreme cases," as American families go—let us see what is the ordinary nourishment (?) of the average American boy or girl from eighteen months old and upward.

Bobby's mamma orders for breakfast: Oatmeal porridge, fish balls, stewed kidneys, fried potatoes, hot rolls, buckwheat cakes and syrup, oranges, pears, tea and coffee.

Bobby's eyes roll eagerly over the board as the several dishes are brought on, and when well stuffed and happy, he alights from his tall chair at the end of the meal, his bib indicating that he has sampled all, if he has not partaken to the satiety of each one. And this not because he is a spoiled child who clamors for forbidden food. He is more than passably docile and obedient, but nobody thinks of refusing to give him kidneys, fried potatoes, buckwheats, or coffee. His mother could not decide, if questioned, which of these is wholesome fare for infants, and which likely to prove deleterious to the young stomach. She has probably never given the matter a thought.

At dinner there will be soup, fish, highly seasoned *entrées*, pastry, and black coffee. The supper table will be inviting with lobster salad, Welsh rarebit, jelly-roll, crullers, and preserves. Bobby has his share of all, and goes to bed within one hour after bolting the last doughnut as thoughtless of evil as is the fond parent, who might as kindly have treated him to india-rubber *au gratin* and bullets *au naturel*.

He lives through it? Why—yes—generally.

That is, he does not always and immediately die as the unmistakable result of the poison. His system takes care of it somehow, or gets rid of it somehow else. If, by the time he is thirty, the long-suffering stomach will pay no more debts of his contracting, who reckons up the account back to infancy and reveals why the trial-balance does not come out right? He lived through scarlet fever, but it left him slightly deaf; the measles kept him a prisoner all of one winter, and his eyes have been weak ever since; or the arm he broke on the base-ball ground is not quite as supple as the other. All these drawbacks are recorded in the family memory, and freely discussed. Not even the always-vigilant, never-forgetful mother thinks of associating childish excesses in eating with the lad's sick headaches or the man's defective digestion.

While we cannot set aside the weighty bulk of evidence in support of the influence of heredity upon the rising race, we may well, for a while, withhold our feet from spurning the bones of our forefathers, and look for a more modern solution of the ills of our corporeal frames.

We may not love our British cousins, but we cannot deny to them the possession of brawn, phosphates, and complexions. Their climate is execrable for eight months of the year, yet we take it for granted that they owe their superiority in the matter of constitution and nerve to atmospheric influences. Johnny Bull, Jr., breakfasts on porridge, and sups on bread and milk; dines on plain roast or boiled meat, potatoes and rice pudding; tastes plum cake at Christmas; hardly knows the flavor of tea or coffee, and eats less candy in twenty years than our free-born Bobby disposes of in twelve months.

I once put a magazine article on "The Royal Children" in the hands of a shrewd, sallow lad of twelve. He looked up presently, with a sniff of infinite contempt.

"I don't think it pays to be a prince if a fellow has got to dine every day on boiled mutton and babies' pudding!"

We set better tables, so far as variety and abundance go, than any other people in the

world, eat more and digest it less comfortably than any 'sister civilized nation. We fear this generation is beyond repair in these particulars. For abatement of American dyspepsia, we must look to the mothers who are making the constitutions and history of the coming century.

The article from which our text is drawn, goes on to give the preference to hominy over oatmeal, and recommends American maize as "being the richest in fat of all the cerealia, while it contains albuminoid matter in as high a porportion as does wheat. Preparations of maize," it says, "are peculiarly adapted to the nursery."

Our Bobby, accustomed to the varied *menus* I have sketched, would rebel hotly against a breakfast of hominy and milk. I once heard him condemn mush as "chicken feed." He and his older brothers and sisters are products of an artificial civilization, modeled on the American pattern. But it is possible to bring up Bobby's baby-brother in ignorance of the savoriness of fried oysters and the piquancy of curries; to train his healthy desire for food in the direction of cereals, milk, boiled eggs, roast beef and boiled mutton, fresh ripe fruits, and what our scornful young democrat stigmatized as "babies' pudding." Sustained by such fare, his digestion will grow stronger with years, his bones firm, his brain clear, and his nerves steady. He may not be manish so soon as the boy next door, who complains that his coffee is not strong enough to brace him up, and is critical of ragouts and *vol-au-vents*, but he will be more manly in a sturdy, wholesome way, with the sort of superiority the elm has over the atlanthus. As a preliminary step, let the mother settle dietetic problems on the basis of what baby *may* eat, not what he *can* devour, and—apparently—digest.—*Journal of Reconstructives*.

WHAT is the drunkard's life?—

A life of pain,

Of sin, of sorrow, self-reproach, and shame;

Of home affliction, evil wants, that drain

The home resources, leave a filthy stain

On all its sacred ties, dishonored name!

Friends, estimate the loss, and count the gain;

Shun, as a plague, THE DRINK; a glimpse of light

It may be, heralding a dismal night.

—S. C. Hall

HEALTH AND ILL-HEALTH IN WOMEN.

BY LUCY M. HALL, M. D.*

"I AM more and more convinced that most diseases of women are preventable." So says one who has studied deeply into every phase of woman's infirmities.

In the progress of the nineteenth century there are no subjects which are claiming more careful and learned attention than those connected with health.

Sanation in all its branches; hygiene, public and personal; telluric, atmospheric, and climatic effects upon health; effects dependent upon altitude, latitude, and longitude; effects of heredity, of training, of occupation, and medication—are the themes of the wise and the learned everywhere. And yet in the face of all this, women, the larger half of the population, the portion upon whom the health of the whole must so largely depend, live, the mass of them, in a manner which renders perfect health absolutely impossible. We see them dressing so as to outrage every principle of hygiene, growing pallid in sunless rooms, stifling in overheated, devitalized air, and sitting with stagnant blood and flabby muscles, wondering why they have poor appetites, low spirits, weak nerves, and sleepless nights. It never occurs to them that they are responsible for all this, nay, more, that their self-induced infirmities are a contradiction and a reproach to the spirit of progress which animate the age in which they live.

Truly, the hygiene of women deserves to be the most seriously considered topic of the world to-day.

Three so-called "critical periods" of woman's life are often spoken of, and questions are asked as to why the young girl should grow pallid and nervous; why the young wife and mother loses her bloom and spirits, while her step grows lagging, and weary lines seam the delicate face; or why the woman just passing the meridian of life suddenly finds herself, in mind and body, beset with numerous miseries?

No single cause can be assigned which will apply to every case; often many causes com-

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bine to produce the unhappy effect. But do not fail to recognize the fact that in each and every case a cause or combination of causes, specific and potent, does exist, and, in most instances, may be found and remedied if there is but the will to do it.

Into the life of every youth there comes a period of nervous disturbance, connected with marked physical changes. It is difficult to decide as to which is normally the more affected by this early maturing season, the girl or the boy. Our attention, however, must at present be confined to the former.

Doubtless you have already exclaimed that the girl is far more likely to suffer at this time. This we grant, but at the same time would wish to emphasize the fact that this is so simply because the average girl is weak and delicate, having been reared in such a manner that she could not possibly be otherwise.

A young girl, who should be as bright as the morning and gay as the lark, does not droop and fail in health and spirits simply because Nature is completing her sublime handiwork in making her a woman.

It is just possible, loving, anxious mother that you are, that you, in your deep solicitude for the good of your child, have unwittingly been the cause of harm by interfering with what would better have been left to Nature, that wise old mother of us all, whom we so often mistrust and circumvent to our own confusion and loss.

Whatever the immediate trouble may be, there are, most assuredly, reasons lying far back of the present which have rendered serious disturbance at this time almost inevitable; and a little spasmodic dosing is as ill-timed and useless as it would be to turn your attention to the blossoms of a failing tree when the trouble lies at the root.

In almost any case, but especially if the girl is city-bred and well-to-do, the first question should be: Has she been reared with any systematic regard to her physical development? Has she been required to exercise her muscles vigorously every day, to give them the kind of exercise which stimulates the circulation, carries off the old worn-out *debris* of the system,

expands the lungs and invigorates the digestion, while it increases the muscular power? Has she been kept much out-of-doors both in summer and winter? Has she retired early, and has her bed-room been always well ventilated, cool in winter, with light bed clothing for her bed, just enough to maintain the body temperature without inducing perspiration? Has her food been nutritious and unstimulating, with plenty of milk, no tea or coffee, her heartiest meal being taken in the middle of the day; and has she been encouraged to eat a good, substantial meal when at table and to avoid "unwholesome nibblings" between?

Has she been warmly and evenly clad in cold weather, or has a single covering of silk, cotton or merino done duty upon one part of her body, while a neighboring portion has been literally packed in a multiple of layers of the warmest material? Has she worn thick, sensible shoes, or has but the tenth of an inch of sole-leather been allowed to interpose between her delicate feet and the damp or chilly sidewalk? Has her growing and expanding form been snapped into the inflexible boundary of a French corset just when it needed the utmost freedom for its best development? Has she sweltered in a sealskin sacque while she did her morning's shopping, and gone with naked arms and shoulders to a ball in the evening? and, with her nervous system at its most sensitive and unsettled stage, "surcharged with some unexplained influence," has she been allowed to whirl about in a heated ball-room to the most thrilling music, in the embrace of a partner of the opposite sex? Has she been helped to select her reading from books of history, travel, etc., as well as the best works of fiction, or has she been allowed to languish at her own sweet will over sentimental trash of her own choosing or which chance has thrown in her way?

Still more important is the question: Has she been taught to look upon herself as a responsible being, with an individual life to live, out of which she must bring success or failure by her own endeavor?

These are deeply significant questions, O mother! and in the person of your ailing daugh-

ter they are answered with a silent emphasis more convincing than words.

But, the mischief having been done, how to remedy it becomes the important consideration.

We will assume that the girl is not altogether an invalid, though you are anxious and troubled about her condition, and are at a loss to know how to proceed.

Then let me advise you. To begin with, put her into clothing which will cramp no part of her body, which will protect her everywhere, and be a drag and an awkward incumbrance nowhere; one in which she can go out in any weather without danger of dragged skirts, and those most deadly enemies to woman's health, damp ankles. Put good, strong, English walking-boots on her feet; cut off all excuses for indoor dawdling, and supply her with every inducement which your means will allow to keep her out-of-doors. Let her take regular gymnastic exercises, carefully at first; have her rooms sunny, well ventilated, the thermometer in the winter never showing above 68 degrees Fahrenheit in the daytime, and above 20 degrees at night. Let her go to bed early; and keep her appetite good by giving her plain, wholesome food, instead of the cloying delicacies which are the bane of the American table and the ruin of the American digestion. Teach her that instead of ill-health being *interesting*, it is little less than a disgrace for a young girl to be sickly if she can possibly help it.

Do not have her give up regular and moderate study. Keep her mind in healthful channels; food it must and will have; deny it meat and it will take to poison. A girl who, at this crisis of her life, has given up all study, who spends her days upon the sofa, in an over-warm atmosphere, with a novel and a bit of embroidery, nursing her sensibilities, and being coddled by her relatives, is a doomed creature.

The cardinal principles in the treatment of every girl at this fermentive stage of her existence, should be free exercise, out-of-doors and in the gymnasium, active duties about the home if necessary, simple clothing and food,

and a healthful direction to her mental energies.

The exercise, sun, and air will give a good appetite and sound sleep; and the mental work will keep her mind off the sickly sentiment so destructive to the sexual health of this period. The mind, however, is never more active than now; let its food be sound and sweet, and you will be rewarded by vigor and freshness.

These suggestions, wisely followed, will carry the young girl safely over all the dangers of puberty, and set her feet securely upon the more solid ground of healthy young womanhood.

The poor, though their lives are shaped for them, to a great extent, by stern necessity, have a recompense in part, in that they have few of the enervating influences of luxury to contend against. But improper dressing, with its attendant work and worry, unsuitable and insufficient food, and disregard for all rules of hygiene in the home and out of it, often more than counterbalance any circumstances which may be favorable to health in their surroundings.

If they learn to live more wisely, it will not be until after their more fortunate sisters have set them the example.

The more intelligent and educated classes must always be the molders of public opinion. The responsibility, therefore, rests with the controlling spirits, the men and women who lead that others may follow.—*Christian Union*.

—Tom Turnall, one of Charles Kingsley's heroes, says: "I hate disease. I hate it, little or big. I hate to see a fellow sick. I hate to see a child rickety and pale. I hate to see a speck of dirt in the street or home. . . . I hate neglect, incapacity, idleness, ignorance, and all the disease and misery which spring from them. There's my devil, and I can't help for the life of me, going right at his throat, wheresoever I meet him.

—It is important to be sure you are right and then go ahead. But first *be sure*.

THE HYGIENE OF THE HAIR.

(CONCLUDED FROM LAST NUMBER.)

BY GEORGE THOMAS JACKSON, M. D.

THE DRESSING OF THE HAIR OF WOMEN.

Now we come to a place in the discussion of the hygiene of the hair in which fashion often interferes. Examination of old fashion-plates and portraits will show how women and men have tortured the hair, twisting it into all sorts of shapes and smothering it under wigs, false hair, and powder. Happily, at present the hair is worn more simply; but still the crimping or the curling iron is too much used, and the hair is pulled and dragged upon too much in adapting it to the varying demands of the hair-dresser. Sooner or later nature is apt to rebel against the fashion, and the hair of the woman is lost in the fight.

