



# GOOD HEALTH.

A JOURNAL OF HYGIENE.

CONTENTS OF THIS NO.

DEVOTED TO  
PHYSICAL MENTAL & MORAL CULTURE



SOUND MIND  
IN A SOUND BODY

HEALTH IS  
WEALTH.

PROPER CLOTHING  
ADEQUATE REST  
AMPLE EXERCISE

CLEANLINESS NEXT TO GODLINESS.  
TEMPERANCE IN ALL THINGS.

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.....	6.15	7.15	8.05	4.10	..... Port Huron Arr.	10.30	1.25	7.55	.....	10.40
.....	7.43	8.31	9.34	5.40	..... Lapeer.....	8.42	12.07	6.15	.....	8.57
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9.55	.....	12.55	12.32	V. A. L.	..... Schoolcraft.....	1.35	.....	1.27	.....	V. A. L.
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11.40	Pass.	2.28	4.07	.....	..... South Bend.....	12.00	6.52	12.01	.....	.....
1.38	7.35	4.00	5.52	6.05	..... Haskell's.....	10.45	5.46	.....	.....	.....
4.05	10.00	6.30	8.10	8.40	..... Valparaiso.....	10.30	5.32	10.29	.....	3.40 8.00
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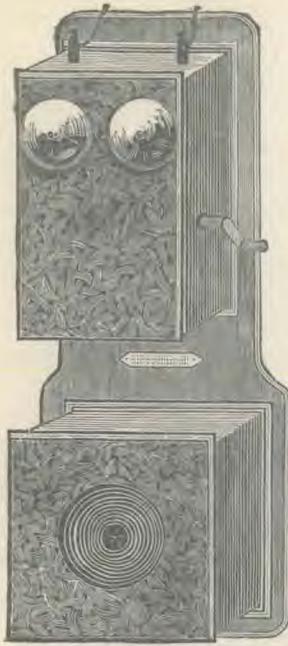
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# GOOD HEALTH

## A JOURNAL OF HYGIENE.

MENS SANA IN CORPORE SANO.

Volume XXII.

BATTLE CREEK, MICH., JANUARY, 1887.

Number 1.

### HOW TO VENTILATE A COTTAGE HOME.

BY THE EDITOR.

At this season of the year, the question of fresh air is an all-important one. It is astonishing with what apathy the majority of persons regard this subject. Thousands of persons congregate in churches and lecture halls, and with the utmost unconcern spend hours in a stifling and polluted atmosphere. In their dwellings, millions of human beings barricade themselves against that most essential of all the necessaries of life, God's life-giving oxygen. As a result, consumption has become the scourge of civilization. The annual sacrifice to ignorance and heedlessness of nature's requirements in this respect, sends to untimely graves nearly one-fifth of all who die. There is no sanitary subject which ought to interest every intelligent person more than the question how to ventilate a home.

In the construction of a dwelling, attention should be given, and ample provision made for the adequate supply of fresh and pure air. It should be recollected that each person requires not less than forty to sixty cubic feet of pure, fresh air per minute, or 2400 to 3600 cubic feet per hour. To secure this amount of air, requires for each person an opening not less than one-sixth of a square foot in area, and absolute safety requires a still larger area. Some fresh air will find its way in through cracks, between window sashes, under and around doors, and even through brick walls; but this is an uncertain and inadequate supply, and open-

ings should be provided at convenient places for this purpose.

If provision for the proper ventilation of a house is made at the time of its construction, very little expense need be involved; hence the importance of giving this matter attention when planning a dwelling. The following is a brief summary of the principles of correct ventilation, which ought to be familiar to every one, whether interested in house-building or not:—

1. For efficient ventilation of each room in a building, two openings are necessary, one for entrance of fresh air, and one for egress of foul air.

2. When the fresh air enters a room warm, as when furnaces are used for heating, the foul air opening should be at the bottom, as the oldest air in the room, and consequently the most impure, will be that which has been in the room the longest, and has been gradually cooled by contact with outside walls and window surfaces. When a room is heated by stoves, the foul air opening should be near the ceiling.

3. The size of openings depends upon the number of persons to be supplied with air. It may be laid down as a general rule that an opening of twenty-four square inches' space in both inlet and outlet is required for each individual in a room. The openings should be of sufficient size to allow a passage of at least three thousand cubic feet of air per hour without creating too perceptible drafts. Air cannot travel through a room more rapidly than five feet a second without a current be-



ing perceptible. A sick-room needs two or three times the ordinary amount of ventilation.

4. The foul-air openings of rooms should connect with heated ventilating shafts. Cold-air shafts are uncertain ventilators. They are not to be relied upon. The amount of draft in the shaft depends upon the height of the shaft and the amount of heat in it. Various methods of heating the ventilating shaft may be adopted. In a building heated by steam, steam-pipes may be employed. In ordinary dwellings, the waste heat of smoke pipes or chimneys may be utilized for the purpose. An oil-stove or a gas-jet may be used for heating small shafts in dwellings; or a small stove may be used to accomplish the same purpose in larger shafts.

5. Rooms on different stories should not open into the same ventilating shaft, as the upper rooms are certain, under various circumstances, to receive the foul air from the rooms below.

NOVEL METHODS OF VENTILATING A HOME.\*

*Fig. 1* shows how a common stove, A, by the addition of a sheet-iron jacket, D, which communicates with the open air through a pipe, P, and a wooden box, E, passing beneath the floor through the foundation wall, may be made to supply warm, fresh air to a room almost as efficiently as a furnace.

A similar arrangement may be easily applied to a box-stove. Any kind of a stove may be arranged in the same manner. If preferred, the stove may be located in the basement, and completely inclosed by the jacket, when it becomes practically a furnace. When thus arranged, a pipe of ample size should lead from the top of the jacket to a register in the floor of the room to be heated. With a good-sized stove thus arranged, two or three rooms may be sufficiently heated, even in very cold weather. Care must be taken to arrange the fresh-air opening so that it will not be pre-

vented by adverse winds from operating efficiently.

*Fig. 2* shows how the same principle may be applied in a jacket placed about a stove pipe. It should, of course, be recollected that none of these methods are effective unless some means is provided by which the foul air may escape from the room.

*Fig. 3* shows how a chimney may be so constructed as to operate both as a ventilator and a smoke flue. D represents the smoke flue; A, B, and C, the ventilating flues, which are separated from the smoke flue by a brick or sheet-iron partition, which is heated by the smoke and hot gases in the smoke flue, and thus secures a draft in the ventilating flues. The same result may be secured by carrying the smoke off by means of a pipe or stack carried up through the center of the chimney, by means of which the air inside the chimney will be heated and an excellent draft secured. All that remains to be done is to connect each room to be ventilated with the chimney by means of a duct of proper size, which should open at the floor of the room. If two stories are to be ventilated, the chimney space may be divided by a partition, as shown in *Fig. 4*, C, chimney; P, pipe in center. One side should be used for the lower, the other for the upper story.

*Fig. 5.* This cut illustrates a means by which a constant supply of warm, pure air may be obtained, and efficient ventilation secured by simple and inexpensive means which are applicable to any house. The arrangement of the jacket and fresh-air pipe are the same as shown in *Fig. 1*. In addition is seen pipe V, which starts near the floor behind the stove, and is connected with the chimney just below the entrance of the smoke pipe into the chimney. This arrangement gives perfect satisfaction when the chimney is large and the draft strong and constant. It cannot be relied upon when the draft is deficient, as it will diminish the draft of the stove so as to cause smoke to enter the room.

*Fig. 6* shows an ingenious method of heating two rooms and ventilating one of them,

\* For the designs of the methods illustrated on the accompanying colored plate, we are indebted to our friend, the Rev. D. C. Jacokes, who has devoted much time and patience to the development of simple means for providing efficient ventilation for common dwellings and country churches and school buildings.

# Novel Methods of Ventilating a Home.

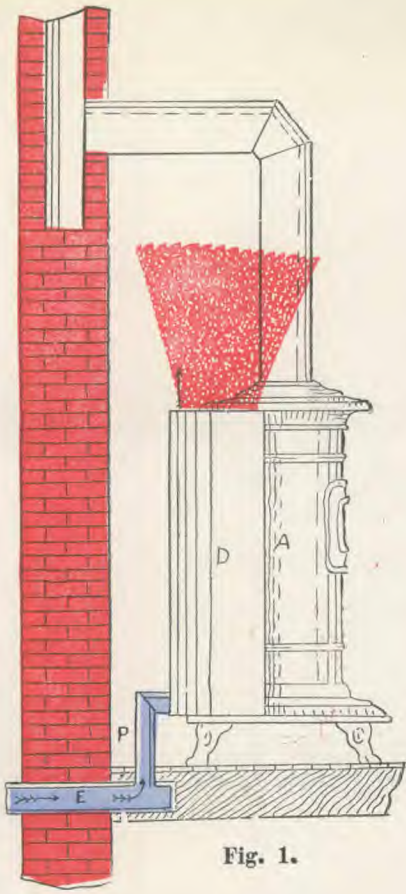


Fig. 1.