The simplest mode of wearing the hair is the best. It should be combed and brushed smoothly back upon the top of the head, either parted or not, as is most becoming, and gathered into a loose braid or coil at the back of the head. Girls should wear a pendent braid, and women whose hair is grown and who gather it into a coil, should use large hair-pins in fastening it, preferably of rubber or bone with absolutely smooth surfaces. In doing up the hair, care should be taken not to drag upon it; and drawing it into unnatural positions, such as pulling the hair from the back of the head over forwards to near the forehead, should be avoided. If a woman's hair curls naturally, she should be thankful for the favor therein bestowed; but should it not curl of itself, she should not attempt to make it curl by singeing and squeezing it between hot irons, scorching it over a hot pipe-stem, or twisting it up tightly in curl papers.

WIGS, HATS, ETC.

The hair requires, for its growth and for maintenance of its health, both air and sunlight, though not necessarily exposure to the direct rays of the sun. It is difficult to prove that the constant wearing of the hat is a cause of baldness, but there are many indications that such is the case, and it is well to avoid keep-

ing the head covered with an unventilated hat. If the occupation compells one to be out of doors most of the time, or exposed to draughts so that a hat or cap must be worn, it should be well ventilated so that the heat from the head may not become confined and the head more or less sweated.

The wearing of wigs and false hair is bad for whatever hair remains, and should not be practiced. The absurd "water-falls" of a few years ago, and the no less ridiculous, powdered wigs of old times are happily things of the past, and should never be revived. If a woman's hair is short and scanty, it is better to wear it cut short, and endeavor to stimulate its growth by attention to the scalp, than by wearing false braids to assume a beauty which she has not. Wigs heat the head and sweat the hair; false hair by its weight drags upon the feeble hair which it is desired to fortify.

The wearing of night-caps was once a custom founded upon the need of keeping the head warm in the inadequately heated bedrooms of our ancestors. With the improvement in house building and heating, the custom has passed away, and should not be revived, as it excludes the air from the hair continuously for a good part of the day. Of course, where there is no hair, and the bald individual is sensitive to the cold, there can be no objection to keeping the head covered with a wig by day and a cap by night.

HAIR CUTTING.

All men wear the hair short and employ a barber at varying intervals, according to their fancy. As far as the health of the hair is concerned, it is immaterial whether it is cut at longer or shorter intervals, but it is essential that it should be well cut, and a good barber is desirable. It should never be "shingled," as the barbers term an operation which consists in cutting the hair by a to and fro motion of the shears, as this tears and roughens the hair.

The hair of children, whether they be boys or girls, should be kept short until the seventh or eighth year of age, as the growing hair is a drain upon the nutrition of the body, and at

this time of life all the nutritive forces should be expended in the growth of muscle and bone. [This does not seem to be sufficient reason. Frequent cutting of the hair increases the rate of growth, so that more hair is actually produced than if it were not cut.—*Ed.*] The hair of a girl after she has reached her eighth year, should be allowed to grow, as the less the hair is cut the softer it is; and for a woman, a head of fine hair is much to be desired. But should the girl be so situated that her scalp and hair cannot be properly cared for, then she will have a better chance for a good head of hair later in life if it is cut when she is young.

The hair of women is seldom worn short, although of late some women have seen fit to adopt the style of wearing the hair like a man, along with his coat and waist coat. It is quite common for the long hair of women to be split at the point. This should be looked for, and if found, the hair should be cut above the cleft. All ragged ends should be lopped off, and all weak hairs should be cut off near the end to improve their strength.

SHAVING.

The shaving of the beard is regulated largely by fashion. Physiologically, it is best not to shave, for if we do we rob ourselves of a useful protection to the throat and lungs. As shaving often makes the hair grow coarser, it is often resorted to very early by the youth for the purpose of rendering the down of the lip or cheek more apparent. It would be better to endure the down for a time, as he would be rewarded by the growth of an elegant short beard. If one must shave, he should do it himself, and see that his razors are kept sharp. He should shave himself so as to avoid the risk of an infection with ringworm of the beard; if his razors are dull, he is apt to set up an inflammation of the hair follicles or skin. For shaving, a mild soap that forms a thick lather should be used, and after the operation, especially in cold or windy weather, the face should be powdered with simple rice flour, or fine corn starch.

POMADES.

Punch's advice to a man about to marry, is equally applicable to the use of pomades. It was: "Don't." Their regular use upon the

healthy scalp is uncalled for. They are dirty, soon become rancid, and emit a foul odor, unless this is covered by some strong perfume, and they soil whatever the wearer's head comes in contact with. If the rules already given are followed, the hair will be smooth and have sufficient luster for beauty without pomades. If the scalp is diseased, advice should be sought, and the proper remedies obtained.

Most of the greases advertised for the cure or prevention of baldness or grayness, are useless, and some harmful. The powers of some have been vaunted upon grounds that are rather funny, as for instance bear's grease, because the bear is well covered with hair. "Bandoline" and the like sticky substances, as well as hair dyes, should not be used, as the former is bad for the hair, and the latter are not infrequently followed by loss of health from the poisons they contain.

In some cases the hair becomes matted together in a tangled mass, especially that of women during prolonged illness. From whatever cause arising, care and patience will usually enable the mass to be unraveled, and the hair saved. To do this, it must be attacked, little at a time, with oil, soap, and water, and the fingers, and picked apart and combed straight. By proper care the condition is avoidable in most cases. It would be very exceptional when a patient could not bear the combing of the hair with a coarse comb once a day, followed by plaiting it into one or two plaits. When this is done gently and quietly, it will prove refreshing, and will prevent any trouble with the hair during convalescence. If it cannot be done, then it is best to cut off the hair to one-half or one-third of its length, so that it will be less liable to tangle.

As the hair sympathizes with the general health of the body, the latter should be maintained in good condition by a wise conformity to the laws of health. By the proper combination of the hygiene of the body with that of the hair, it is possible for even one who is predisposed to premature baldness to ward off the evil day for years; and one who comes of a strong-haired family should, as a rule, not become bald or have any essential disease of the hair.—*American Lancet.*

* 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.

INFLUENCE.

No stream from its source
Flows seaward, how lonely soever its course,
But what some land is gladdened: no star ever rose
And set, without influence somewhere. Who knows
What earth needs from earth's lowest creature? No
life

Can be pure in its purpose and strong in its strife
And all life not be stronger and purer thereby.
The spirits of just men made perfect on high,
The army of martyrs who stand by the Throne
And gaze into the Face that makes glorious their own,
Know this, surely, at last. Honest love, honest sorrow,
Honest work for the day, honest hope for the morrow,
Are these worth nothing more than the hand they make
weary,

The heart they have sudden'd, the life they leave dreary?
Hush! the sevenfold heavens to the voice of the Spirit
Echo: He that o'ercometh shall all things inherit.

—Owen Meredith.

ONE WOMAN'S WAY.

I THINK two people never began life more utterly content with one another than were John and I. We did not agree on all points, by any means, but such disagreement seemed to be quite outside of our joint life. We assimilated more and more, till I came to wonder how I had ever lived without him, and to think of marriage as the very gateway to a heaven that could hardly hold more happiness than we knew from day to day.

John had an office on Main Street, but went to it only in the afternoon, all special cases coming to the house, and there he did his hardest work, studying often late into the night. I fought this habit as far as possible, for it is an exhausting one, but he insisted that he could never think so clearly at any other time.

Now and then he drank a glass of claret;

sometimes I made chocolate and left it for him, but the claret, he thought, suited him better. I was accustomed to see my father take it daily, and though I half wished that John need not depend on it, it seemed wild nonsense to think the habit a dangerous one.

We had lived together three years. Stephen was a year old before there seemed any reason for real anxiety. Then I found that John's hand shook in the morning; that he had no appetite, and was nervous and irritable till the day was well on towards noon, though never to me. I could not bear to question him, but the opportunity came one night, when he was especially anxious over a case, and I volunteered to help him. I sat with him till one in the morning, and grew more and more startled. Claret had given place to burgundy. The bottle sat by him, and he drank glass by glass as if it had been water. He seldom took wine at the table, and I had not realized how the habit had grown. He looked up as the work ended, pushed away the papers, and came around to my chair, looking at me half startled, but with the fondness he always showed. "You are worn out, my darling," he said. "I had no right to keep you so. What is it?"

Then I told him, and as I spoke a horrible dread came over me, and I clung to him as if he were in some mortal peril. He laughed at first, and then grew very serious, and sat looking at me as I spoke, till finally I could do nothing but cry. "Dear," he said at last. "all the strength there is in it is not worth the suffering you have had this evening. I'll go back to the claret and half rations, and you must promise me never to so worry again."

I implored him to give it all up; and when he urged that he could not work without it, I told him that was the strongest reason for dropping it altogether. But it ended in half indignation on his part that I would not trust him, and the fear on mine that perhaps I was unreasonable, and so it rested there.

I did trust him. He showed me the bottle one day, and told me laughingly, I was carrying my point after all, for he had come down to a third of a bottle, and really thought he felt the better for it. But there was a change in John. It came almost imperceptibly. He grew moody and fitful; irritable to the children and sometimes to his clients; in the highest spirits at times, and then correspondingly depressed. People thought his health was breaking down from overwork, and the doctor told him he was well on in nervous prostration, and a few months or even weeks longer would bring him to a stage from which recovery might be impossible.

I thought I knew the real cause intuitively, though John never spoke of his state, and a curious silence had grown up between us. That wine had anything to do with it, every one would have denied. His daily habits were as regular as possible. He was naturally methodical, and an enormous worker, and his singularly quiet, courteous manner was the best shield he could have had. But I had learned some of the signs, and now I studied every accessible authority.

I studied them all as if my very life depended on knowing it all. Something dearer than my life did depend. It was hard in all the opposing views to find firm ground on which to stand, but I did at last. I found that books on food must be included, and I went through every real authority with this same passion of eagerness to know what was right—what share I had in helping or hindering the work I wanted to do.

For a long time John had locked himself into the library on the plea that careless servants sometimes bolted in suddenly and destroyed his train of thought. It was Saturday night in June—I remember always the breath of the apple blossoms that came to me as I

stood for a moment in the open doorway—then turned and knocked at the library door. John opened it irritably.

“Haven’t I told you I must not be disturbed in the evening?” he began, then stopped short, as I closed the door behind me, and drew him to the sofa. A bottle stood on the table. There was the smell of brandy in the air.

“I have kept away too long,” I said. “Whatever the struggle is, I must be part of it.” There was a long silence. I prayed that he might speak. At last he turned to me.

“It is too late,” he said, and he shrank away from me as I took his hand. “I’ve given up, Mary, as my father did before me. I’m not fit to touch you, my darling, and I do not mean to. The best thing for you is to leave me altogether. I shall go abroad—for rest—as the doctor orders, and let it end as soon as possible. I’ve fought till there is no fight left, and I am weaker than water. Nothing helps me. There is no help but in death.—*Sc!*

(CONCLUDED IN OUR NEXT.)

SIMPLICITY OF ATTIRE;

An Essential to the Promotion of Social Purity.

SOME weeks ago, having occasion to cross from Jersey City to New York, I observed on the opposite side of the ladies’ cabin of the ferry-boat in which I was seated, two young women probably eighteen years of age, who appeared to derive excessive entertainment from scanning and criticising the apparel of those of their own sex who successively entered the cabin. Each lady, as she came inside the door, was rapidly “looked over” by the giddy watchers, who would then exchange meaning glances, arch their eyebrows, and give way to a remark, giggle, or laugh. Evidently, dress was in all their thoughts. In noting their general demeanor, it seemed to me that those girls were such as would surrender everything that they might themselves become the recipients of the favors and bestowments of that fickle, and withal merciless, goddess—fashion. For I have not forgotten what was said to me some years ago by a friend who

had just returned from the city of Washington, when, in referring to the frivolity and the licentiousness prevailing there, he repeated the remark of a high official—that in most cases it was not mere “badness” that led so many young women astray, as it was the craving to be richly and fashionably dressed, to gratify their love of adornment and display, to shine above others.

A worthy woman said to my wife, when discoursing upon this subject in connection with benevolent work among the poor and the outcast, that upon a certain occasion, dressed in elegant attire, she had made a visit to a home for the fallen. Upon leaving the house she felt decidedly pleased with herself at the orderly behavior of the inmates and the seemingly respectful attention with which they had received her moral remarks. Afterward, however, when the matron observed that “the girls were so glad to have you come, for, indeed, it did their eyes good to feast on so fine a dress and to see the latest fashion,” she said that she felt humbled to the dust, and as though she could sink through the floor. The lesson was never forgotten, for she has always since then been careful to dress with simplicity when duty called her to such places.

Corroborative of the above, is the following: A repentant, female convict in one of our penitentiaries pleadingly said to a benevolent woman visitor, that she wished the ladies who came to the prison to speak and pray with them would dress more simply, for the prisoners’ thoughts were often so drawn away by the visitors’ fine or fashionable attire, that they received no good impressions whatever, but rather the reverse. Her own fall had been caused by dress. A visitor to our county prison, looking upon a number of young women who had been locked up over night for disorderly conduct, wondered that she should see females so finely dressed in such a place. She was given to understand that it was the love of gay attire which, more than aught else, had been the cause of their downfall.

It is not, therefore, simply against sensuous or indolent attire that I plead, but against such attire in general as is out of conformity

with what the apostle commends in his well known remarks to Timothy; that the apparel of those professing godliness needs to be of that modest character which properly accords with the “shamefacedness and sobriety” of Christian women. Probably it may seem to some that it may be a rather tame, and not a particularly direct and *heroic* method of combating the social evil—this of going counter to the generally accepted styles of dressing and adorning, and so appearing in a way which might cause one to be mistaken for the primitive Methodist or even Quaker. Some may even deem it to be ridiculous or despicable. Nevertheless, unless there is a breaking away from this enslaving spirit of fashion, it seems to me, there can be no permanent progress made in the direction of social-purity reform.

Of that noble Roman matron, Cornelia, daughter of Scipio Africanus—renowned for her virtue, and called the most famous and honorable woman of her time—it is said that she was never accustomed to wear rich apparel, but such only as was very plain, esteeming her children, whom, by example and precept, she had instructed in virtue, her greatest ornaments. So, the early Christians, believing that the pursuit of the world’s changeable fashions beget a worldly spirit and an antagonism to the cross, encouraged simplicity in this as in other particulars. It was the opinion of Wesley that gay and costly attire was not to be donned on the plea “I can afford it.” He observes with emphasis: “No man living can *afford* to waste any part of what God has committed to his trust. None can *afford* to throw any part of that food and raiment into the sea, which was lodged with him on purpose to feed the hungry and clothe the naked. And it is far worse than simple waste, to spend any part of it in gay or costly apparel. For this is no less than to turn wholesome food into poison. It is giving so much money to poison both yourself and others, *as far as your own example spreads*, with pride, vanity, anger, lust, love of the world, and a thousand foolish and hurtful desires, which tend to pierce them through with many sorrows.”—*Sel.*

THE STITCHES' STORY.

BY JENNIE E. OWEN.

LADY, bending with anxious care
Over those tucks and ruffles so fair,
What were you stitching in with the thread
In all those hours that so swiftly sped?
Hand me the garment, I'll read to thee
The story those stitches tell to me.

Ah! I see 'tis a costly seam;
For jewels in with the stitches gleam,
Precious jewels that none can buy,
Which are not seen by the careless eye;
Here are moments, a countless throng,
Nestling all the stitches among;
Some I see that might have been
Given an immortal crown to win.

Here are those that Duty prayed
That you would give to a sufferer's aid.
There are moments of eventide,
You stitched them in with a dream of pride,
While little daughter sought her rest,
By mother's warm hand unceasing;
When mother was too full of care
To even think of the little one's prayer.

Here are precious jewels of thought,
Into the looping and draping caught;
Gems that had you polished with care,
Might have shone with a luster rare;
Might have decked with their grace your brow,
They only shine on this garment now.

The garment in just a little while,
Will lose its beauty and grace and style;
You'll cast it away; then, what of the thought
That into its making you carefully wrought,
And strength? I gaze on the garment's grace,
Then raise my eyes to the woman's face.
Yes, in the garment I plainly see
The beauty that in the face might be.

Ah! friend of mine, did you ever dream
You were stitching your *strength* into ruffle and
seam?

Thus into each stitch three gems are caught,
Their names are *time* and *strength* and *thought*;
Jewels God gave you to broider with care
Into a garment more beautiful and fair,
Into a character noble and grand,
Which could the test of his Judgment stand.

What, think you, will his comment be
When he your character-robe shall see?
See it so unadorned and plain,
With many a rent and tear and stain,
Not even mended and clean; alas!
Will he say well done and let you pass?
I fear he will solemnly question, Where
Are the beautiful jewels I gave you to wear?

With bitterest shame you will then confess:
My Lord, I stitched them into a dress;
A dress that I felt so proud to wear
For mortals deemed it a garment rare.
But the moths destroyed my beautiful dress,
And the jewels are lost by my carelessness.
And now, you will cry in bitter despair,
I have only this tattered gown to wear.

Ah! lady, I see there are tears in your eyes,
That at first were flashing with swift surprise.
Take back the garment; now you may choose
Which dress to take and which to lose,
On which to bestow the greater care,
And which in the end you would rather wear.

The jewels we use earth's dress to adorn,
Can never in heavenly courts be worn;
This life, the thread that we string them on,
Will steadily loose them one by one.
God grant us wisdom to count their cost,
That the jewels he gives us may not be lost.

SAMANTHA ALLEN'S VISIT TO MRS.
BLODGETTS.

BY JOSIAH ALLEN'S WIFE.

I HAVE been a visitin' to Melinda Blodgett's, she that was Melinda Ann Allen, Josiah's third cousin.

She sent for me to come, sayin' she was a runnin' down, and if I didn't come to see her now, she more'n mistrusted I never would see her alive. She said her sufferin's went far ahead of any other wimmin's sufferin's in that part of the country. And some of the relations had been to see her and *had wept* to see the change in her. Her color was "gashly."

Melinder never was much on spellin', she wuz better on figgers—we went to school together.

Wall, I thought the letter wuz a kind of a proud letter, it seemed as if she felt kind o' haughty to think she wuz so bad off. But I never said a werd to my companion. Wimmen that talk about the relation on his own side es what he can't brook. No, he never could brook it.

But held up by the iron arm of duty, I packed my portmantue, and sot off for Melinda's, my Josiah promisin' to come after me at the end of the week.

Wall, when I got there, Melinda was disapinted, bitter disapinted, to think I didn't weep

over her. She did look bad, I couldn't deny it. It wuz Erysoplus I think and had struck in, or that is, some thought it had struck in, and some didn't think so; as for me, I thought then, and I think now, it had strick in.

But what wuz the use of weepin'? No; my idee wuz, instid of givin' her tears, as all the rest of the relation had, I'd try and give her help.

So when she begun a long and tegus tale of her sufferin's that she had suffered, I sot calm and polite, not brought to tears once—though I see she wuz a tryin' to bring me to 'em, and not bein' melted though I see plain, that she wuz a tryin' to melt me. And she ended by sayin' with a deep tragical look:—

"Samantha Allen! A heart of stun would be melted by my sufferin's."

And then she looked sharp at me to see if I wuz a bein' melted—but I wuzn't. I says calmly: "Melinda Blodgett, have you ever tried red-clover-blow tea?"

And she sort o' tossed her head, and said: "No; but she had had 18 doctors, and had tried 32 kinds of patented medicines."

I didn't say nothin', but I looked over my specks at her sort o' respectful, to think she wuz alive to tell the tale. And then I silently and calmly pinned up my dress round my waist, and went out to the meadow, and picked a bowl of clover blows, and brought 'em in, and steeped 'em, and gin 'em regular all the rest of the time I wuz there, and them blows cured her. And I thought then, and I think still, that it wuz better for me to sally out and git 'em for her, than it would have been for me to set down and weep, or even to be melted. Melinda's a widder. Howsumever, I am gettin' ahead of my story.

She took the tea, after some demkrin', and we visited a spell quite cheerful, for I kept up, and held up her feelin's first-rate, a meanin' to it, and then leanin' still on the arm of duty, I retired and went to bed.

Wall, the next mornin' I sot a visaten' with Melinda, and she had branched off from religeon and politics, and ether cheerful subjects onto which I had tried to hold her down, onto her distempers, and she wuz jest a sayin'

that she had never been sot up by it at all, but her pains had been voyalent enough time and agin, to throw her into a spazzum, and she had fell from one spazzum into another, till the voyalence of the gripens' had subsided; and old Miss Brophy had tried to make her think she had suffered jest as much, because she had been in such pain that her finger nails had turned blue; "But," says Melinda, "what are blue finger nails to my agony!"

Says I, mechanically: "If you and Miss Brophy took half the pains a tryin' to cure yourselves that you have in braggin' over your distempers, you might both be well women to-day."—*Sel.*

HOME FIRST.

LET home stand first before all other things! No matter how high your ambition may transcend its duties, no matter how far your talents or your influence may reach beyond its doors, build up a true home before everything else! Be not its slave; be its minister! Let it not be enough that it is swept and garnished, that its silver is brilliant, that its food is delicious; but feed the love in it, feed the truth in it, feed thought and aspiration, feed all charity and gentleness in it. Then from its walls shall come forth the true woman and the true man, who shall together rule and bless the land. Is this an overwrought picture?—We think not. What honor can be greater than to found such a home, what dignity higher than to reign its undisputed, honored mistress? What is the ability to speak from a public platform to large, intelligent audiences, or the wisdom that may command a seat on the judge's bench, compared to that which can insure and so preside over a true home, that husband and children may "rise and call her blessed"? To be the guiding star, the ruling spirit, in such a position is higher honor than to rule an empire.—*Mrs. Beecher.*

—No man whose appetite is his master, can perform the duties of his nature with strictness and regularity. He that would be superior to external influences must first become superior to his own passions.—*Johnson.*

POPULAR SCIENCE.

—A Scotchman, W. Gemmill, has invented a method of sending a photograph by telegraph.

—That human hair retains its characteristics for long periods of time, and, indeed, is well-nigh indestructible, is a fact of common observation. A remarkable instance of this is found in a wig which has recently been discovered in an Egyptian temple at Thebes, and is now deposited in the British museum. It is supposed to have been part of the attire of an Egyptian priest, and from the circumstances of its discovery is regarded as being at least 3,400 years old.—*Science*.

THE DUST IN THE AIR.

We might suppose that with no dust in the air we should at least have more light; but while it is undoubtedly true that the sunbeams show us the motes, it is also no less true that the motes and fine dust actually show us the sunbeams, and that one is invisible without the other.

A beam of sunlight or electric light, if admitted into a chamber, the air of which is perfectly pure, at once *disappears*, and is replaced by pitchy blackness, except where it strikes the wall or some other object. Balloonists tell us that the higher they ascend the deeper becomes the color of the sky, until at the height of a few miles it looks almost like a black canopy, because, though the sun is shining in unclouded splendor, there is little or no dust to scatter his light. The space between the stars—stellar space, as it is called—is, accordingly, absolute blackness, notwithstanding the blaze of light which passes through it and becomes visible on striking our dusty atmosphere.—*Sci.*

NATURE THE GREAT TEACHER.

In his new book, "Nature's Teachings," the Rev. J. G. Wood has discussed a subject not before handled at length. Its object is to show how man's implements and mechanical devices have been anticipated in nature. He asserts that there is no invention of man which is not anticipated, that all his mechanical devices have been used in nature for countless centuries. He claims that the great discoverers of the future will be those who carefully study the natural world.

The burr stones of mills are a copy of molar teeth. The hoofs of a horse are made of parallel plates like a carriage spring. The finest file made by man is a rough affair when compared with a Dutch rush used

by cabinet-makers. The jaws of the turtle and tortoise are natural scissors. Rodents have chisel teeth, and hippopotami have adz teeth, which are constantly repaired as they are worn. The carpenter's plane is anticipated by the jaws of the bee. The woodpecker has a powerful little hammer. The diving-bell only imitates the work of the water spider. This insect, although as easily drowned as any other, spends a great part of its life under water. Having constructed a small cell under the water, it clasps a bubble of air between its last pair of legs, and dives down to the entrance of its cell, into which the bubble is put. A proportionate amount of water is thus displaced, and when all of it is expelled the little animal takes up its abode in this subaqueous retreat.

In laying its eggs on the water, the gnat combines them in a mass shaped somewhat like a life-boat. It is impossible to sink it without tearing it to pieces. The iron mast of a modern ship is strengthened by deep ribs running along its interior. A porcupine quill is strengthened by similar ribs. When engineers found that hollow beams were stronger than solid ones, they only discovered a principle which had been used in nature for centuries before the creation of man. A wheat straw, if solid, could not support a heavy head. The bones of the higher animals, if solid, would have to be a great deal heavier to bear the weight which they have to support. The frame-work of a ship resembles the skeleton of a herring, and he who would improve aerial navigation might study the skeleton of a bird with advantage. Palissy made a careful study of the shells by the seaside, in order to learn the best method of fortifying a town.

The ship-worm feeds on wood, and gradually tunnels its way through any submerged timber. It also lines its burrow with a hard, shelly coating. Brunel, taking a hint from this, was the first to succeed in subaquatic tunneling. The Eddystone light-house is built on the plan of a tree trunk, and fastened to the rock in a manner somewhat similar to the way a tree is fastened to the soil. It is supposed that the first idea of a suspension bridge was suggested by the creepers of a tropical forest.

Mr. Wood gives an interesting account of the origin of the plan for the Crystal Palace. Mr. Paxton, a gardener, having noticed the structure of the great leaves of the Victoria Regia, a plant which had been introduced into England a few years previous, struck the plan of copying in iron the ribs of the leaf and filling with glass the remaining space, which corresponds to the cellular portions of the leaf. Thus, by copying nature, an obscure gardener became Sir Joseph Paxton, the great architect.—*Wilmington Collegian*.



BATTLE CREEK, MICH., DECEMBER, 1886.

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

TERMS, \$1.00 A YEAR.

END OF THE VOLUME.