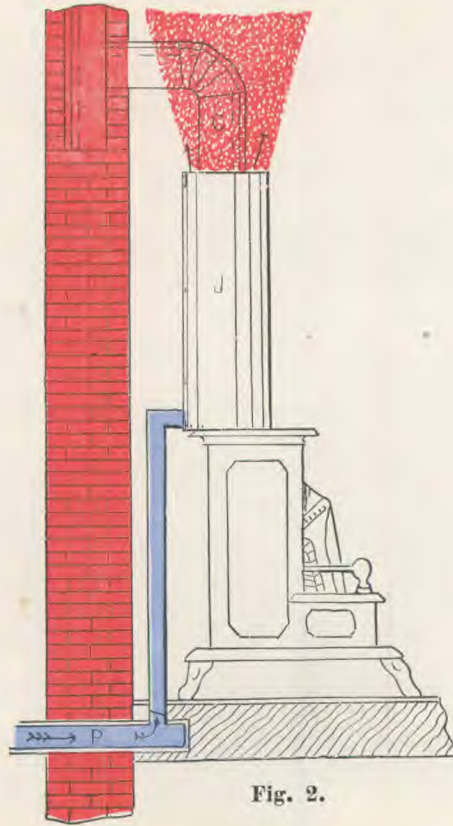


Fig. 2.



Fig. 4.

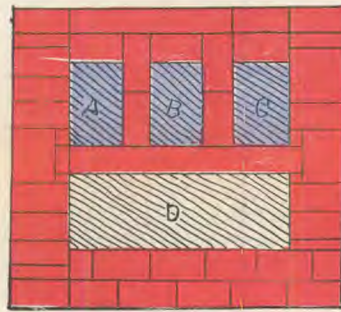


Fig. 3.

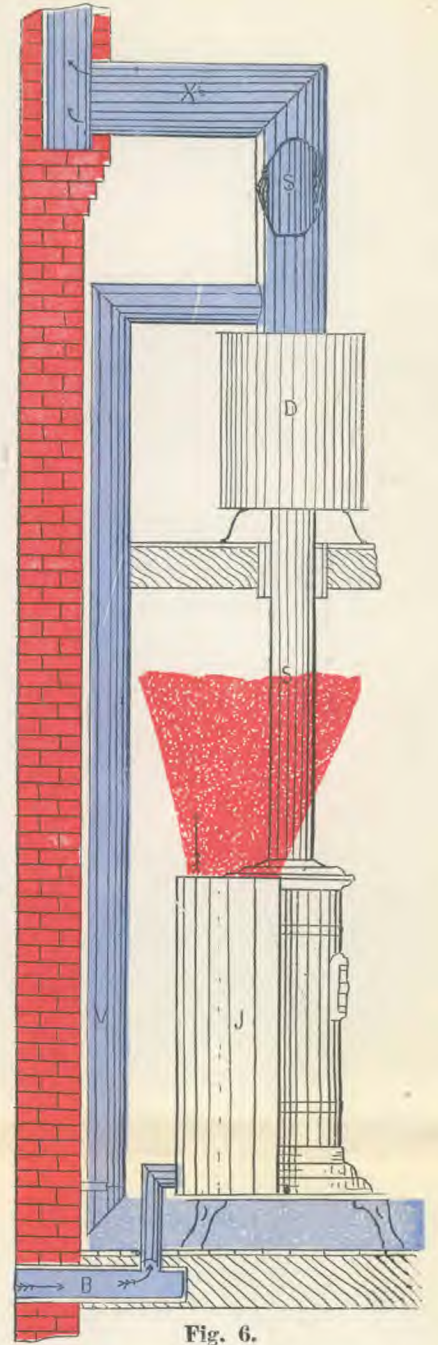


Fig. 6.

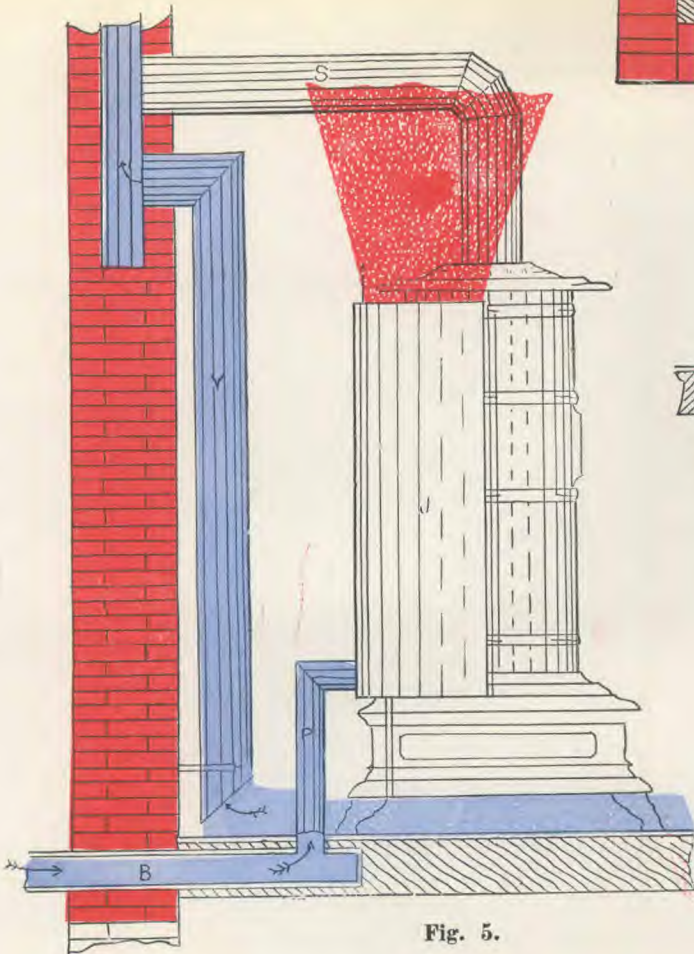


Fig. 5.

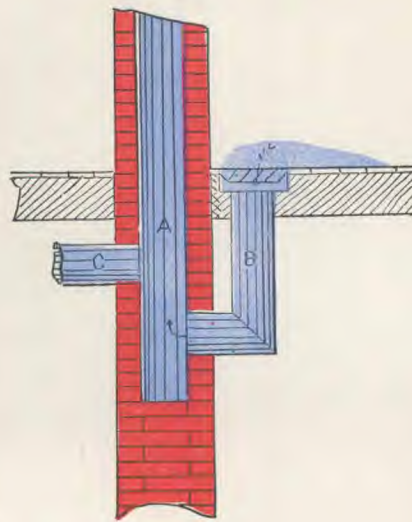


Fig. 7.



Fig. 8.

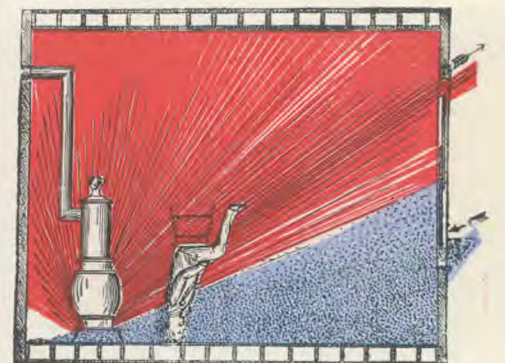


Fig. 9.

■ COLD OR FOUL AIR.

■ WARM AIR.

## THE BEE HIVE.

\* \* \* \* \*

\* \* \* \* \* Observe \* \* \* \* \*

\* \* \* \* \* these busy little \* \* \* \* \*

\* \* \* \* \* bees A-laying up their \* \* \* \* \*

\* \* \* \* \* honey, And try to be as \* \* \* \* \*

\* \* \* \* \* wise as these By saving all \* \* \* \* \*

\* \* \* \* \* your money. You smoke, say \* \* \* \* \*

\* \* \* \* \* five cigars away, And drink, \* \* \* \* \*

\* \* \* \* \* say six times, daily; Cards, pool, \* \* \* \* \*

\* \* \* \* \* and billiards too you play, And \* \* \* \* \*

\* \* \* \* \* treat the fellows gaily. In twenty \* \* \* \* \*

\* \* \* \* \* years this fun will cost, According to \* \* \* \* \*

\* \* \* \* \* good scholars, With interest and time \* \* \* \* \*

\* \* \* \* \* that's lost, Just \$20,000. But if you count

your loss of health, And self-inflicted trouble,

You'll find this foolish waste of wealth Will

figure more than double. Then when it's time no

more to slave, But pleasure take, so sick you Will

feel because you didn't save, You'll want some one

to kick you. So imitate these busy bees, And all

your pennies treasure; And then, when older, take

your ease, With forty years of pleasure.—*Dodge.*

## HEALTH AMONG THE ANCIENTS.

O. G. PLACE, M. D.

By some of the ancients, health was considered a possession of the greatest value.

Among the nations of the earth those that were strong, those who could endure hardships, those who knew not the weakening power of modern civilization, but devoted their whole attention, even from childhood to mature manhood, to the culture, training, and perfecting of every physical power, these are the men who swayed kingdoms, conquered nations, and left on the annals of history such records as have immortalized their names, and proved to the world that man, with his possible physical endowments, is the masterpiece of the great Creator's works.

In order to show to what degree health was valued by the ancients, we would refer the reader to the history of some of the customs and laws by which they reached such a degree of perfection healthwise. In the history of the Persians before and during the reign of Cyrus, we have a noble example of temperance in its most strict signification, and the results possible to be reached by a thorough

conformity to the principles and laws which underlie all physical prosperity. Then a youth was taught the art of attaining and preserving health as now he is taught the art of squandering it.