WITH this number ends the twenty-first volume of this *Journal*. The present editor has been connected with the *Journal* during a little more than two-thirds of its life. During its lifetime, the *Journal* has made the acquaintance of thousands of persons, many of whom have made very essential changes in their modes of life as the result of the facts and principles with which they have become acquainted through this medium. The managers of the *Journal* take much satisfaction in the contemplation of the fact that hundreds of lives have been prolonged and thousands made happier through the influence of the teachings of this modest magazine. To lessen the amount of suffering from disease, and to enhance the joys of living, to encourage simplicity in habits and modes of life, and to improve the race physically, mentally, and morally, has been the aim of this *Journal*, and such is still its philanthropic mission.

It is gratifying to both editor and publishers to be able to state that *GOOD HEALTH* has steadily grown in public appreciation, so that at the present time it enjoys a stronger hold upon the public than ever before. It is also a matter of congratulation that the present interest in the *Journal* is such as to ensure a very great increase in its circulation during the coming year. Numerous improvements, including three new departments are contemplated for the coming year.

—The average Englishman eats six times as much beef as the average Frenchman.

A NEW FOOD.

WE have received from a friend in Wailuku, Hawaiian Islands, the following description of the Taro flour, a food product peculiar to that country, which we think may be interesting to our readers:—

“I am both surprised and disappointed that the samples of taro flour sent you have not been received. This is the first time any samples have been miscarried. I will send you some others through the express, and hope they will reach you in safety. Taro flour is made from the bulb of the taro plant ‘*Arum Esculitum*.’ The skin and all impurities are removed; it is then thoroughly evaporated, and afterwards ground by the roller process, and thoroughly bolted.

“The medical profession throughout the group, without an exception, are unanimous in its praise. To eat it as poi, the national Hawaiian dish, I think requires a cultivated taste; but the major portion of all foreigners, after a short sojourn here, eat some poi. It is agreeable and healthful, but every one soon eats taro in some form. The ancient Hawaiians depended almost entirely on taro for food, for weeks having nothing but taro or poi and salt; and the Hawaiians are physically a fine race of people.

“I have seen people on our inter-island steamers, drink a glass of poi diluted with water, and retain it without difficulty when nothing else could be retained. Again, I have known hundreds of instances in which heavy drinkers from a lengthened debauch, who could retain nothing on their stomachs, take poi and water and retain it, and after two or three

glasses drunk during the interval of a few hours, be enabled to eat a dish of soup or beef tea, and in the course of a day, be enabled to eat quite a hearty meal. From my own experience, I know when suffering from bilious headache and nausea, I can relish poi, when the thought of anything else is distasteful to me.

"Poi made from taro flour does not sour nearly as quick as when made the old way of boiling the fresh taro and then pounding it and reducing to poi. To make it imperishable was what first induced me to engage in the business. It was to economize both time and expense for the natives; as by the old style of manufacture, it could not keep more than a week at the very outside, and also required a large amount of hard work. I trust you will give the flour a fair trial, and let me know your opinion whether or not it is a flattering one."

We shall take pleasure in investigating this new food, and trust we may find it a valuable addition to our list of foods of special value to invalids.

GLEANINGS FROM A SANITARY CONVENTION.

For a number of years the Michigan State Board of Health has held regularly each year two sanitary conventions, the locations of the conventions being changed to various parts of the State from year to year. A few weeks ago a very interesting and profitable meeting of this sort was held at Big Rapids. We take pleasure in gleaning for our readers a few paragraphs from the numerous good things said at this convention as reported by the Secretary of the State Board of Health, who has been so kind as to furnish us with a copy of the abstracted report of this interesting meeting.

INJURIES OF EVERY DAY DRUG TAKING.

Dr. John P. Stoddard of Muskegon read a paper on the above subject. He said the habit of taking drugs and nostrums was beyond comprehension. It partly came from mothers dosing their babies with soothing

syrup, hive syrup, paregoric, worm lozenges, and druggists and proprietary medicine companies distributing flaming bills, chromos, and free samples of nostrums from house to house. The prevention is to educate the people in the injurious effects of drugs. There should be less medicine taken, and only on the advice of a physician after a careful diagnosis. A doctor is not capable of prescribing for himself when ill, much less the laity, who know nothing of the action of drugs.

ALCOHOL AS FOOD, MEDICINE, AND POISON.

Dr. David Inglis, of Detroit, read a paper entitled "Alcohol: What Effect Has it as Food, Medicine, or Poison?" The doctor took strong ground against the popular fallacies respecting the food value of alcohol, and restricted within very narrow limits its legitimate use as a medicine. In closing his remarks on alcohol as a medicine, he said: "I should like to produce the continually accumulating evidence of the positive harm caused by such indiscriminate use of all kinds of alcoholic drinks, bitters, and tonics. . . . I have only time to urge that we ought, in all cases, to let alcoholic liquors be the last, and not the first, remedy."

HYGIENE OF SCHOOLS.

Our old friend, Prof. W. N. Ferris, of the Big Rapids Industrial School, read a paper on "Hygiene of Schools." He said that he could not recall ever having visited a room regularly occupied by forty or fifty pupils, that could be said to be properly ventilated. Dullness, nervousness, headache, colds, catarrh, and consumption are among the frequent effects of staying in such rooms. Under the influence of bad air, study is irksome, good behavior difficult, and the playground a heaven. He dwelt upon the lack of ventilation in the schools of Big Rapids; and said that the foul-air openings should be made several times larger. Strange as it may seem, school patrons think very little about ventilation, and care less. Their sleeping and sitting rooms are without any intentional means of ventilation. Vitiating air is the most expensive commodity which man takes

into his body: for in thousands of families the expenditure of money for a single year, which is occasioned by sickness and loss of time caused by inhaling poison, would defray the necessary expenses for properly ventilating a decently constructed house. The speaker denounced the style of desks in use in one school-room in Big Rapids as "torture appliances."

From examinations of school buildings which the writer has made in other cities, it is safe to say that the school-houses of Big Rapids are neither better nor worse in regard to ventilation than in other places.

Many other excellent papers were read, each being followed by interesting discussions. We shall give our readers some extracts from these valuable contributions to the literature of sanitary science in future numbers.

THE REMEDIES OF NATURE.

MANY years ago an eminent English physician wrote a book entitled "Nature and Art in the Cure of Disease," in which attention was called to the important fact that in the healing of the sick, Nature does the real work, the physician aids by advice and regimen and remedies, but nature repairs the injury or removes the obstacle, and restores the sick one to health. Nature herself supplies numerous remedies which are of inestimable worth in the healing of disease as well as in the preservation of health. The value of such simples as pure air, sunshine, water, heat and cold, exercise, rubbings, diet, etc., is too often overlooked. The *Scientific American* has recently done its readers a service by calling attention to a series of papers on this subject by an eminent English physician, as follows:—

"Presumably it is the intention of these papers to convey important and timely information to the medical faculty: they furnish at the same time a hint to the patient at large, which, if he be wise, he will hasten to avail himself of. Perhaps it is the author's intention that he should, for at one moment he seems to drop his voice to a whisper while admonishing the fraternity that they must stop

dosing and drugging, and at another, talks in stentorian tones over their heads, warning the public to look to nature rather than to art for relief from all the minor ailments to which humanity is heir. It may, perhaps, be a disappointment to those who have come to lean upon their medical adviser for advice and rely upon him for health, to learn that the effects of fresh air are more potent and enduring than artificial stimuli, and exercise more to be depended on than jalap, attenuations of aconite and belladonna, or even bread pills. He inveighs against the practice, now unhappily prevalent, of attacking the effects, or outward signs, of a disease instead of the cause, or seat, of the malady—a practice which sometimes proceeds from ignorance, though it is often adapted to allay the fears of the patient. 'A swelling suddenly appears on a man's knee, whereat,' says the author, 'he flies in alarm to his physician. The latter sets himself diligently to work to remove the swelling, and, to the joy of his patient, succeeds.' 'This,' he says, 'is like stopping the alarm bells which tell us that a fire has broken out. We should be attending to the fire and let the bells ring.'"

While we may not indorse every line of the above, the truth and good sense which it contains, commends the opinions expressed, to all intelligent persons. The present is an era of progress, and the visible gain in methods of treating disease promises for the future still greater advances in this direction.

NEWSPAPER TALK ABOUT HEALTH.

It is a good omen for any good cause when the newspapers, which are generally devoted to the animadversions and party scheming of politics, undertake to champion the cause of any good reform. It shows a general waking up to the importance of what reformers have been preaching about, almost unheeded, perhaps, for a generation previous. Here are some good thoughts impressively stated, from the *Kansas City Journal*:—

"It used to be considered fashionable to take no exercise; and the prevailing custom of little, cramping shoes, too short for the

foot, and further incumbered with a French heel set in the center of the sole, helped out the fancy. Very delicate young women who could not walk a mile without groaning, were typical beauties. Now girls learn to row with their brothers, tramp with their fathers, and are quite as fond of the gymnasium as are their masculine admirers. Eighteen inches about the belt is no longer desirable, nor is pallor indicative of good breeding. It is certainly true that we owe our children a culture of the body as well as of the brain. A little fellow with spindling limbs may have his muscles judiciously developed; a little maid with crooked shoulders may become as straight and symmetrical as her neighbor if her parents will attend to her in time. If a mother should permit a girl to reach the age of maturity without learning to read, we would blame her excessively; yet we condone the offense which permits bad teeth, bent shoulders, and sallow skin. In all cases there is a pure tablet upon which to write the record of care.

"There is no doubt about the importance of physical culture. The hair, the teeth, the eyes, and the skin are subject to the influences of digestion, and is not the latter to be almost controlled by the diet, bathing, and fresh air? People go all the year with the pores of their skin clogged, and they rave over the benefit to be obtained at the water-cure, simply because they do there what they neglect at home—bathe regularly, systematically, and particularly. It is, of course, absurd to prescribe certain baths as infallible cure-alls. What will do for a robust person will kill a frail one; but the general rule of frequent and judicious bathing may be laid down. Then comes the fresh air craze. The windows of a house should be numerous and opposite, and there should be patches of God's sunlight on the floor instead of the æsthetic gloom so depressing to the young, who are to be carefully trained. The writer would urge gymnastic exercises ahead of Greek and Latin, and a romp in the green fields before any number of volumes of lore. Let the young people drink in the blessings of health all around us and about us and within reach.

"Last week the writer overheard a very much dressed damsel conversing on the street corner with a youth. 'I scarcely know what it is to walk,' she said, 'and I do so dislike exercise.' The close observer took in the cramped features, the heavily powdered skin, with the sallow color looking through, observed the tightly drawn face veil which pinned down the eye-lashes, and shuddered as the eye fell on the pinched waist and narrow shoulders; and this passed for good looks! A girl need not be coarse to be vigorous, nor masculine to have muscles. Her shoulders should be thrown back, her eye keen, and her color good. It is a crime to lose one's teeth at forty, a disgrace to have constant headache at twenty, and indigestion is no more a part of her earthly lot than is small-pox. Go to any lunch party, and watch the delicate women tax their stomachs; and yet they wonder why they are not well. True, we may inherit certain organic troubles from indiscreet ancestors; such is the inconvenience of entailment; but we can stop further transmission. Bad breath ought to be looked on as worse than soiled hands, and yet you would scarcely excuse a lady the latter attachment."

Arsenical Wall-Papers.—The public has been informed again and again, within the last half-dozen years that arsenical wall-papers are no longer manufactured or sold; but it seems from the following incident that this agent of domestic poisoning is still pursuing its death-dealing business as successfully as ever:—

"For two years a Cambridge, Massachusetts, family has been tormented with a variety of ailments—sleeplessness, nausea, and headache. No cause could be found. A chemist suggested arsenic. He was laughed at, but finally was allowed to test the wall-paper. The paper on every wall contained arsenic. The friezes all showed arsenic. The dust in the rooms was permeated with it."

Wall-paper should always be tested for arsenic before it is purchased. The following is a reliable method:—

Take a piece of the paper and pour upon it strong aqua ammonia over a saucer. If there is any arsenic present, this will dissolve it. Collect the liquid in a vial or tube, and drop in a crystal of nitrate of silver. If there is arsenic present, little yellow crystals will make their appearance about the nitrate of silver. Arsenical green, when washed with aqua ammonia, either changes to blue or fades.

"Tubbing."—A contemporary thus describes the difficulties which sometimes encounter the well-bred Englishman who has been reared to habits of personal cleanliness, and considers his morning bath as essential as his breakfast: An English attaché at the court of Hanover, searched the town for a portable bath-tub, and was forced to take up with two butcher's trays. The next morning he stood, like the Colossus of Rhodes, with one leg in each, and sponged himself. The water ran over and through the floor; the tenant below was indignant, and the angry landlord ordered the Englishman to quit, saying:—

"I will never have another Englishman in my house. They are so dirty that they require a great deal of water, and it's nothing but vash, vash, splash, splash, every morning, to the injury of my furniture and the disturbance of the tenants beneath them.

"Besides, they will hang their enormous bath-sponges out of the window to dry, and the passers-by make unpleasant remarks at the unseemly sight."

The English clergyman who tells this story was formerly chaplain to King Ernest of Hanover. In narrating his personal experience of the German indifference to water, he says: "I traveled once on a beaten track up a valley in a mountainous district, and the first morning after I left the high-road, I had for my toilette a pie-dish for a basin and a quart-pot of water.

"The second morning, farther up the valley, I had for my ablutions a plate with a half-pint glass of water; and the third morning, farther still, there was no apparatus whatever for my toilet. When I asked for

water to wash with, the landlord led me to the pump and gave me a table napkin, as fine and small as a lady's handkerchief."

A friend of this clergyman, who asked his landlady for a tub, was answered that she had no bath-tub, but "would do her best for him." After several days, during which he had pressed his demand, a blue-and-white deft-ware utensil, with two handles, was placed in his room. Though it was the largest dish in the house, he could hardly get one of his feet in it. To his horror, at his first Sunday dinner, this utensil appeared on the table as the soup-tureen.

A baroness of Hanover once told the clergyman's wife that she never used anything but snow-water to wash in, as it was better for her complexion than pump-water. She bottled the snow in March, and used a little of the water in a cup, every morning, and so made it last through the summer.

A Catholic Father on Bangs.—St. Agnes is the name of a Catholic seminary located in Brooklyn, N. Y., for young ladies. According to the *New York Tribune*, "Father Philip J. Duffy, the head of the parish, recently began to notice with dissatisfaction that the girls in the seminary were too devotedly following the fashion of wearing bangs and frizzes. They must wear their hair plain and off their foreheads and not over their eyes like a poodle, was the substance of his order. All the students transgressing, will have ten points taken off their weekly report, those persisting in disobeying will be suspended. Those who obey the order will have ten points credited to them."

This is an example well worthy of imitation by Protestant clergymen. The absurd and ridiculous custom of wearing the hair banged or combed down over the forehead is one of the least excusable of fashionable follies, and like many other evil practices current among enlightened, civilized nations, was borrowed from barbarism, being but an imitation of a fashion which originated in the untidy and slovenly habits of a tribe of South Sea Islanders.

A Young Man's Opinion of Corsets.—The *Union Signal* recently published a letter from a young man, addressed to Miss Willard, in which he expressed his views of corsets in the following forcible terms:—

We have a lodge of Good Templars which has held weekly meetings for eighteen years; and girls who are members of the order and take part in the exercises, stand on a platform, and with blood filled with impurities from imperfect circulation, and faces covered with pimples caused by lacing, urge the boys not to poison their blood with alcohol, and ridicule the red nose of the toper.

And we have a society of "Christian Endeavor" and young women with breath and usefulness shortened one-half by a devil-invented machine, attend the prayer-meetings of the society, and say they are trying to serve the Lord, and pray that they may be enabled to do His will in all things.

The boys of this place are a strong, healthy, tough, and wiry set, but oh, the girls! Pale, pinched faces and languid steps; forms created in God's own image cruelly deformed and distorted into hideous monstrosities to make men shudder and angels weep; unfit for wives because incapable of becoming the mothers of healthy children.

What young man of sense wants to marry a dressmaker's dummy or a bundle of aches and pains wrapped up in fancy dry goods! One of my friends, a fine young man with no poisonous habits, did marry one of them. Five short years have passed away. What is his family to-day? Two little graves in the village cemetery and a wife who is a physical wreck.

—An exchange states that sixty-five per cent of a sample of mustard manufactured in New York was found by a recent analysis to be flour and tarra alba, colored with naphthal yellow, a virulent poison and powerful explosive. At this rate, some one will pretty soon be hoist with his own *mustard*.

—New York has an institute for the reception of patients to undergo vaccination for hydrophobia after Pasteur's method.

No Commandment.—*Old Gentleman* (putting a few questions): "Now, boys—ah—can any of you tell me what commandment Adam broke when he took of the forbidden fruit? *Small Scholar* (like a shot): "Please, sir, th' worn't no commandments then, sir!" [And there are people who imagine that there are no commandments now, at least none which relate to eating, and allow themselves to indulge every fancy of their perverted palates without stint. But, like Adam, they are sure to find retribution following hard after them, and no amount of dodging around among the bushes of ignorance and self-deception will save them from the consequences of their sins.]

A Dry City.—According to the newspapers, the beer-drinkers of Atlanta, Ga., are very dry. There is not a saloon or a beer wagon in operation in the whole city. Prohibition is in full force. And yet there are those who insist that prohibition does not prohibit!

—There is a right way and a wrong way about everything. Any one who has spent half a day licking postage stamps, will appreciate a better way, which is to moisten the envelope instead of the stamp. This is the way the post-office department clerks do it. The gum of postage stamps is not poisonous, as has been stated, but then, as a post-office official remarked recently, "It is not a health food."

—Germany and Switzerland have made more advance in certain lines of school hygiene than has been made in this country. What are called "heat holidays" are required by law whenever the morning temperature reaches 77 degrees.

—You never know what is in a man until he has had a chance to try. The inspiration of a great opportunity brings out of him what no one ever thought was in him.

—A physician having directed one of his patients to bathe a wound in tepid water, the patient sent his little girl to the drug store with a note saying: "Please sell bearer one-half pint of tepid water."



DOMESTIC * MEDICINE.



NURSING IN COUNTRY HOMES.

BY A TRAINED NURSE.

FLORENCE NIGHTINGALE says that a nurse must be taught "to nurse the room as well as the patient." When it is known beforehand that a room is to be occupied by a sick person, it is well to have the carpet taken up and the floor scrubbed, if there is time for it to dry thoroughly. Usually an attack comes on too suddenly to admit of this being done, or is so slight at first that there is no suspicion of its developing into serious illness. Under these circumstances, the carpet must be left down, and kept as clean as possible; if a carpet sweeper can be used in sweeping, no dust will rise into the air to annoy the sufferer. When one is not to be had, a damp cloth wrapped around the broom is the best substitute. The furniture and wood-work ought to be dusted every day, but it is sometimes difficult for the housemother to find time to do this, when, beside the care of the invalid, she has many other duties to attend to, and so it must be done the more thoroughly when she sets about the task. It is useless to flick the dust off with a dry duster; this only dislodges it from one place to settle in another. Every article should be wiped with a piece of damp flannel; and if the disease is infectious, the flannel must be burned, as the dust in such a sick-room is filled with poisonous germs. In these cases the apartment should contain as little furniture as possible, to make the labor of caring for it lighter; there should be no curtains at the windows, nor any merely ornamental drapery.

The nearest approach to perfection in a bed for the sick, is a wire-woven mattress, with a soft hair one over it. This can be lain on for many days without becoming uncomfortable for want of being turned over, which is a great advantage when a person is too ill to be moved easily. Mattresses have many advantages over feather-beds from a sanitary point of view. Children and young people should always be made to sleep on them, but when an elderly person is accustomed to a feather-bed, it would be cruelty to substitute a mattress for it in case of illness. The bed linen should be changed

twice a week—in some cases much more frequently—and well aired before it is put on. By attending carefully to the following directions, the under sheet can be taken off and a fresh one put in its place without moving the occupant of the bed: Place the sick person on one side of the bed, as near the edge as possible; come around to the other side, and push the soiled sheet away, leaving the mattress exposed; take the sheet and roll it lengthways for about half its width; tuck the free side under the mattress along its whole length, and spread it smoothly, having the roll in the middle of the bed; lift the sick person over this onto the smooth place, draw off the soiled sheet, unroll the rest of the clean one, and tuck it in on the other side. It is most convenient to cover the sufferer with a doubled blanket, and remove the upper bedclothes before beginning, also to take off all the pillows except one, as they interfere with the operation. If the person is perfectly helpless, and has to be lifted, it will require two persons to change the sheet, but if able to move alone from one side to the other, one person can manage it with ease.

Nothing that can contaminate the air of the room should be left in it for a moment. If food is not eaten, it must be removed in a short time. A shelf outside the window of an adjoining room is a great convenience; milk, ice, or anything that is constantly required, can be kept there in small quantities, and spare an expedition up and down stairs every time it is wanted. An arrangement should be made to wash the cups, glasses, and spoons used in the sick-room near it, to save the labor of carrying them back and forth. A good nurse will make her head save her feet many a step, and economize her strength for the benefit of her patient. If there is a sunny window, a few plants may be kept in it, because growing plants absorb carbonic acid, which is poisonous to man, and give off the oxygen that he needs. Cut flowers should be admitted very sparingly; a few may be kept in a glass by the bedside, but the water must be changed every day, and a little salt added to keep it sweet. In summer, when fruit is permitted, it must be placed over a bowl of ice and be perfectly sound.

When the disease is infectious, two rooms ought to be given up to the use of the sick; if possible, there should be a door between them. In this case, the door leading into the hall from the room where the patient is, should be locked, and the one opening out of the other room, covered with a sheet tacked to the door frame like a curtain. This sheet must be kept constantly wet with a strong solution of carbolic acid, and can be pushed aside to pass into the hall; it will help to disinfect the air coming from the sick-room, as it passes through it, instead of the contagion being carried into the rest of the house. A tub containing some of the same solution should stand here, and all clothing used about the sufferer should be thrown into it to soak before being taken to the laundry; it must be emptied every night, and filled again. It is better, as far as possible, to use pieces of cotton instead of pocket handkerchiefs, and old clothing that can be burned instead of being washed. A strong solution of copperas should be put in any vessel containing discharges, or a shovel full of lime thrown in before it is emptied, which must be done as quickly as possible. Great care should be used in this respect, as some diseases are more quickly communicated by this means than in any other way.—*Sel.*

STYES.

THESE, as all know, are small reddish elevations upon the margins of the lids, coming without known cause, and becoming "ripe," or filled with matter, in the course of two or three days, until which time they are painful, and interfere with the child's comfort considerably, sometimes even making one believe that something more serious is the matter with the child; after two or three days, they break, matter is discharged, and the sore heads, usually leaving no scar or disfigurement. Certain children have a predisposition to these styes, and get them very often; this predisposition depends upon conditions of the system which the family physician is called upon to treat. When the child is threatened with one of these small elevations, it becomes a matter of importance to prevent its further formation, or else to have them run their course rapidly and so reduce the amount of inconvenience to the little sufferer to a minimum.

Usually the child will complain of itchininess at one portion of the lid, and will be seen to rub this part constantly, and on examination, the mother sees a small, reddish elevation which she soon learns to recognize as an approaching sty; at this stage, cold applications for several hours, will often serve to dissipate the coming evil, and no further annoyance will result. Should it have advanced,

however, and a small yellow spot in its center shows that matter is forming, we cannot hope to prevent its progress, but must then hasten the formation of matter and its discharge. To do this, hot applications by means of water at as high a temperature as can be borne, should be applied for several hours. The child should lie down, and small pieces of linen, folded several times, wrung out of hot water, applied so as to cover the eye; over this a layer of cotton is applied, and the whole protected by a piece of oiled silk. By these means, heat will be retained by compresses a long time, and they will need to be changed only every five or ten minutes. Such applications are more efficient and cleanly than the poultices of slippery-elm bark, flaxseed-meal, or bread. Soap and sugar, a popular application, should never be employed; the mixture is irritating, uncleanly, and inefficient. After the matter is formed and the sty distended by it, the pain may be lessened and the cure hastened by pricking the yellow elevation at its most elevated point two or three times with the point of a new needle, at the same time discontinuing the warm fomentations and simply applying a little purified cotton to absorb the discharge.—*Babyhood.*

QUESTION BOX.

Care of the Teeth.—E. B. D. inquires as follows: My teeth have been badly cared for until the past year, when I have done all I could for them. They are covered with an ugly gray and brown coating near the gums, and I cannot remove it. Can you tell me how I can whiten them?

Ans.—Teeth which have been long neglected are often more or less permanently injured. The enamel becomes stained, and it is sometimes impossible to restore it to its original whiteness. We would recommend that a first-class dentist be consulted. It is probable that a sufficient amount of labor and skill will put the teeth in a tolerably fair condition, and then by thorough cleansing every morning and after each meal, they may be kept in a healthy state.

Elder Berries as Food.—A. T. inquires: Are Elder berries good for food? Many bushels of them go to waste around here every year. No one seems to like to eat them.

Ans.—Elder berries are very freely used as food in some sections of the country, and so far as we have been able to learn, without ill-effects. Their nutritive value, however, is very small, and the fruit is so much inferior to the numerous other varieties of small fruit which we possess, that very high value cannot be placed upon them.

Electrical Treatment of Nasal Polypus.—Mrs. H. T., of W. T., inquires whether the galvanic electrical current is as useful a means of treatment for nasal polypus as for goiter.

Ans.—Nasal polypus may be successfully treated by means of galvanism used in the form of electrolysis, but it is much better and less painful to remove the polypus with a polypus snare.

Cough—Saint Helena Sanitarium—Whole-Wheat Flour.—A Californian correspondent inquires:—

1. I have a very bad cough. Am very deaf, and have sore eyes. Do you think I can be helped? Shall I ever hear again?

2. Are you acquainted with the officers of the St. Helena Sanitarium, and can you recommend it?

3. Can the whole-wheat flour be obtained on this coast?

Ans.—1. It would be impossible to say whether you can be helped or partially cured, without a careful examination of your case. I would advise you by all means to consult a good ear specialist in regard to your ears.

2. We are well acquainted with the managers of the St. Helena Sanitarium, and do not hesitate to recommend it to you as we have to scores of others.

3. We think you can obtain the whole-wheat flour from the St. Helena institution.

Diet in Catarrh of the Bowels.—E. N. S. inquires: Please tell me in your next number the best diet for a person suffering with nervous dyspepsia and catarrh of the bowels, brought on by eating cracked wheat and oatmeal mush. Would gluten food in the way of mush or bread be a good food in such cases? and how much of the same, can one eat with safety?