"The public good and common benefit of the nation, was the only principle and end of all their laws. The education of children was looked upon as the most important duty, and the most essential part of the government; it was not left to the care of fathers and mothers, whose blind affection and fondness often render them incapable of that office; but the State took it upon itself.

"Boys were all brought up in common after one uniform manner where everything was regulated—the place and length of their exercise, the times of eating, the quality of their meat and drink, and their different kinds of punishment. The only food allowed either the children or the young men, was bread, cresses, and water. Their object was to accustom them early to temperance and sobriety: and besides, they considered that a plain, frugal diet without any mixture of sauces or ragouts, would strengthen the body and lay such a foundation of health as would enable them to endure the hardships and fatigues of war to a good old age."

The school in which they were trained consisted of but four classes, and each student's position was regulated by his age. All boys were kept in the first, or "children's class," until the age of sixteen, at which time they were transferred to the class of young men. In this first, or children's class, the only training consisted in the use of the bow, and throwing the spear and javelin. During the next ten years, they were required to serve as watchmen by night and to take long and tiresome hunting expeditions with the king or wait upon the governors during the day. Thus we see they were always kept occupied, and as Rollin says: "In this class, they were more narrowly watched and kept in stricter subjection than before, because that age requires the closest inspection, and has the greatest need of restraint."

utilizing the heat of the stove pipe in the second story to create a draft to ventilate the room below. It will be observed that only the lower room is supplied with fresh air. This defect might be remedied by a small register in the floor of the upper room just over the stove of the lower room.

*Fig. 7* shows how a room may be ventilated by taking the air down through a register in the floor through a pipe, B, to the chimney flue, A. It will be observed that the opening of the ventilating pipe is below C, which represents the smoke pipe from a furnace. If the ventilating pipe were to enter the chimney above the smoke pipe, smoke would enter the room above. Both of the arrangements last described and illustrated by *Figs. 6 and 7* require a very strong draft.

In constructing a dwelling-house with reference to health in the matter of heating and ventilating, we know of no better plan for heating than to provide an improved form of furnace as a means of supplying warm, pure air, and a grate for every room or suit of rooms as a means of ventilation.

*Fig. 8* illustrates the evils of stove-heating and window ventilation. The fresh air enters cold, at the lower opening, and keeps the floor constantly cold, while the air higher in the room may be uncomfortably warm. This makes the head hot and the feet cold.

*Fig. 9* illustrates the position necessary for a man who wishes to keep his head cool and his feet warm in such a room.

#### CLOTHING FOR WOMEN.

THE making of simple and healthful undergarments was a good deal of a problem, but the dress-reform women have solved it; and a woman may be dressed very sensibly, very comfortably, and very prettily in the clothing without bands, which can now be purchased so reasonably. It is a mistake to suppose that "reformed" under-clothing is ugly, for it is not. The French have taken it up, and their touch alone would straighten out the harshness, which for sake of courtesy, one may grant that the pioneers in dress reform put into the garments they introduced. Some

of the most dainty union garments possible come now in woven goods of wool or silk or cotton, or of combinations of these, and many of them may be trimmed as delicately and fancifully as one may desire.

It is harder to emancipate woman-kind from heavy skirts than from corsets. Hundreds of women have laid off their corsets with a great deal of hygienic ardor, and then gone on hanging heavy skirts on their long-suffering waists, with nothing to relieve the dead weight from the hips, until even a dress-reformer would beg for the return of the corset. The only sensible way is to wear the made waists, which are fitted to the form, and which have buttons on them, and serve for both corset and skirt-supporter. With one of these and a good stiff mohair petticoat buttoned to it over her union-made undergarment, a woman is ready to put on a walking dress and walk three times as far with one-fourth the fatigue felt in the ordinary dress.

There is one point on which dress-reformers are usually too silent, and that is that it is very hard, indeed, at first to dress sensibly, if one has been accustomed to corsets and three or four petticoats. It is harder than learning to ride horseback or to play tennis or to ride a tricycle. But it is an accomplishment worth gaining; and a woman who has once earned, by a fortnight's effort, the use of her own muscles, and has learned the delight of carrying around the weight of two or three or four pounds of clothing instead of eight or ten pounds, will never go back to tight and heavy garments.—*Boston Record*.

*Bred in the Bones.*—A well-known Massachusetts lady tells the following story: "I received a call one afternoon from half a dozen or more little girls. After talking with them awhile, I said, 'My dears, which would you rather have me do, stay indoors this beautiful afternoon and make some cake, or join you in a romp in the garden?' They replied in a chorus from which no voice was missing; 'We'd rather have you stay, and make some cake.'"

After having complied with the demands of this second and most trying course for a series of twenty-five years, they were then ready to take their position among the men of the kingdom. From these were chosen the officers of armies, those who were needed by the government to hold offices of trust.

Leaving this school at the age of fifty, they became the veterans and worthy alumni, of this highest system of physical, mental, and moral training; and from whom were chosen, also, those of the greatest wisdom and most exalted characters, to form the public councils, and sit in the courts of justice.

We too often forget that many of the examples and experiences of the past, might be of the greatest value to us, if only appreciated in their simplicity and applied in their purity; and that an equal number of the speculative modern theories and customs are but snares and pitfalls to our physical, mental, and moral well-being. Where do we find to-day such barracks against disease, such fortresses against evil as in the system given above?

As we look back over the pages of history, to these and similar instances in which simplicity of life has contributed to real nobility and force of character, we can but deprecate the fact that with all the enlightenment of Christianity and modern civilization, we must go to the sturdy sons of Nature for the purest example of life in accordance with the divine purposes of the Creator as relates to our physical well-being.

*Science Baffled.*—*Young Man.* Is it true, doctor, that smoking cigarettes tends to soften the brain?

*Physician.* There is a belief to that effect; but with all our boasted modern scientific appliances, it can never be verified.

*Young Man.* Why, doctor?

*Physician.* Because nobody with brains ever smokes them.

—“The Eating of much flesh fills us with a multitude of evil diseases and multitudes of evil desires.”—*Porphyrius, 233 A. D.*

## HOW “THIS CLIMATE DON'T AGREE WITH MY CONSTITUTION.”

BY W. A. BLAKELY.

“I CAME out here for my health, and I have lived here three years now, and am no better than when I came. This climate don't agree with my constitution.” As I heard a neighbor make this remark, I said to myself: I should not think it would; nor any other climate either. The man was well built, and had a well formed brain; but neither his body nor his brain was doing him very good service. He was broken down in health, and his head troubled him considerably.

It was readily apparent to the close observer why one of the most healthful climates, a genial sun, and an invigorating atmosphere, did not have a beneficial effect upon the “patient.” On visiting the place, one saw a house of pleasant appearance, a large frame barn, an easy carriage, and general conveniences for comfort.

But on entering the house, I found that he did not live in “this climate” at all, but that he had an “artificial climate” peculiar to the Mr. Johnston's place. The air was warm and close; every window was closed for fear that the health of the family, which, of course, was in a very bad condition, might suffer if a particle of outside air should enter! In fact, the room really smelled bad for want of proper ventilation. I bore it patiently (apparently), not having a “sextant” to whom I could “appeal” to open the “winders” and let in some “are.” Then after learning what constituted his usual bill of fare, I could plainly see that I had been right in thinking that neither this nor any other climate would “agree with his constitution.” In fact, his surroundings and dietary were enough to ruin any constitution, however strong it might be naturally. Flesh-meats, including pork, were largely eaten. The food was taken into the stomach rapidly, in an insufficiently masticated state, being washed down by hot drinks,—he invariably having tea, coffee, or chocolate for breakfast, coffee for dinner, and tea for supper. Pickles and the usual list of

highly seasoned, unhealthful, and indigestible, so-called foods, were in abundance. "Variety was the spice of death" on that table. Insufficient exercise, foul air, and a stomach overloaded with an excess of innutritious food, is pretty sure to make any climate affect an individual in the same way as our neighbor was affected.

But we find such people everywhere. The medical business in this country is simply enormous. Invalids are almost innumerable. Yet all of these things are laid to "climate," "misfortune," "too much business," "overwork," etc.

It is truly a "misfortune" for any one to be sick. But generally it is the individual himself who is to blame. If the proper attention be paid to the laws of health, a person can, as a rule, do almost any kind of work or live in almost any climate. But doctors may warn the people our health journals bring it repeatedly before their minds, and our public men lecture on the subject over and over again, and still these people live on as before; apparently, they love to have it so.

Another common complaint is "too much business." A man gets up in the morning, eats his breakfast—perhaps his food may be of a wholesome character,—and he then goes to work. In a short time, somebody calls and offers him some fruit, which, of course, he takes; he also has a few crackers, with some fruit, for a lunch whenever he gets hungry. After eating an apple or two, or an orange, this suffices him until dinner time. This is repeated in the afternoon. Then, as he has work to do in the evening, he takes some supper. From two to five hours are spent in work, and then he retires.

The next morning he wakes up with a headache. He has no appetite for his breakfast. "I worked entirely too hard yesterday," he says (well, he probably did with his digestive organs). His stomach cannot work properly, and after continuing sometime in such a course, he is prostrated, and has our "heart-felt sympathies" because he has been "over-worked." He never seems to understand why his digestive organs do not work well, as he is "always careful to have only good, health-

ful food on his table; and fruit is among the very best of foods," he says in regard to that which he had eaten between meals. But it was not *what* he had eaten in his case; it was *when* and *how*.

It is a well known truth that the violation of Nature's laws will bring Nature's penalties. The stomach must have rest; if it is not given by the person voluntarily, it will be taken at his expense. When a person is constantly violating the most important principles of health, we certainly cannot be surprised to hear persons say, "This climate don't agree with my constitution"; and to find that "overwork" breaks down so many of our professional men.

—"I see," said Stubbs, "that Dr. Michael Foster tells the British Association that the smoking of tobacco produces defective vision; do you believe it?" "Oh, I am sure of it," replied Mrs. S., "for I saw your friend Butts last evening puffing away, quite unconscious that there were several ladies in the room."—*Boston Transcript*.

—Horse-back riding combines more qualities of healthful exercise than almost any other. It secures air, light, exercise, and pleasure. A ride—one ride a day—taken regularly, is both a preventive and a cure for nearly all human maladies. To some, advice must be given to ride slowly; but to others, we may say in the language of the old polypharmacists: "When taken, to be well shaken."—*Dr. Frank Hamilton*.

—There is no better medicine, no greater purifier, no better friend to good health, cleanliness, and long life than sunshine. There is an old Spanish proverb which says: "Where the sun does not enter, the doctor must." And the truth condensed in that statement is a whole lecture on the health of the home. Sunshine costs nothing, is refreshing, invigorating, life-giving to both sick and well. People have somehow gotten the idea that nothing is valuable which does not cost something, and are too likely to value all blessings by the money value they represent.—*Western Insurance Review*.

## Seasonable Mints.

—Jack Frost is no respecter of persons. Look out for “nips.”

—The best food for cold weather is abundance of milk, grains, and ripe fruits.

—If you want the baby to get the croup, let it creep about on the cold floor with bare arms and legs. A sure method.

—Remember that animal heat is vastly more costly than warm, woolen undergarments. It is poorest economy to go thinly clad.

—The thrifty farmer keeps his sheep and cattle comfortable in warm barns and sheds. It pays, because they consume less food.

—If you want warm feet in cold weather, don't toast them on a stove or over a register. Keep them warm by warm shoes and stockings, and plenty of leg exercise.

—If you wish to avoid spring biliousness, begin now: stop eating rich food, greasy soups and gravies, and cramming with sweets; and give your liver a chance to do its duty.

—A hard nip from Jack Frost, that freezes fingers or toes, or an ear or a nose, is vastly less dangerous than those smaller “nips” that produce colds in the head, or on the lungs. One is cured in a week, the other may end only in the grave.

—Don't be afraid of the weather. The Turks have an adage, that in cholera times more people die of fear than of the disease. So of the weather. Hundreds of people take cold from seeing a window open when the draft is outward instead of inward!

**Dampers in Stove Pipes.**—Thousands of persons have been induced by arguments looking to the economy in the consumption of fuel to put into their stove pipes or smoke flues, damp-

ers of various patterns for the purpose of lessening the draft. This thoughtless and dangerous practice ought to be condemned in the most vigorous fashion by every sanitarian. To cut off the draft of a stove at the point at which the air enters the stove can do no possible harm, as the smoke flue is left free and continues to carry away the products of combustion: but to cut off the draft by a damper in the stove pipe, confines the gases in the stove and makes the probability of their entrance into the room very great. The danger from the entrance of smoke is not so great, as smoke will at once appeal to the senses so that the damper will be opened: but the imperfect draft occasions incomplete combustion so that there is formed in the stove an exceedingly poisonous gas which may escape from the stove in quantities sufficient to do a vast deal of mischief before being discovered by the senses. A stove damper in a stove pipe is as dangerous to the health and lives of a family as a keg of powder under the stove.

**Cellar Air.**—Perhaps every person is not aware that the air of a close cellar in which are kept quantities of fruits and vegetables, is actually poisonous. This is especially true if these perishable substances are in a state of decomposition, which is certain to be the case in early spring if not during the winter months: but it is not necessary that actual decomposition should be taking place in order that the air should be contaminated. When fruits are undergoing the process of ripening, they give off carbonic acid gas just as does an animal or a person. It is evident then that a cellar needs ventilation as much as a sitting-room or a bedroom. A cellar which is in communication with a house, is certain to contribute some of its poisoned air to the living rooms of the house to be inhaled by the inmates, if there is not made some other and easier way of escape. A cellar ought never to be used for the storage of perishable substances if located under a house; but if it is so used, it should most certainly be ventilated.

## ✠ THE HAPPY FIRESIDE. ✠

*Devoted to Temperance, Mental and Moral Culture, Home Culture,  
Natural History, and other interesting Topics.*

Conducted by Mrs. E. E. Kellogg, A. M.

### ON THE THRESHOLD.

Ring out, O bells, ring silver-sweet o'er hill and moor and  
fell!

In mellow echoes, let your chimes their hopeful story tell.

Ring out, ring out, all jubilant, this joyous, glad refrain:

"A bright new year, a glad new year hath come to us again!"

Ah! who can say how much of joy within it there may be  
Stored up for us, who listen now to your sweet melody?  
Good-bye, Old Year! tried, trusty friend, thy tale at last is told.  
O New Year, write thou thine for us in lines of brightest gold!

The flowers of spring must bloom at last, when gone, the win-  
ter's snow;

Go! grant that after sorrow past, we all some joy may know.  
Though tempest-tossed our barque awhile, on life's rough  
waves may be,

There comes a day of calm at last when we the haven see.

Then ring, ring on, O pealing bells! there's music in the  
sound;

Ring on, ring on, and still ring on, and wake the echoes round,  
The while we wish, both for ourselves and all whom we hold  
dear,

That God may gracious be! to us, in this the bright new year!

*—Chambers's Journal.*

### ONE WOMAN'S WAY.

CONCLUDED.

THERE is no need to tell you of those hours of confession and anguish in which I took the poor, distracted head to my breast, and it lay there quiet, but hopeless till my own faith brought back a glimmer of faith for him.

Two things were necessary; to change the scene altogether for a time, and to alter our habits, once for all, in one essential particular. That food had at any time any influence on this habit, had never occurred to me till I came to study the treatises on food. Differ as they do in their views upon alcohol there is but one voice as to the food essential for a stomach whose powers are half-destroyed by alcohol. For the story of intemperance everywhere is the story of heavy

overeating of animal food in highly seasoned forms. The unending pork and bacon of the South and West, the excessive meat-eating in our great cities, all create an abnormal thirst which only a powerful stimulant can satisfy. I do not need to go into physiological details, but you know that flesh digests more rapidly than vegetables, certain principles which it contains being more quickly absorbed, and giving a sense of strength which is stimulation, but not real building up. A preponderance of vegetables and fruit is necessary, which assimilate more slowly and do not create the thirst which follows inevitably on taking too much meat, just because an over-supply excites the stomach and produces excessive action. There is a regular circle of cause and effect. The stomach, irritated by overstimulation, develops gastritis, which induces excessive thirst. Animal food keeps up the gastritis by overstimulation and taxation of the affected organs; the gastritis excites thirst; thirst perpetuates drunkenness.

Our system of living had been all wrong for both John and the children, and I was directly responsible for the development of the tendency showing itself in my little Stephen. We were all rather light eaters, but accustomed to consider meat essential at least twice a day, and using condiments and many highly seasoned pickles freely. Curry was John's favorite dish; and while I did not allow Stephen and Harry to eat this, I gave them all the meat they wanted, and hardly noted their indifference to vegetables and fruits. Instead of weakening the tendency, and gradually eliminating it altogether, I had lived as



if bent upon developing it to the utmost, and habits were already so firmly fixed that the change would probably mean months and years of effort. I thought of it all as I sat there, but all must wait until one thing was settled.

Together we faced what must be done. I saw John break those horrible bottles, and then, holding my hands as if I were the only thing between him and perdition, vow that while reason was left him, no drop of the curse should ever touch his lips again. The next day, we left everything behind and journeyed to a quiet retreat, where other men in the same condition have past through their struggles before him, and then our work began.

God spare me from ever looking upon such another struggle! Each day, death seemed nearer. The agony of craving was something unimaginable—a possession. He could not eat, he could not sleep. There were minutes when it seemed as if I must yield, and give something that would relieve the deathly exhaustion; but Dr. J. was firm, and John no less so. "If I die," he said, "it will be because I have forfeited my life to live. Death is better than the ignoble living, the shame, of these last two years. I mean to live if I can, but be glad if I cannot, my darling, that I died for fighting. God knows the temptations. If there is a way of escape, he will grant it to me."

Out of the depths he came at last, weak as an infant, worn to a shadow of his own self, but lying there in peace, with a quiet in his eyes they had never before known; for at last the craving was stilled, and, as he came back to health, there was no return. But we found there was no safety, save in the most rigid adherence to the regimen laid down—meat only once a day, and then beef or mutton preferable, broiled or roasted, never fried or highly seasoned, and never allowed to include pork in any form; much fruit, vegetables and grains in every form, but no pastry; in short, nothing that demanded unnatural labor of the stomach or could create unnatural thirst. John studied the subject with the same eagerness I had felt, discussing every detail with the doctor. "It is all in our hands, after all,"

he said, the day before we were to leave. Why is it that these things are never taught? There is not a mother who could not be made to understand that drunkenness is not a vice, but a disease, and curable by natural methods. There are hopeless cases, as there are hopeless diseases, but God does not leave us helpless. We can know if we will.