Ans.—We are doubtful whether catarrh of the bowels is ever caused by the use of cracked wheat or oatmeal. When properly cooked, both these grain preparations are easy of digestion. The free use of cream and sugar with grains sometimes gives rise to indigestion, which occasions stomach or intestinal catarrh. Gluten is an admirable food preparation for use in cases of this sort, and we have no doubt you will find it of service. Milk is a better form of animal food for use in cases of this sort than any kind of flesh. Baked sweet apples are usually digested without difficulty.

Dry Catarrh—Red Nose.—A. B. C., of Mass., says: I write to ask you if you can tell me what to do for myself. I am troubled with my head, and redness of the nose. I think I have what is called dry catarrh. There is such a tight feeling at the top of my nose; but I have scarcely any discharge from it, and a great deal of headache low down on my forehead.

I also think my circulation is wrong. In the winter my hands and feet are always cold, and on going out in the cold, my nose is very red. That is not strange, as almost every one's is, in a measure; but when I go from the cold into a warm room, my nose begins to burn, and feels very uncomfortable. The redness of my nose is what troubles me most. If I go out in the evening, the blood seems to rush to my face, and my nose is very red. I do not lace, and try to be particular about my eating. Have a very good appetite, and am inclined to eat very heartily. Sleep very sound at night.

Ans.—1. A simple dietary of fruits, grains, and milk taken in moderate quantities twice a day. Avoid meats, fats, sweets, highly seasoned foods, and condiments. Especially avoid overeating. Take pains to masticate the food very thoroughly. In order to secure thorough mastication, it would be well to make a considerable part of the meal of bread, preferably in the form of hard crackers or light bread thoroughly toasted.

2. Avoid the use of hot drinks, particularly tea and coffee.

3. Be very careful to keep the bowels in good condition.

4. Bathe the face three times a day with water as hot as can be borne, five minutes each time. Bathing forehead with hot water or rubbing with menthol, is the best means of relieving the frontal headache. It is well, also, to apply to the nose at night a little zinc ointment, which can be obtained at any drug store. It is also well to protect the nose by rubbing a little oil upon it before going out in the cold.

5. Keep the extremities warm by proper clothing.

Best Food for Children—Diarrhea.—F. C. S. inquires:—

1. What do you consider the best food for a child three years old, which is generally quite healthy but not fleshy? and how often should he be fed?

2. What would you do in case of diarrhea?

Ans.—1. Fruits, grains, and milk. All the whole grain preparations, milk from healthy cows, and all varieties of ripe fruits, particularly baked sweet apples, are eminently well suited to the digestive organs of a child of the age mentioned. Indeed, we know of no better food for older children and even adults. A child three years old will thrive upon two meals a day, but may take at night, without detriment, a pint of milk. A child whose digestion is slow, will sometimes thrive better upon two meals a day than three.

2. Restrict the diet to scalded milk or milk and lime water. Apply hot fomentations to the bowels every two or three hours; and after each loose movement, administer hot enemas to the bowels, one to two pints of water, hot as can be borne. If the diet is regulated properly, a child will seldom suffer from bowel or stomach troubles of any sort.



SCIENCE IN THE HOUSEHOLD.

CONDUCTED BY MRS. E. E. KELLOGG.

HOLIDAY DINNERS.

FASHION and conventionality have so long made the holiday season a time of feasting that the majority of housewives look upon the Christmas and New Year's dinners as something quite indispensable. It is, indeed, a beautiful custom to gather one's family, neighbors, or, better still, the poor and needy, about the hospitable board at such a time; and while we do not object to special dinners on holiday occasions, we would urge that the meal be a simple one, well served, with abundant good cheer as an accompaniment. We are convinced that the usual custom of overloading the table with an excessive variety of rich, indigestible viands, is a most pernicious one to health; and we doubt not that holiday gormandizing has largely to do with the intemperance in drink, so noticeable at this season. Tempted first to overeat, the resulting irritation of the stomach creates a thirst which is continually calling for something to allay it. The wine cellar or the neighboring saloon furnishes the drink, and the result is another advance on the road to drunkenness. For the sake of health and the cause of temperance, then, let every mother and housekeeper in the land, weigh well these thoughts before deciding upon the bill of fare for her holiday dinners.

We give below a few recipes which may be found serviceable by those who desire to furnish a simple bill of fare. Other good recipes for this purpose may also be found in the back numbers of this volume.

Canned-Corn Soup.—Open a can of green corn, turn it into a porcelain-lined or granite-ware dish, and mash thoroughly with a potato masher until every kernel is broken. Then rub through a colander to remove the skins. Add sufficient rich milk to make the soup of the desired consistency, season with salt, and a little cream if desired, heat to boiling, and serve. If preferred, a larger quantity of milk may be added, the whole heated to boiling, and then thickened with a little flour.

Tomato Soup with Vermicelli.—Blanche a cupful of vermicelli in a small quantity of boiling water

for ten minutes; turn into a colander to drain. Have boiling, three pints of strained, stewed tomatoes to which add the vermicelli. Salt to taste and just before serving turn in a cup of thin cream heated to scalding. Let all boil up for a moment, then serve at once.

Farina Fruit Mold.—Put a quart of red raspberry juice, well sweetened into the inner cup of a double boiler. Heat to boiling and stir into it four heaping tablespoonfuls of farina, moistened, so it will not lump, with a little of the juice which must be reserved for the purpose. Boil till the whole has thickened, then set into the outer boiler, the water in which should be boiling, and cook for one hour. Turn into molds previously wet in cold water, cool and eat with whipped cream.

Orange Baskets.—Cut as many oranges as you desire baskets so that the peel, when the inside is removed, will form a basket with a handle. This can be readily done by cutting around the orange through the center with the exception of about half an inch on opposite sides for the handle. Shape the handle from this and peel off the rind that is not needed. Now carefully scrape out the pulp and juice of the oranges, and put the baskets in a pan of broken ice to keep fresh. Make the juice of the oranges into orange jelly as directed in the July number of this volume, page 221; cool in a shallow mold, cut in small squares, heap the baskets full. Serve in a bed of orange leaves.

Cocoanut Rice Pudding.—Add two table-spoonfuls of desiccated cocoanut to one quart of milk and let it stand on the range where it will keep nearly at scalding heat but not boil, until the milk is strongly flavored. From twenty minutes to half an hour will be required. Strain the milk through a fine wire strainer to remove all particles of cocoanut. Add enough fresh milk to make of all one quart. To this add one and one-half cups of well steamed rice, two-thirds of a cup of steamed raisins, one-half of a cup of sugar, and lastly three well beaten eggs. Set the dish containing the pudding in the oven in a pan of hot water, and bake till the custard is well set, but no longer.

Fruit in jelly.— Pare and core without cutting open, a half-dozen, medium-sized, tart apples of the same degree of hardness. Fill the cores with a little grated lemon rind and sugar. Steam the apples until tender but not broken. Have ready a half package of gelatine which has been soaked for an hour in just enough water to cover. Prepare a syrup with one cup of sugar and a pint of water. When boiling turn the syrup over the gelatine, add the juice of one lemon and strain. Place the apples in a deep dish with a little space between each; turn the gelatine mixture carefully over them, and set in a cool place to harden. Serve with or without a little whipped cream for dressing. Sweet oranges which have been pared, divided, and the seeds and white rind carefully removed may be used instead of the cooked apples.

Use the juice of one whole lemon in preparing the syrup.

BEDDING FOR WINTER.

HELEN CAMPBELL, writing upon this subject in a recent number of *Demorest's Magazine*, says:—

"There is one popular delusion—popular, in so far as it is common to all womankind—that weight and warmth are synonymous, and that bed-covering that lacks weight must necessarily lack comfort. The housekeeper, as winter approaches, turns over her stock of comfortables, which have either been in a dark closet all summer, or, it may be, remained between two mattresses; either method insuring the musty fustiness that is characteristic of most comfortables. The dark closet method is decidedly preferable, if the comfortable has been thoroughly sunned before it was laid away, and is thoroughly sunned again before its winter mission begins. But the whole question of bedding, as it stands in the housekeeper's mind, requires reconstruction, beginning with the fallacy already mentioned, that weight means warmth.

"The fact is, that no civilized bed-room should contain an article of bedding which cannot be washed or otherwise thoroughly cleansed, and herein lies the chief objection to either comfortable or quilt in which the cotton is firmly fastened down. Cotton absorbs and holds the bodily exhalations, but unhappily, when washed, loses its lightness, and becomes a species of felt made up of knots and strings. The economical housekeeper, therefore, uses benzine to remove any soil on that portion drawn around the neck, or if matters are too serious for such method, recovers the whole, finding this preferable to cutting the numberless knots of a tied comfortable. The outside of the platter is fair to view, but what is there within? Concentrated uncleanness, im-

prisoned disease, portable malaria, warranted to add its quota to the contributions from sewer-pipes or imperfect drainage, and to insure necessity for a doctor's visit at least once during the season.

"An anti-comfortable crusade might well be started, by some woman who loves her kind, and who knows, like the writer, what instruments of disease and death they may become. Even if this extremity be not reached, they are never tolerable after the first season, and it is far better to begin with a determination that blankets shall be substituted for them. Even a dirty blanket is far more tolerable than a dirty comfortable, for blankets are porous and allow the air to penetrate them. Every weaver of woolen cloth, in whatever form, knows that the loosely woven fabrics are the warmest, this arising from the fact that air is held in the meshes and becomes a medium of warmth. One blanket of pure wool, no matter how coarse its quality, has more warmth-producing power than a four-pound comfortable, yet, because the feeling of weight is lacking, there is immediate outcry that it is cold. Two blankets and a light comfortable will furnish a bed amply, and the lessened weight will mean quieter sleep of a far more refreshing quality than any to be had under ten or twelve pounds of cotton. Blankets can be washed or steam-cleansed; and if children's beds are in question, soft gray or blue blankets may well replace white, which is soiled in a week of such experiments as most children indulge in with the bed-clothes, which are often tents by day as well as covering by night.

"Granted, at once, that the first expense per bed will be far greater; but having admitted this fact, offset it by remembering that health, as well as comfort, is the question. A third of our lives is given to sleep, yet very few people understand what constitutes a healthful as well as a comfortable bed, or how essential it is to secure both."

TRUE HOSPITALITY.

I PRAY you, O excellent wife! cumber not yourself and me to get a curiously rich dinner for this man and woman who have just alighted at our gate, nor a bed-chamber made ready at too great a cost; these things, if they are desirous of them, they can get for a few shillings at any village inn; but rather let that stranger see, if he will, in your looks, accents, and behavior, your heart and earnestness, your thought and will, that which he cannot buy at any price in any city, and which he may travel miles and dine sparsely and sleep hardly, to behold. Let not the emphasis of hospitality lie in bed and board; but let truth and love, and honor and courtesy, flow in all your deeds.—*Emerson*.

—The following mixture, for sponging and cleaning woolen clothes, is highly recommended by a writer in the *Farm and Fireside*: Take two ounces of white castile soap, cut in small bits, and dissolve in one quart of warm water. After the soap is dissolved, add four ounces of ammonia, four ounces of alcohol, two ounces of ether, one ounce of glycerine, and three quarts of soft water. Mix and bottle, using rubber or glass stoppers for the bottles. To use, pour a quantity of the fluid into an earthen dish, lay the goods on the ironing table, on a piece of rubber cloth, and sponge with the mixture, wetting thoroughly and always drawing the sponge in the same direction. When the goods are nearly dry, press with a hot iron under a piece of white cloth if the goods are light colored, or under black if the goods are dark. Remove the rubber cloth before pressing, and be sure there are no creases in the ironing blanket, as every one will leave a streak in the goods.

—An International Cookery and Food Exhibition is to be held in London during the present month, from the seventh to the nineteenth inclusive. One of its departments will be the literature of the kitchen, which will contain the cookery books of all nations, from the earliest to the most modern. Bills of fare from the leading hotels in the world, and portraits of all the great gastronomic writers of the age will be among the exhibits.

LITERARY NOTICES.

THE FRUIT RECORDER, so long one of our valued horticultural exchanges, has recently become immersed into *Popular Gardening*, a monthly journal now in its second volume, with Mr. Purdy as special fruit editor of the paper. The October number of the new journal is fully illustrated, and contains a large number of instructive articles of special interest to all interested in gardening and fruit culture. Subscription price, \$1.00 per year. Published by Popular Gardening Pub. Co., 202 Main St., Buffalo, N. Y.

HEREDITARY AND PSYCHICAL PHENOMENA IN INEBRIETY: By T. D. Crothers, M. D., Hartford, Conn.

Dr. Crothers has long been before the public as an able and earnest student of inebriety, and what he writes upon the subject is always sure to command attention and careful thought. Quite a portion of the work is devoted to a description of cases illustrative of the views advanced. The paper is well worthy of the careful perusal, which will be accorded by the reading public.

THE GREAT CONTROVERSY: The name of a new and most remarkable work recently issued by the Pacific Press, Oakland, Cal.

The writer of this work has been long before the public as an author and lecturer, and has probably written more volumes upon Bible and religious themes only, than any other living author. The volume before us, is a history of the Christian Church during all the ages, and presents Bible truths in a light so striking, and so convincing as to make its pages a source of constant interest even to those who are the most familiar with Bible and Church history and doctrines.