It was a hard pull for the children. But Stephen was wiser than his years. He saw what his father gave up. John told him all that he could of the reasons for it; and though it was months before they became accustomed to the new order, and I was in terror at times lest their strength would never be theirs; it came at last and has stayed. When Stephen was twelve years old, John told him the whole, and it bound the two into a partnership of effort and understanding more perfect than anything I have known between father and son. Temptation has come for both, but the remedy is in their own hands, and they know it. Stephen became a physician naturally, and holds the theory, which he practices just as far as his patients allow, that nature offers natural means of cure for any and every disease—air, sunshine, sleep, and food being able, nine times out of ten, to cure; while their joint forces, understandingly used from the beginning of a life, guarantee manhood and womanhood not yet believed possible for the world, but a possession that will be the natural life of that better future of which we dream, for which we labor, and which is God's own meaning for us all.—*Congregationalist*.

—Manners come next to morals, not alone because they help us to make the world pleasanter, and thus render life easier to all around us, but also because they afford a key to that greater success and usefulness for which all generous persons long.

—The law of the harvest is to reap more than you sow. Sow an act and you reap a habit; sow a habit and you reap a character; sow a character and you reap a destiny.

—Love that has nothing but beauty to keep it in good health, is short lived.

## WHEN I MEAN TO MARRY.

BY J. G. SAGE.

WHEN do I mean to marry?—Well,  
 'Tis idle to dispute with fate:  
 But if you choose to hear me tell,  
 Pray listen while I fix the date.

When daughters haste, with eager feet,  
 A mother's daily toil to share,  
 Can make the puddings which they eat,  
 And mend the stockings which they wear;

When maidens look upon a man  
 As in himself what they would marry,  
 And not as army soldiers scan  
 A sutler or a commissary;

When gentle ladies who have got  
 The offer of a lover's hand,  
 Consent to share his earthly lot,  
 And do not mean his lot of land;

When young mechanics are allowed  
 To find and wed the farmer's girls  
 Who *don't* expect to be endowed  
 With rubies, diamonds, and pearls;

When wives, in short, shall freely give  
 Their hearts and hands to aid their spouses,  
 And live as they were wont to live  
 Within their sires' one-story houses:

Then, madam, if I'm not too old,  
 Rejoiced to quit this lonely life,  
 I'll brush my beaver, cease to scold,  
 And look about me for a wife!

**True Politeness.**—The inbred politeness which springs from right-heartedness and kindly feelings, is of no exclusive rank or station. The mechanic who works at the bench may possess it, as well as the clergyman or the peer. It is by no means a necessary condition that labor should in any respect be either rough or coarse. From the highest to the lowest, the richest to the poorest, to no rank or condition in life has nature denied her highest boon,—the great heart. There never yet existed a gentleman but was lord of a great heart. And this may exhibit itself under the hoddens-gray of the peasant as well as under the laced coat of the noble.

“The true gentleman has a keen sense of honor,—scrupulously avoiding mean actions. His standard of probity in word and action is high. He does not shuffle nor prevaricate,

dodge nor skulk; but is honest, upright, and straightforward. His law is rectitude,—action in right lines. When he says *yes*, it is a law; and he dares to say the valiant *no* at the fitting season. A gentleman will not be bribed; only the low-minded and unprincipled sell themselves to those interested in buying.”—*Smiles*.

## WHAT TO TEACH THE GIRLS.

AT a recent social gathering in a southern city the question was asked, What shall I teach my daughter? The various answers given were so full of sound sense that we quote a portion of them for our readers:—

Teach her that 100 cents make a dollar.

Teach her to say “no” and mean it, or “yes” and stick to it.

Teach her to wear a calico dress, and to wear it like a queen.

Teach her how to sew on buttons, darn stockings, and mend gloves.

Teach her to dress for health and comfort as well as for appearance.

Teach her to cultivate flowers, and to keep the kitchen garden.

Teach her to make her room the neatest one in the house.

Teach her to have nothing to do with intemperate or dissolute young men.

Teach her that tight lacing is uncomely as well as injurious to health.

Teach her to regard the morals and habits, and not money, in selecting her associates.

Teach her to observe the old adage: “A place for everything, and everything in its place.”

Teach her that music, drawing, and painting, are real accomplishments in the home, and are not to be neglected if there be time and money for their use.

Teach her the important truism: “That the more she lives within her income, the more she will save, and the farther she will get from the poor-house.

Teach her that a good, steady, church-going mechanic, farmer, clerk, or teacher without a cent, is worth more than forty loafers or non-producers in broadcloth.

Teach her to embrace every opportunity for reading, and to select such books as will give her the most useful and practical information in order to make the best progress in earlier as well as later home and school life.

*The "Woman's Bible."*—A very remarkable enterprise is being undertaken at the present time in the shape of a revision of the Bible by women. A recent writer thus describes the manner in which the work is being carried on:—

"Around a table in a richly furnished drawing-room, sit half a dozen women with intelligent faces and busy pens. Each one has a cheap copy of the Bible, which she carefully reads, and occasionally clips out a verse, and pastes it at the top of a long slip of white paper. The others then cut out the same verse from their Bibles, and dispose of it in the same manner. With this before them, they begin to discuss it in turn. One of these commentators is an excellent Greek and Hebrew scholar. Another is profoundly learned in current Bible criticism, while still another has gone through with care and has at her fingers' ends all the great commentaries of Henry, Scott, Dr. Adam Clarke, and others. After each verse has been thoroughly discussed, each woman writes under it what she has to say, and the sheets are then passed in to the secretary. This secretary is a recent graduate from Vassar. She cuts out this much-talked-of verse from still another Bible, puts it at the top of a larger sheet of paper, and then appends under it the notes of all the lady commentators. When asked what was the object of this revision, one of the ladies who inspires and carries on this tremendous labor, explained that they were doing what might be called a feminine revision of the Scriptures. 'We find,' she said, 'in going over the Old and New Testaments, that about one-tenth of the Bible touches, in one way or another, upon women. We wish to know whether the male readings, translations and interpretations have been strictly fair to us, and in a spirit friendly to our sex. We and a great many other women have our doubts on the subject, so we

propose issuing what may be called "The Woman's Bible." On our revising committee sit able women from England and America.'

"A well-known publisher has agreed to issue the revision when it is completed, and by next summer 'The Woman's Bible' will be given to the public."

*Education and House-Keeping.*—A good old farmer, who had a large family of girls, once said to me, "What good will higher education do farmers' girls?" And I answered him thus: "My friend, I will tell you what I think. The woman who understands chemistry well enough to know why bread rises, will be a more successful bread-maker than if she did not; the woman who is proficient in mathematics, is more likely to keep her household expenses on the sunny side of Profit and Loss. She who is thoroughly versed in physiology and hygiene, will make a better mother,—in short, he who has an educated wife has a priceless treasure." If I, a man, were called upon to give my advice to girls, I would say, emphatically, "Do not leave your good mother to do all the work. Do not allow a single day to pass without learning something new about housework. You may not believe it, but I do—in proportion to your previous knowledge of household affairs, so will your married life be happy. I believe that a thorough knowledge of household affairs is indispensable for your future happiness. In nine cases out of ten, the first unkind word spoken between a newly married couple, comes from the ignorance of the wife concerning household affairs. Good cookery is only another name for economy, health, temperance, and longevity. A man of the kindest impulses has only to feed upon indigestible food for a few days, and forthwith his liver is affected, and then his brain. His sensibilities are blunted, and uneasiness makes him waspish and fretful. With half-cooked food, he is like a hedgehog with the quills rolled in; and he will say and do things, from which, under other circumstances, he would have recoiled. And I am not alone in my ideas of the value of a well-cooked dinner. Sydney Smith affirmed

that old friendships are often destroyed by ill-toasted cheese, and hard, salted meat led to suicide. Voltaire affirms the massacre of St. Bartholomew was primarily due to the incapacity of the king to digest his food.—*Geo. E. Foster in Woman's Journal.*

**What to Read.**—A recent writer in the *Nineteenth Century* answers this important question in the following forcible language:—

“Whether novels, poetry, or history be read, they should be chosen, not for their freedom from evil, but for their possession of good.” That is the key-note to the whole problem of reading for rich and poor, young and old. It is the standard by which parents and guardians should judge any book they may wish to give their children. The duty and responsibility of making the choice is an onerous one, but must be faced. The young mind is a virgin soil, and whether weeds or rare flowers and beautiful trees, are to spring up in it, will, of course, depend upon the character of the seeds sown. You cannot scatter literary tares and reap mental corn. A good book is the consecrated essence of a holy genius bringing new light to the brain and cultivating the heart for the inception of noble motives. Boys’ literature of a sound kind ought to help build up men. Girls’ literature ought to help build up women. If in choosing the books for boys to read, it is necessary to remember that we are choosing mental food for the future chiefs of a great race, it is equally important not to forget in choosing books for girls, that we are choosing mental food for the future wives and mothers of that race.”

#### TIME.

THERE is a temple, in ruins it stands,  
Fashion'd by long forgotten hands;  
Two or three columns, and many a stone,  
Marble and granite, with grass o'ergrown!  
Out upon time! it will leave no more  
Of the things to come than the things before!  
Out upon time! who forever will leave  
But enough of the past for the future to grieve  
O'er that which hath been, and o'er that which must be:  
What we have seen, our sons shall see;  
Remnants of things that have passed away,  
Fragments of stone, rear'd by creatures of clay!

—*Byron's Siege of Corinth.*

## Temperance Notes.

—\$24,500 is spent daily in Chicago for cigars alone.

—Last year 2,864 women were arrested in Boston for drunkenness.

—Steps are being taken for the organization of a prohibition party in England.

—The State of Vermont has just secured important amendments to her Scientific Instruction law.

—The Dow law of Ohio, which forbids the sale of liquor within two miles of an agricultural fair, has been declared constitutional.

—Over ten million pages of temperance literature has been distributed by the Prohibition Lecture Bureau during the year just past.

—An old negro at Weldon, N. C., at a recent lecture, said: “When I sees a man going home with a gallon of whisky and half a pound of meat, dat's temperance lecture enough for me, and I sees it ebery day. I know that eberything in his home is on the same scale—gallon of misery to every half pound of comfort.”

—A pass-book containing the current expenses of a poor man and his family, was recently picked up in the streets of Toledo, Ohio. Of the fifty-nine entries in the book, thirty-two were for liquor. The items covered a period of two weeks, and amounted to the sum of \$10.39 of which \$3.63 was for provisions and the remainder devoted to “drinks.”

—According to the yearly report of the leading San Francisco firm of wine dealers, the present season has been unprecedented both as to quantity and quality. The vintage of the State is 19,500,000 gallons; one-seventh of which will be turned into brandy. Temperance workers in California will find in this

fact a formidable obstacle to uproot; since whatever gains a strong commercial foothold will require vigorous opposition.

—The Senate of South Carolina has recently passed a bill applying to two counties, making not only the manufacture and sale of liquor a misdemeanor, but requiring railway officials to keep a public record of all packages of liquor received, and punishing with one year's imprisonment any person having liquor shipped to him. The bill also enjoins that no person shall give to another a drink of liquor in his own dwelling if it be near his place of business.

—The *Chicago Daily News* recently sent a letter to every probate judge in the State of Kansas asking the following questions: "How does the number of saloons in your vicinity and the amount of beverages sold at this time, compare with the number of saloons and the sales prior to the adoption of prohibitory measures? What is the state of crime—particularly that class of offenses which grow directly out of the use of alcoholic beverages—as compared with the period preceding prohibition in Kansas?"

Forty-three out of the forty-nine replies received, report the law as a success, and show a decrease in the use of intoxicating drinks in the State ranging from fifty to seventy-five per cent, and in crimes and offenses resulting from the use of intoxicants, a decrease of from fifty to ninety per cent.

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## POPULAR SCIENCE.

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—Nature is ever grander in the individual than in the mass.—*Scott.*

—Brass ornaments may be cleaned by washing in a strong solution of rock-alum dissolved in boiling water.

—A process whereby gold, silver, and copper can be instantly smelted by electricity, has been invented by a Californian electrician.

—It is said that the great glacier of Alaska is moving toward the sea at the rate of one-fourth mile per annum. The front of the glacier presents a wall of ice

some five hundred feet in thickness, nearly one hundred and fifty miles long and varying from three to ten miles in breadth. Several times an hour, hundreds of tons of ice fall in large blocks into the sea, which they agitate in the most violent manner, producing such immense waves that the largest ships are tossed about as if they were tiny boats.

—Prof. C. L. Ford, of Ann Arbor, discovered many years ago that the lower limbs of human beings are not usually of equal length. This view has been confirmed by recent researches, which prove that the legs are equal in length in only about one person in ten.

**The Heat Center.**—Two German experimenters have discovered that there is a heat center located in the brain. It is found at the front and upper part of the brain. When the heat center is irritated in a rabbit, the temperature sometimes rises several degrees, and with wonderful quickness.

**Saccharine.**—Chemical science is constantly astonishing us with its new and marvelous discoveries. One of the latest and most remarkable developments in this line is saccharine, a substance which is two hundred and thirty times as sweet as cane-sugar. The great difficulty heretofore experienced in substituting glucose, or sugar made from the starch of corn or other grains, has been the inferior sweetness of glucose, two and one-half pounds being required to equal in sweetening value one pound of cane-sugar. Saccharine promises to supply this defect. One pound of saccharine added to two thousand pounds of glucose makes it as sweet as cane-sugar.

The new chemical compound is obtained from coal tar, which seems to afford an inexhaustible field which chemists may explore with the expectation of always finding something new and curious.

**Indian Money.**—We are glad to give our readers the benefit of the following generous offer from our much respected friend and former patient, Mrs. F. A. Warner:—

"Every one now seems to have the specimen craze. Not long ago, I received from Washington Ter. a nice box of real Indian money. The lady who sent it to me, says that years ago her husband was an Indian trader; and while among the Alaska Indians, he collected this queer currency, and now, having no use for it, sends it to me. The Indian money, or *wampum* as the Indians call it, is a rare sea shell, an inch or more in length, twice the size around of a large knitting needle, tapering, slightly bent, and hollow. The value of each piece to them was 4 cts. I have much more of this *wampum* than I need for my own collection; and, the editor willing, I will say that any one who would like a specimen of Indian money may have it and welcome by sending a stamp for postage.

Mrs. F. A. WARNER, *East Saginaw, Mich.*

# SOCIAL PURITY.

"Blessed are the Pure in Heart."

## SOCIAL PURITY WORK.

THIS new department has been added to the journal for the purpose of contributing its influence in carrying forward the great moral reform movement which has been organized in England within the last few years under the name of the White Cross Army. The movement is supported in England by the Rt. Rev. J. B. Lightfoot, bishop of Durham, and other persons of eminence as philanthropists. In this country the movement is being carried forward by the Young Men's Christian Association and the National Woman's Christian Temperance Union. It has also been undertaken more recently by the American Health and Temperance Association. This Association has auxiliary societies in almost every State in the Union, from which pledges can be obtained by those who wish to sign them or to present them to others for signature. The following are the forms of pledges adopted by the American Health and Temperance Association:—

### PLEDGE FOR MEN.

*I hereby solemnly promise by the help of God—*

1. To obey the law of purity in thought and act.
2. To refrain from and to discountenance in others, vulgarity of speech, and indecent jests and allusions.
3. To avoid all books, amusements, and associations calculated to excite impure thoughts.
4. To uphold the same standard of purity for men and women.

### PLEDGE FOR WOMEN.

*I hereby solemnly promise by the help of God—*

1. To obey the law of purity in thought and act.
2. To refrain from and to discountenance in others, all conversation upon impure subjects, and to avoid all books, amusements, and associations which tend in the direction of impurity.
3. To be modest in language, behavior, and dress.
4. To uphold the same

5. To oppose all laws and customs which tend to the degradation of women, and to labor for their reform.

6. To endeavor to spread the knowledge of these principles, and to aid others in obeying them.

standard of purity for men and women.

5. To oppose all laws and customs which tend to the degradation of women, and to labor for their reform.

6. To endeavor to spread the knowledge of these principles, and to aid others in obeying them.

These pledges in the form of book-marks can be obtained from the publishers of GOOD HEALTH, at the rate of fifteen cents per hundred, by those who desire to circulate them.

**Objects of the Social Purity Movement.**—One of the objects of this movement is the training of the young to purity of thought as well as act. The evident decadence of morals, especially in the rising generation, is such as to alarm those who are at all awake to the tendencies of the times, and there are thousands who recognize the importance of the effort which is being made in this country and in England to antagonize the evil influences of this fast age, in which the young of the present generation have the misfortune to be born.

Modesty and a virtuous shamefacedness are quite too rare in these degenerate days. The whole tenor of fashionable society is such as to encourage manners not the most favorable to purity. Unless a tremendous popular sentiment can be created to oppose this tendency, the outlook for the future must be very dark indeed. To aid in accomplishing this, is one of the objects of this movement.

Still another object sought is the education

of public opinion to the point of establishing an equal standard for men and women. If a woman strays away from the path of rectitude, she is fallen, outcast, trodden under foot by society, most of all despised by her own sex. Even if she would reform, she can hardly find the opportunity to do so. Respectable women will not notice her or employ her.

If a young man is known to be given to lewdness, is he debarred from respectable society? Is he not admitted to the best social circles? Do not those very respectable persons who would spurn from their presence his associate in wrong-doing, say of him, Oh, he may be a little fast, but he is really a very good fellow after all; he is "sowing his wild oats" now; by and by he will settle down and make a very respectable man?

This movement asks that men and women be treated alike in this matter. God judges them by the same law, why not man? If the sin of the woman makes her a social outcast, let the man who sins in the same way be made a social outcast also. Justice cries out for reform in the usages of society in this matter.

Another object held in view by this effort, is the protection of young girls from the wiles of evil-minded men. Only recently we have seen the English people rising up *en masse*, agitated almost to the point of revolution, demanding of the Parliament the passage of a law raising the age of consent from thirteen to sixteen years. What can you say, reader, when I tell you that in some of the States of our own enlightened, Christian land, the age of consent is fixed by law at the infantile period of ten years? And in our own State, the law fixes the age at which a girl may voluntarily surrender herself to shame, at twelve years.