While the author has drawn upon many authentic sources for the data so skillfully woven into this interesting volume, the stamp of a discriminating and original mind is clearly seen upon every page and gives to the volume an individuality which places it distinctly apart from all works which have previously been written upon the themes considered.

The work is well illustrated, and is published in several styles of binding. Sold by subscription. Address the publishers for circulars.

DISEASES OF THE DIGESTIVE ORGANS IN INFANCY AND CHILDHOOD: By Lewis Starr, M. D. P. Blakiston, Son, & Co.

This admirable work of nearly four hundred pages represents the newest and most authentic information on the important and much neglected subject of which it treats. The style of the author is clear and agreeable, and the subject matter is well arranged for easy reference. The general views expressed are in practical accord with those held by the majority of physicians, and the measures of treatment suggested are such as have the endorsement of medical men of skill and experience. The work ought to have a very large sale.

THE second month of the existence of SCIENCE SERIES bespeaks a very brilliant future for it. During the month there has been published one of the most remarkable articles which has yet appeared: "Parasites and their Development," an illustrated treatise on the lower animals that prey upon the human being. Also interesting articles as follows: "The Diamond"; "The Microscope and Some of its Revelations"; "Alexander von Humboldt," a sketch of his life; "Aquariums: How to Make and Stock." Also an extra number, "The Study of Natural History," (3 cents). The Series are sold for the low price of 5 cents each, or one volume of 13 numbers for 50 cents. Published weekly by H. M. Downs, 7 Grove St., Rutland, Vt.

PUBLISHER'S PAGE.

GOOD HEALTH FOR 1887.

With the next number *GOOD HEALTH* will begin its twenty-second annual volume. It has long been known as one of the pioneers in hygienic journalism, as one of the most widely circulated journals of its class. If it has heretofore merited the liberal patronage which it has received, it is the belief of the managers that in the year to come, its past record will be more than equaled. Among the special attractions which the next volume will present, may be mentioned the following:—

1. A new department devoted to the subject of Social Purity; a subject which at the present time is agitating every corner of the civilized world. The managers of this Journal are deeply interested in this subject, and will hereafter devote a department of the Journal to this new reformatory effort.

2. A department devoted to "Health Bible Readings" will also be added with the January number. This department will contain specimen "Health Bible Readings," helps and suggestions for such readings, and interesting reports of work in this new line of effort. A large number of persons are just engaging in this useful and interesting field of philanthropic effort, and there will be much of interest to be said and learned.

3. A large number of new and original illustrations are being prepared for use in the forthcoming volume, and each number will contain one or more illustrated articles presenting some interesting phase of the practical questions with which the Journal deals.

4. A number of new writers have been engaged to contribute to the columns of the Journal during the year to come.

5. Among the important and interesting topics which will be considered during the year, are the following: *The Health Habits of all Nations; Hygiene among the Ancients; Seasonable Hints* for each month in the year; *House Building for Health*; all phases of the questions of *Diet, Dress, Exercise, Air and Water supply, and Individual Habits* in relation to health.

All the old departments will be continued with added interest.

The last annual meeting of the American Health and Temperance Association, recently held, was the most interesting and enthusiastic meeting that has ever been held. Among the new lines of work undertaken by the Association for the coming year, perhaps the most important, is that involved in the addition of the Purity Pledge to the other pledges of the Association. The interest taken in the work by the representatives of the various State societies, indicates that a vast deal of good may be accomplished in this direction during the coming year. More than twenty thousand blank pledges were distributed among the members, who pledged themselves to obtain signers to each one, and through whose efforts a very large number of persons will undoubtedly become interested in this new line of reformatory effort.

The Health Publishing Company are engaged in preparing a popular, illustrated work on health and temperance which is destined to have a large sale. The book will contain about one hundred and fifty quarto pages, and will be profusely illustrated with fine engravings numbering two hundred or more. Every practical phase of the subject of health and temperance will be discussed and illustrated. The authors and publishers of this work will spare no pains or expense to make it meet the highest ideal of a book of this sort; and the fact that 10,000 copies have been ordered in advance of publication, is sufficient guarantee that there is a demand for a book of this kind. The book will be sold at a very moderate price.

Within the last month, the editor has had the pleasure of speaking twice to public audiences upon the subject of Social Purity. One lecture was delivered by request at the Methodist church in Big Rapids. The night of the lecture was the stormiest of the season thus far, and yet the inclement weather did not prevent the gathering of a good sized and very intelligent audience, who listened attentively, and seemed to approve of what they heard. At the close of the address, pledges were circulated, and were readily signed by a large portion of the audience. Another lecture on the same subject was delivered in this city a few days subsequently, to an audience of twelve or fifteen hundred persons, fully half of whom signed the pledges which were circulated through the audience at the close of the address, by a committee appointed for the purpose. By unanimous vote of the audience, the publication of the address was requested, and within a week, an edition of over 10,000 copies was printed and sold. Published in pamphlet form, with enamel cover, it is retailed at 10 cents. Liberal discount in large quantities. See advertising columns for further information.

During the last three weeks, the editor of *GOOD HEALTH* has been conducting a Health and Temperance Normal, for the purpose of training persons to engage as health missionaries, health Bible readers, and in other lines of health and temperance work. Over one hundred persons, representing twenty different States, have been in attendance, and the interest manifested has been such as to warrant the belief that a large amount of effective work in this direction will be done during the coming year.

The circulation of *GOOD HEALTH* has been increased more than 5,000 copies within the last few weeks, and the prospect is most flattering that another 5,000 will be added to the list before the close of 1887. Canvassers are wanted in every State. State agents have been appointed in nearly all the States, to whom all who desire to canvass for the Journal will be referred. Outfits for canvassing are furnished free to those who will agree to devote a reasonable amount of time to this work.

The report of the workings of the Sanitarium during the last year, which was presented at the recent meeting of the Stockholders of this institution, shows that this philanthropic enterprise has enjoyed during the past year an unexampled degree of prosperity. The large debt has been diminished nearly \$30,000, and numerous valuable improvements have been made as the results of the year's work.

The Sanitarium Training School for Nurses is now in session, and numbers nearly thirty students. The course of instruction is the most thorough and comprehensive pursued at any school in this country.

We know of no place anywhere at which young men and women are offered so good an opportunity to obtain a thorough preparation for efficient work in the noble profession of nursing. Although the school has begun, students will be received if application is made before the first of January. A few able-bodied young women who are well recommended will be given an opportunity to meet their expenses for board and tuition by labor in different departments of the institution.

The 40-year-old orange tree in the Sanitarium greenhouse bears a fine lot of large yellow oranges of the most delicious flavor, and with the numerous palms, ferns, and banana plants among which it stands, gives to the greenhouse a decidedly tropical appearance.

INDEX TO VOL. 21.

General.

Absinthe Drinking..... 10
 Abuse of High Health..... 74
 Acadian Simplicity..... 235
 A Healthy Fruit..... 11
 A Humorist's Advice..... 208
 A Lesson to Tobacco-users (poetry)..... 267
 A Parliamentary Parasite..... 4
 A Short Sermon on Long Life..... 299
 A Tea Toper..... 321
 Bad Sanitation and Drunkenness..... 104
 Broken Hearts..... 198
 Concerning Sanitary Science..... 73
 Diet for the Old..... 163
 Diet in Disease..... 39
 Early Rising (poetry)..... 331
 Rating..... 101
 Faith-Healing..... 37
 Fast Living..... 2
 Fashion and Physiology..... 296, 325
 Gladness as a Medicine..... 100
 Hard Study not Unhealthy..... 327
 Health and Ill-Health in Women..... 359
 Healthy Homes..... 322, 355
 Hints about Food for the Sick..... 42
 Horse Beef in Paris..... 3
 How to Avoid Premature Old Age..... 166
 How to Make a Place Unhealthy..... 129, 161
 How We Get Sick..... 34
 Hygiene in Relation to the Private Family..... 65, 97, 132
 Modern Life—Heir and Parent of..... 25
 Infanility..... 225
 Moral Necessity of Health..... 75
 No Smoking Car..... 300
 Not Enough Sleep..... 300
 Of Corsetts (poetry)..... 138
 Out-Door Life..... 104
 Plain Living and High Thinking..... 328
 Plutarch on Simple Tastes..... 200
 Popular Errors about Medicine..... 136, 167
 Quacks (poetry)..... 203
 Relation of Health to the Christian..... 70
 Resting after Meals..... 294
 Sago Palm Cakes..... 234
 Sammel Smiles on Cleanliness..... 201
 Sanitary Ignorance among High and Low..... 6
 School Hygiene..... 229, 261
 Sensible Talk about Sleep..... 71
 Sir Andrew Clark on Health..... 301
 Sleep as a Medicine..... 135
 Solid Hygienic Thoughts for Women..... 41
 Sweet Obivious Antidotes..... 74
 Tea Drinkers' Diseases..... 298
 Tea and Tippling..... 353
 Tea-Tasting..... 193
 The Belle and the Bellows..... 265
 The Causes of Disease..... 195, 259, 289
 The Dangers of Kissing..... 262, 293
 The Great Question of the Day..... 171
 The Hygiene of the Hair..... 329, 362
 The Hygienic Treatment of Pulmonary Consumption..... 11
 The Hypochondriac..... 203
 The Influence of Exercise upon the Health..... 331
 The Medicine of the Future..... 291
 The New Intemperance..... 235
 The Perfect Man..... 333
 The Religion of Health..... 292
 The Reign of Fashion..... 131
 The Skin and its Relation to Health..... 171
 The Sacredness of Motherhood..... 197
 The Smoke Nuisance..... 257
 The Value of Cleanliness..... 138
 The Venus De Corset..... 164
 The Warnings of Heredity..... 33
 Tobacco Statistics..... 170
 Thoughts for a Young Man..... 69
 What Our Children Eat..... 357

What to Wear for Health..... 1
 Which the Greater Evil?..... 68
 Wrinkles..... 135

Temperance and Miscellany.

A Case of Corsets..... 302
 Advice to Young Men..... 14
 Advice to Young Ladies..... 395
 Ancient Writing Material..... 178
 An Intellectual Feast..... 240
 A Sermon in Rhyme (poetry)..... 113
 At Mrs. Berty's "Tea"..... 44
 A Trifling Thing..... 240
 Bad Cookery the Ally of Intemperance..... 76, 108, 140, 172
 Breaking off Bad Habits..... 79
 "Breaking in Shoes"..... 110
 Choosing an Occupation..... 336
 Consider (poetry)..... 108
 Conversation..... 309
 Culture a Need of the Child-Trainer..... 241
 Discipline of Adversity..... 208
 Domestic Infelicity and Intemperance..... 272
 Do Your Best..... 113
 Dress for Young Girls..... 78
 Driving Boys from Home..... 306
 Early Lessons for Children..... 272
 Fire and Brimstone..... 80
 High-Flying at Fashion..... 111
 Home First..... 368
 How We Learn (poetry)..... 140
 How to Make Life a Success..... 144, 177, 206, 237, 270, 304
 Influence (poetry)..... 172, 304
 Loving Words (poetry)..... 334
 Mrs. Dillon's Disposition..... 141, 174
 Mrs. Raynor's New Nurse-Maid..... 204, 236, 268
 Nobility (poetry)..... 12
 Noble Words and Deeds (poetry)..... 178
 Occupations for Women..... 112
 One Woman's Way..... 364
 "Only an Earthen Vessel" (poetry)..... 76
 Our New Society..... 12
 Pleasant Homes..... 273
 Remarkable Rivers..... 81
 Samantha Allen's Visit to Mrs. Blodgetts..... 367
 Simplicity of Attire..... 365
 Simple Joys (poetry)..... 236
 Simple Creeds (poetry)..... 268
 Some Homes and their Mission..... 17
 Sowing Wild Oats..... 354
 Success for Women..... 80
 The Advantage of Reading..... 48
 The Blessing of Labor..... 242
 The Mexican's Lager Beer..... 15
 The Stitches' Story (poetry)..... 367
 The Shelf in the Attic..... 239
 The Tobacco Waste..... 249
 Useless Lives (poetry)..... 304
 Vegetable Clothing..... 145
 What to Do (poetry)..... 80
 What Time Is It? (poetry)..... 302
 Where Do You Live? (poetry)..... 330
 Wild Oats..... 305

Popular Science.

A Bee's Working Tools..... 275
 Age of Fishes..... 19
 A New Saccharine Substance..... 306
 An Electrical Plant..... 178
 A New Volcano in the Pacific Ocean..... 82
 A New Planet..... 147
 An Electrical House..... 115
 Animals as Barometers..... 19
 A Race of Giants..... 179
 A Tree-Climbing Fish..... 243
 A Wonderful Mexican Ruin..... 19
 Bacteria..... 274
 Bacteria in the Air..... 179
 Baking-Powders and Digestion..... 179
 Cements for Rubber..... 18
 Color of Lake Lemna..... 51
 Demagnetizing of Watches..... 115
 Eczema..... 18
 Fire Grenades..... 178

Fish Living out of Water..... 307
 Gambetta's Brain..... 147
 Hand Grenades Analyzed..... 114
 How the Bottom of the Ocean is Lighted..... 82
 Looking after Ghosts..... 114
 Luminous Printing..... 243
 Mandeure..... 50
 Metempsychosis..... 243
 Mind in Animals..... 211
 Natural Language..... 82
 Natural Gas and the Destruction of the World..... 275
 Nature the Great Teacher..... 369
 Petrification of Organic Bodies..... 50
 Prevention of Explosion in Coal Mines..... 147
 Sugar-Making Function of the Liver..... 211
 Taming a Grizzly Bear..... 179
 Taming the Sea..... 114
 The Baobab Tree..... 210
 The Dust in the Air..... 369
 The Germ Theory of Disease..... 274
 The Mound Builders..... 243
 The Seventeen-Year Locust..... 114
 The Scientific Method..... 307
 The Travels of a Storm..... 115
 To Cement a Plaster Cast..... 114
 Vegetable Pepsin..... 337
 Where the Dust Settles..... 18

Editorial.