In the interests of purity, in behalf of humanity, for the protection of childish innocence, we demand a change of laws which seem to have been framed in the interest of evil men and seducers. Let the invader of girlish purity be branded by the law as a criminal, and then let us see that the laws are rigorously executed. Consider, parents, for

one moment this fact: If a man steals a sheep from your flock, you may have him arrested, and sent to prison for his crime. That the sheep made no resistance against being stolen, will be no defense. If he steals your little daughter's good name and blackens her character for life, you may have no redress. Does not this thought stir to the very depths, your parental hearts? and do you not feel rising within you, a storm of indignation that the ignorant, the feeble, the unwary, the innocent, the flowers of our households, should be left thus unprotected, while the lecherous, vice-hardened, but wily and smooth-tongued deceiver is provided with an easy way of escape from punishment? The brain almost reels under a sense of the overwhelming injustice of such laws. The time has fully come to demand a reform. Let us protect the weak, the innocent. Let us punish the vile, the really guilty.

*Our Girls.*—The only hope for the race is in the future of its girls. If there is to be any permanent, thorough-going reform, it must start with the girls and young women of the world. They are to be the mothers of the next generation. They will mold the characters of the men and women who are to rule in politics and society a score or two years hence. They are to cradle the men who through the press and the pulpit give tone to the religious sentiments of the generation to come. Whatever they are, their children will be like them. Woman's responsibility to the race is vast and incomprehensible.

—At a late meeting in the interests of social purity which was addressed by the editor, the pledges were signed by more than six hundred persons.

—The superintendent of the reform school for girls, located at Adrian, Mich., has taken hold of this work in the institution under her charge, and has ordered two hundred pledges for use among them.

—Within two weeks the Health Publishing Co. has sent out more than twenty-five thousand of its new Purity Pledges, which have gone to all parts of the world.

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\* BIBLE HYGIENE. \*

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### BIBLE HYGIENE.

It does not require a long study of the Bible to convince the candid reader that it is one of the most wonderful books ever written. In addition to its being a complete encyclopedia of moral precepts and principles, it contains a vast deal of wholesome instruction regarding man's general conduct in life. Maxims inculcating economy, industry, civility, prudence, and a vast amount of worldly wisdom on a great variety of subjects, are thickly scattered through its pages. And with the rest, the important subject of health is not neglected. It must not be supposed that the Bible is to be regarded as a text-book of hygiene, but it is generally conceded that the foundation principles, and to a considerable extent the details of a perfect system of sanitary laws, are to be found in the books of Moses embodied in the instructions of that inspired lawgiver to his followers, the children of Israel. All through the Bible, useful hints respecting various hygienic matters, are to be found, and very much is said respecting the duty of caring for the body in such a manner as to preserve it in a state of vigorous health.

The purpose of this new department in this journal, is to give greater prominence to the subject of health from a Bible standpoint, and to collect for the readers of the journal the valuable instruction relating to health contained in the inspired Book. The editor is encouraged\* to believe that he will be efficiently aided in this work by a number of able Bible students who are also interested in the subject of hygiene.

—“The sleep of a laboring man is sweet, whether he eat little or much; but the abundance of the rich will not suffer him to sleep.”

### WHO TAUGHT MOSES HIS KNOWLEDGE OF HYGIENE.

It is recorded of Moses that he was learned in all the wisdom of the Egyptians, from which fact it has been argued that the knowledge by which he was enabled to give the children of Israel the most perfect sanitary code ever formulated by any ruler for any nation which has ever existed, and which is scarcely surpassed at the present time by any system of sanitary laws which modern science has ever been able to produce, was obtained from the Egyptians who were at this time the most learned of all nations. That this could not have been the case, however, is proved beyond question by the discovery within the last few years of the Hermetic code, an ancient Egyptian work, consisting of forty-two volumes, and containing all the knowledge possessed by the savants of ancient Egypt. The last six of these volumes are devoted to medical science. A wonderfully exact account of the symptoms of numerous diseases is here given, but nothing is said of the eminently important and scientifically exact rules for the prevention of disease which are laid down in the books of Moses. This fact would seem to leave little room to doubt that the health rules laid down by Moses were really inspired, even if there was no other evidence of their divine origin.

### DIET OF THE HOTTENTOTS.

THE strange people known as Hottentots inhabit the extreme southern portion of Africa. They have many curious customs, some of which differ very greatly from those of any people in any other part of the world. In other respects they exhibit marked evidences of some connection at some remote period with



nations which at the present time are separated from them by many thousands of miles of almost impassable wilderness. This is particularly true of their language. When spoken, their language is so interspersed with curious clucks and clicks that the early Dutch settlers compared it to the gobbling of a turkey-cock. In reality, however, their language is said to be beautifully regular and symmetrical in its grammar, and to possess very marked affinities with nations that now inhabit northern parts of Africa and portions of Central Asia.

But we wish to call especial attention to their diet. According to the Encyclopedia Britannica, they subsist largely on milk and such edible roots and fruits as they find growing in a wild state in the fertile forests of the country in which they live. They sometimes kill an elephant or hippopotamus, and add these to their bill of fare. They eat their meat without salt, however, notwithstanding it abounds in their country, seeming never to have acquired a taste for this condiment considered so necessary by Europeans, which confirms the view held by some that the demand for salt is wholly an artificial one, and that it is not really required by the system in greater quantity than that in which it is found in the food as furnished by nature.

The Hottentots have another peculiarity in diet which is worth while to consider. They cannot be induced to eat the flesh of the hog. The men are also prohibited the use of the flesh of hares and rabbits, and the women are forbidden to eat blood. Here we have three of the prominent restrictions of the Mosaic code respecting diet. This must be more than a coincidence. Is it not fair to conclude that the influence of the excellent regulations which were laid down by Moses for the government of the children of Israel, acting under divine instruction, is still felt in this remote corner of the earth, having been preserved by this curious people throughout all their wanderings, though other laws and customs, many of which, perhaps of much greater importance, have been ignored and forgotten? Is it not a matter of serious reflection that while the degraded Hottentot refuses to degrade himself with swine's

flesh, this scavenger animal is regarded as almost necessary to life by a large portion of the civilized and Christian nations who send missionaries to convert him?

### HEALTH BIBLE-READING.

#### EATING FOR HEALTH.

[The following excellent Bible-reading was prepared by some one in attendance at the "normal" of health and temperance recently held in this place, but was handed in without signature so that we are unable to give the name of the author. A number of other excellent readings have been received, and will appear in due time. The editor will be pleased to receive contributions of readings on various health topics.]

1. How high an estimate does the word of God place upon health? 3 John 2, margin.

2. What interest did our Saviour manifest in behalf of suffering humanity? Matt. 8: 16, 17.

3. Is it important to obey physical as well as moral law, in order to glorify God? 1 Cor. 10: 31.

4. What will be the final result of eating to gratify a depraved appetite? 1 Cor. 6: 13, first clause.

5. What are our bodies called? 1 Cor. 6: 15, 16.

6. What punishment will fall upon those who deface this beautiful and sacred structure? 1 Cor. 3: 17.

7. How great importance did the apostle Paul attach to self-control? 1 Cor. 9: 27.

8. How is the body to be kept in subjection? Verse 25.

9. With how much food should the digestive organs be supplied? *Of my allowance.* Prov. 30: 8, margin.

10. Then should a person eat to the point of fullness? Verse 9.

11. What inconvenience will be experienced from overeating? Prov. 23: 21.

WEBSTER: "*Drunkenness—disorder of the faculties resembling intoxication by liquors.*" \*

12. What moral precept does the wise man mention as being violated through gluttony? Prov. 28: 7.

13. What example was made in ancient times of a gluttonous young man? Deut. 21: 18-21.

14. In view of this, what instruction should we receive? Prov. 4: 10, 11, 22.

\* A traveler in the Arctic regions witnessed upon an occasion of great feasting, a case of drunkenness from eating, which exceeds anything he had ever seen from intoxicating liquors. The man became insensible, and was like one dead for some length of time.



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

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### THE RELIGION OF THE BODY.

RELIGION has been defined as right-doing—it is really something more; but accepting this definition, we may say that the religion of the body is right-doing as regards the body; in other words, behaving well toward the body, treating the body decently and respectfully.

The obligation to do this, is not generally recognized, not because the subject is an abstruse and difficult one, or because the arguments by which are established the claims of the body to proper treatment, are subtle refinements of logic which only a well trained mind can comprehend; but because the bias of habit and that blindness which results from depravity of the instincts, have hidden the truth from the eyes of the masses of men, even the great majority of the most intelligent.

During that long period when society retrograded, when the human intellect seemed to slumber, and when numerous perversions in mental and moral as well as physical matters sprang up—which has been significantly denominated the "Dark Ages,"—the claims of the body were ignored in a most astounding manner. Michelet asserts that the bath was unknown in Europe for a thousand years, and the Church Fathers tell of illustrious persons whose chief claim to notoriety was their intimacy with dirt. One declared that the purest souls were in the dirtiest bodies, and mendicant friars vied with each other in the number of patches which they could exhibit on their pantaloons and the superlative filthiness of their unwashed cuticles. The nether garments of a certain monk secured their possessor a place in the galaxy of saints by virtue

of the fact that they presented three hundred variously hued patches.