A Back Yard Examined..... 182
 A Cause for Alarm..... 308
 A Catholic Father on Bangs..... 374
 A Diet Disinfectant..... 56
 A Dry City..... 375
 Adulterated Bread..... 184
 A Good (?) Cook..... 183
 A Good Precedent..... 23
 A Humane Enterprise..... 148
 A Labor-Saving Machine..... 86
 Alcohol and Epilepsy..... 344
 Alcohol and Musical Work..... 345
 Amazing Stupidity..... 344
 American Opium Smokers..... 151
 Amount of Tea and Coffee Consumed..... 183
 An Analyst Analyzed..... 340
 A New Food..... 370
 An Error About Honey Adulteration..... 246
 A New Source of Consumption Discovers..... 240
 A New Infectious Disease in Cattle..... 153
 A New Danger from Flesh Meat..... 89
 A New Vice Drug..... 85
 An Evil that Needs Attention..... 86
 An Ingenious Device..... 88
 An Inspection of Drunkards..... 88
 Another Theory of Ice Cream Poisoning..... 345
 An Obsolete Law..... 57
 Anti-Tobacco Laws..... 130
 A Queer Prescription..... 181
 A Royal Example..... 244
 Arsenical Wall-Paper..... 379
 A Sure Sign of Death..... 343
 A Tobacco-User's Foresight..... 57
 A Young Man's Opinion of Corsets..... 375
 A Worthy Example..... 149
 Bed-Smothering..... 342
 Beginning at the Bottom..... 118
 Billousness..... 23
 Brain Tension..... 120
 Candy-Eating..... 88
 Causes of Goller..... 316
 Cayenne and its Congeners..... 116
 Chemical Food Preservatives..... 213
 Cheese Poisoning..... 343
 Chicago Milk..... 56
 Climate..... 20
 Coffee as a Poison..... 118
 Cold Baths in Fever..... 270
 Contents of a Tea-Pot..... 84
 Cramming..... 56
 Cream-of-Tartar Adulteration..... 343
 Dangers in Nostrums..... 313
 Dangers in Dust..... 378
 Danger from Dogs..... 310
 Death in Dried Beef..... 55
 Death of a Moral Monstrosity..... 216

Death from Decayed Meat..... 184
 Diet of Trainers..... 344
 Disinfection..... 279
 Diseased Eggs..... 181
 Drunkenness from Tea..... 277
 Electric Cholera..... 56
 End of the Volume..... 371
 Ether Drunkenness in Ireland..... 53
 Faith-Healing..... 53
 Food and Brains..... 119
 Gleaning from a Sanitary Convention..... 371
 Healthy Homes..... 240, 355
 How Much to Eat..... 55
 How to Ventilate a Home..... 180
 Hydrophobia..... 121
 Hydrophobia from Milk..... 281
 Hygiene Among the Mormons..... 184
 Imaginary Diseases..... 217
 Inanity Among Female Physicians..... 150
 Inventory of a Cistern..... 87
 Jaundice from Poisoned Wall-Paper..... 87
 Killed by Drinking Ice-Water..... 214
 Killed by a Snuff-Box..... 181
 Lead Poisoning..... 56
 Leprosy..... 312
 Long Fasting..... 342
 Manure Heaps and Diphtheria..... 217
 Medicating by Electricity..... 25
 Milk from City Cows a Cause of Consumption..... 248
 Muscular Rheumatism and Trichina..... 281
 Newspaper Talk about Health..... 372
 No Commandment..... 375
 Not Worth Eating..... 20
 Oatmeal..... 217
 Overburdened Women..... 280
 Physic-Tipping and Medicine.—Bibbling..... 278
 Poisoning by Decayed Food..... 247
 Poisoning from Canned Foods..... 217
 Poisoning from Canned Tomatoes..... 153
 Poison Hose..... 245
 Poisonous Clams..... 280
 Porkers in Peril..... 121
 Potato Fruit..... 345
 Prevention of Hydrophobia..... 246
 Prison Reform..... 245
 Pseudo Health Science..... 333
 Pure Air at Night..... 343
 Relation of Mind and Body..... 55
 Sleeping with the Head Low..... 344
 Slowing Digestion..... 87
 Smoking and Drinking..... 152
 Snuff-Dipping..... 120
 Spontaneous Combustion..... 343
 Squeamishness..... 214
 Tea as an Article of Diet..... 185
 Tea Tremens..... 150
 Temperance Education..... 215
 The Ill-Health of Educated Women..... 313
 "The Wages of Sin is Death"..... 309
 The Physician of the Future..... 279
 The Death of Dr. Dio Lewis..... 348
 The Sleeping Habit..... 244
 The Social Purity Movement..... 52
 The Skating-Rink Mania..... 151
 The Labor Problem..... 152
 The Cocaine Habit..... 152
 The Code of Health..... 212
 The Remedies of Nature..... 372
 Tinned Fruits..... 57
 Tobacco Blindness..... 184
 Tuberculosis in Cattle..... 276
 Tyrotoxic, or Cheese Poisoning..... 311
 Use for Germs..... 277
 Vinegar and Indigestion..... 181

Domestic Medicine.

About Colds..... 90
 Acne—Face Pimples..... 58
 Acute Sore Throat..... 283
 A Harmless Hair-Dye..... 27
 An Old Remedy for Hiccough..... 283
 A Sure Cure..... 347
 A Word about Undergarments..... 347
 Baldness..... 154
 Bath's Cramp..... 250
 Black Heads..... 185
 Boiled Milk..... 283
 Bumps..... 91

Buckwheat Flour in Diabetes..... 122
 Buttermilk..... 122
 Cause of Short Life..... 251
 Chlorate of Potash..... 26
 Clothes on Fire..... 122
 Cold Baths for Pneumonia..... 123
 Consumption and Infectious Disease..... 219
 Corns..... 315
 Dangers to Babies and Young Children..... 26
 Diphtheria and Cess Pools..... 218
 Discharge from the Ear..... 223
 Disinfecting Solution..... 218
 Dressing to Keep Warm..... 346
 Drinking Boots and Shoes..... 154
 Drowning..... 218
 Earache..... 315
 Feeding Babies..... 59
 For Diarrhea..... 282
 For Earache..... 155
 For Sleeplessness..... 91
 Given to Appetite..... 27
 Good Disinfectants..... 219
 Hot Water for Inflammation..... 383
 Hot Weather Hygiene for Babies..... 282
 How not to Take Cold..... 314
 How to Take a Vapor Bath..... 90, 346
 How to Disinfect..... 154
 Ice to the Bowels in Typhoid Fever..... 91
 Infant Feeding..... 282
 Lemon Juice in Diphtheria..... 219
 Looking out for Germs..... 186
 Lotion for Sunburn..... 219
 Migraine..... 91
 Mustard Sponging..... 59
 Mustard Fomentation..... 155
 Nursing in Country Homes..... 376
 Prairie Itch..... 122
 Sleep..... 155
 Sleep Producers..... 90
 Summer Complaints..... 219
 Styes..... 377
 Taking Care of the Hands..... 314
 The Air Bath..... 315
 The Hygiene of the Newly Born..... 187
 The Hygiene of Babies' Eyes..... 251
 Timely Advice..... 186
 To Disinfect a Sick Room..... 347
 To Detect Lead in Tin..... 314
 Vaccination..... 218
 Water for Constipation..... 122
 What to Do with the Slops..... 250
 White of Egg Diet..... 382

Question Box.

Acid Dyspepsia..... 315
 Agnails—St. Jacob's Oil..... 230
 Baking-Powders..... 60, 188
 Best Food for Children—Diarrhea..... 378
 Bread without Baking-Powders..... 251
 Chalk Mixture—Hoarseness..... 348
 Chemically Raised Bread..... 92
 Chronic Cold—Callous Club Fingers and Toes..... 316
 Cistern Filter—Headache, etc..... 156
 Climate for Catarrh..... 28
 Condensed Milk..... 348
 Contracted Cords—Ringing in the Ears..... 156
 Cure for Deafness—Dentaphone..... 27
 Diet and Work..... 252
 Diet in Catarrh of the Bowels..... 378
 Dyspepsia..... 133
 Eczema—Dyspepsia..... 284
 Eczema, or Salt Rheum..... 255
 Flax-Seed—Vinegar..... 230
 Flatulent Dyspepsia..... 348
 Food Elements..... 92
 Garget in Cows..... 284
 Germs in Ice-Water..... 59
 Heart Disease..... 124
 How to Get Thin..... 348
 Hygienic Cookery—Preserving Meat..... 347
 Indigestible Food and Indigestion..... 28
 Is it a Cancer?..... 220
 Kansas Climate for Catarrh..... 60

Liver Spots..... 228
 Maggots in the Ear..... 252
 Milk—Nightmare..... 124
 Mouth Breathing..... 27, 124
 Nasal Catarrh and Indigestion..... 155
 Nervous Debility..... 123
 Nocturnal Pain in the Bowels..... 124
 Offensive Perspiration..... 347
 Pulling First Teeth..... 59
 Rattle-Snake Bite..... 251
 Reading at Meals—Frogs..... 252
 Safe Liver and Kidney Cure..... 28
 Sleeping after Meals..... 284
 Soldier's Heart..... 27
 Sprained Ankle..... 60
 Sugar—Ventilation..... 156
 Swollen Joints..... 284
 Tartar..... 123
 Temperature of a Sleeping Room..... 284
 Unfermented Wine..... 156
 Weak Stomach—Puny Girl..... 188
 What to Do with the Slops..... 220
 Weak Back..... 28
 Weakness in Legs..... 156

Science in the Household.

A Cheap Fruit Evaporator..... 350
 A Song from the Suds (poetry)..... 93
 Barley..... 125
 Bedding for Winter..... 280
 Cabbage..... 29
 Care of Silver Ware..... 94
 Cleaning Mica..... 94
 Dangerous Cleansing Agents..... 31
 Dish-Washing..... 157
 For Squeaking Boots..... 94
 Gelatine for Desserts..... 221
 Glossy Starch..... 255
 Gruels for the Sick..... 349
 Hints for House Cleaning..... 158
 Hints on the Use and Care of Lamps..... 126
 Holiday Dinners..... 370
 House-keeping in Japan..... 222
 How to Test Potatoes..... 94
 Keeping Fruit Fresh..... 286
 Keeping Lemons..... 94
 Lace Curtains..... 190
 Laundry Lessons..... 30
 Macaroni..... 190
 Making a Home..... 158
 Mexican Cookery..... 287
 Oil Stoves and Health..... 254
 Removal of Stains from Woven Fabrics..... 61
 Rugs in the Place of Carpets..... 93
 Soap..... 254
 Some Ways to Use Rice as Dessert..... 189
 Squash Pie without Eggs..... 287
 Suggestion for Canning Fruit..... 253, 285
 The Value of Common Salt in the Care of Carpets..... 222
 The Nobility of the Art of House-keeping..... 61
 The Carpet Beetle..... 318
 The True Home..... 318
 The Philosophy of Dish-Towels..... 285
 The Sweet Potato..... 317
 To Clean Bottles..... 94
 To Clean Marble..... 190
 To Can Corn..... 286
 To Keep Lamp Chimneys Clean..... 287
 To Prevent Wooden Vessels from Cracking..... 94
 To Restore Black Merino..... 127
 To Remove Tarnish from Silver..... 158
 To Remove the Iron Taste from..... 158
 New Kettles..... 158
 To Remove Milk and Coffee Stain from Silk and Woolen Goods..... 255
 To Soften Hard Putty..... 223
 True Hospitality..... 380
 Unfermented Wine..... 287

Literary Notices.—31, 62, 63, 95, 127, 159, 191, 223, 255, 287, 319, 351, 381
Publishers' Page.—32, 64, 96, 128, 160, 192, 224, 256, 288, 320, 352, 382

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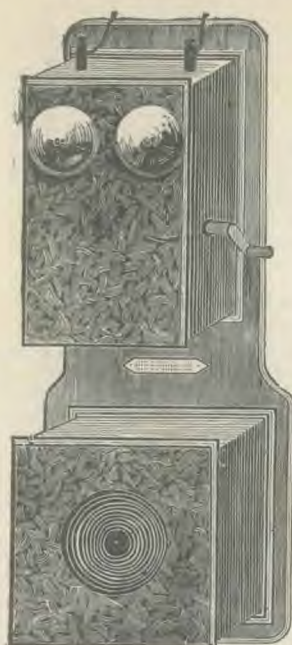
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