But a revolution in the general estimate of personal cleanliness, has taken place, and the gospel of health and physical purity is being preached through a thousand different channels; and the claims of the body to recognition are coming to the front. Intelligent men are beginning to recognize the fact that a bad head goes with a bad stomach, and a clouded judgment has a close relation to a torpid liver, that a bad state of the body begets a bad condition of mind, bad thoughts, and bad acts. No one has yet estimated the amount of villainy that may be pent up in a loaf of bad bread, or imprisoned in a pepper-box. A sagacious parent discovered cow's milk to be a better means of managing refractory boys than cow's hide, substituting the kind creature's maternal fluid for herself as well as her hide; and it may be that a vast deal more of the rascality of older persons than any one is aware of, is born of the rare roasts and bloody steaks which constitute the staple diet of the average American.

If the much-talked-of millennium ever arrives, it will be introduced by the preaching of a crusade against "those fleshly lusts which war against the soul," of which one of the most baneful, because it is fundamental, is the lust of appetite, the gratification of instincts which are depraved, whereby all other evil appetites and morbid instincts are incited and exaggerated to the detriment and embarrassment of those finer qualities of mind and heart which are the real distinction between man, the masterpiece of the Great Artist, and "the beasts that perish."

**A PLAGUE OF EELS.**

EVERYBODY knows that London is a wicked city. It would be useless to try to disguise this fact since the disclosures of the *Pall Mall Gazette*. Well, London, like ancient Egypt, is visited with a plague,—not a plague of frogs, but eels, which threaten to out-do the frogs in their plaguiness. It seems that the eels have gotten into the water-pipes, and they are multiplying with such prodigious rapidity that they threaten to cut off the water supply.

Every now and then, an eel gets into a water-pipe too small for it, and sticks fast. It then dies, and the water becomes loathsome. In due time, they will infest the entire system, and then the water supply of London will become a veritable broth of abominable things. Londoners do not seem to appreciate eels as highly as formerly.

The really singular part of the business is that the chemists who examine the water, say there is nothing in it. Of course, the eel is too large to get under the microscope; but what do the eels eat? They have no vegetable food in the water-mains, and the presumption is that they must feed on the infusoria, or animalcules, in the water. They grow to be fat, lusty fellows, at any rate; and what is good food for eels, is not good for human beings to drink.

**A CASE OF MIND CURE.**

THE present popularity of the mind cure, brings to the surface many interesting cases in which the influence of the mind upon the body for good or evil is more or less strikingly illustrated. A story is told of a Baltimore doctor who had a hypochondriacal patient whom he had been unable to cure by any and all the remedies which he was able to employ, but who succeeded at last in accomplishing by mental means alone more than all his scientifically prepared prescriptions had previously been able to do. The following is the story as told by a contemporary:—

“This hypochondriac, after ringing the changes on his miserable condition, would

have it at last that he was actually dead. Dr. Stevens, having been sent for, one morning, in great haste by the wife of his patient, hurried to the man's bedside, and found him stretched out at full length, his hands across his breast, his eyes and mouth closely shut, and his looks cadaverous.

“Well, sir, how do you do? How do you do this morning?” asked Dr. Stevens, in a jocular way, approaching his bed.

“How do I do?” faintly replied the hypochondriac. “What a question to ask a dead man!”

“Dead!” exclaimed the doctor.

“Yes, dead! dead!”

“Dr. Stevens put his hand on the patient's forehead, felt of his pulse, and then exclaimed in a doleful note, ‘Dead, sure enough! The sooner he can be buried, the better.’

“Then stepping up to the wife, he whispered to her not to be frightened at the measures he was about to take, and then said to the servant,—

“My boy, your poor master is dead.”

“The wife and family, having their lesson from the doctor, gathered about the body in pretended grief. They were joined presently by one of the towns-people, who, having been properly drilled by Stevens, cried out,—

“Ah, doctor, the poor soul is gone!”

“Yes,” sighed the doctor, “poor B. left us last night.”

“Great pity he had not left us twenty years ago,” replied the other. “He was a useless man.”

“Presently another of the townsmen came in.

“Poor Mr. B.,” said the doctor, “is dead.”

“Ah, indeed!” answered the other. “And so he is gone to meet his deserts at last?”

“You villian!” exclaimed the hypochondriac.

“Soon after this another person stepped in

“Poor Mr. B.,” said the doctor, “is gone.”

“Yes, and where?” said the other.

“Here the dead man rose up, and leaped from the bed, exclaiming, ‘Oh, you villian! “Where?” do you ask? “Where?” I'll let

you know where! I have come back again, to pay such rascals as you are.'

"A chase was immediately commenced by the dead man after the living.

"The doctor's ruse was successful. After having exercised himself into a copious perspiration by the fantastic race, the patient was brought home by Dr. Stevens in a much improved frame of mind. Nothing more was said of dying, and the hypochondriac gradually, by proper exercise, food, and cheerful society, left his miseries behind him, and was restored to perfect health."

**The Dispensation of Filth.**—A story is told of a minister and a doctor who met at the bed side of a sick man. The case was a desperate one, and the minister had come to administer words of Christian consolation and hope of a life "beyond this vale of tears." He knelt by the bedside, and offered a fervent prayer that God would in mercy to the sufferer, remove this "strange dispensation of his Providence." The doctor knelt also, and while the minister was praying for the removal of this "dispensation of providence," discovered by the fumes ascending through a crack in the floor, that the strange illness was, instead, "*a dispensation of rotten potatoes.*"

How many devout, Christian people are praying that God will miraculously remove from them "mysterious dispensations" which, to the sanitarian, are anything but mysterious. Sickness does not come without a cause; and the causes of acute illness may, in a very large proportion of such cases, be found very close around one's own premises. The present is a time of the year when rotting vegetables, moldy meats, sour garbage, and the ill-smelling barrel of soft soap or soap-grease which are often found in the cellar, do more harm than at any other, because the draft in the house draws up these vile odors through every crack and opening into the living rooms above. It is well to consider how many of these dispensations of Providence are, in reality, dispensations of ignorance, of slackness, of disregard of sanitary laws, of poisonous fumes and gases born of dirt.

**Causes of Baldness.**—The growing prevalence of baldness, gives to those who are just beginning to show a shining pate through thinning locks, a live interest in all the causes of this disease.

It is reported that Michelson, a European skin specialist, produced baldness in guinea pigs by rubbing their skins with rancid oil mixed with vaseline; which suggests that the greasy mixtures that people often put upon their scalps, may not infrequently be a cause of the loss of its natural covering.

Another authority comes along with the alarming statement that old cheese is a cause of baldness. He fed old cheese to animals, presumably rabbits, and they soon became bald. We are not told whether the animals were made bald by the dyspepsia caused from eating cheese, or by the internal administration of the rancid oil which the cheese contained.

**Non-Alcoholic Treatment of Fevers.**—The notion that fevers always require the use of alcohol has long prevailed, but is rapidly losing ground in the face of the accumulated evidence to the contrary. At a recent meeting at the Temperance Hospital in London, a report was presented, in which was given the details of a large number of cases treated in the hospital during eleven years, with a better showing of recoveries than can be cited in support of the alcoholic plan. It is also noticeable that the amount of alcohol used in hospitals has been lessened very greatly within the last ten years.

—Statistics recently published, giving the relative number of births and deaths to the number of inhabitants in two Russian districts, show that the number of births is less and the number of deaths greater in the district in which the average consumption of alcohol is greater.

—Notwithstanding the constant complaint of hard times, there is more money spent each year for luxuries, and harmful ones at that, than the preceding. Last year the amount of beer consumed in this country was one and a half million gallons more than the year before.

*Where the Baby Caught the Croup.*—Mothers often wonder how their little ones catch such awful colds; and when a little one dies of croup or capillary bronchitis, they bewail the mysterious dispensation of Providence, and wonder why the little one was taken instead of some older member of the family. Here is the secret of the matter. It is a dispensation of bad ventilation and heating, and not of Providence. Suppose you take off your shoes and stockings, and run about on the kitchen floor with bare feet for half a day. What do you suppose would be your sensations? and what would be the result? It is not difficult to predict. By simply placing the hand down upon the floor you may see that it is cold. All the fresh air that gets into an ordinary dwelling in winter time, finds its way into the house as cold as it is out of doors, and of course settles upon the floor. The air confined in the room is constantly being cooled by contact with the outer walls and windows, and this also settles to the floor. It is evident that the floor is the coolest place in the room, and even to an adult the temperature of the floor is by no means comfortable without the most thorough protection of the feet, and from this cause alone, not a few persons suffer with cold feet all winter.

Now, where is the baby? There is the little fellow creeping about on the floor while his mother is making mince pies for a Christmas or New Year's dinner, or mixing a rich cake for the older children's recess luncheon at school.

And how is the little cherub clothed? Thin garments, bare arms and legs, and thin crocheted things upon his feet. It would be such a pity to conceal those cunning little dimples in his elbows. There he is, rolling about on that cold floor, his delicate flesh mottled with the cold, goose pimples on his skin, and a running at the nose which indicates that he is already contracting a chronic catarrh which will make him miserable all his life if he is so fortunate or unfortunate as to survive the perils of his infantile years.

Is it any wonder that under such circum-

stances the babies are slaughtered by the thousands every winter by diseases which have their origin in disturbed circulation? The wretched condition of the "cottage home," which the poet has covered over with such a halo of glory, as regards proper heating and ventilating out-Herods Herod in its cruelty to the little ones who toddle about its frigid floors, and breathe the breath-poisoned air pent up within its walls. It seems a miracle that the babies are not all dead.

*Cold Weather Diseases.*—It is a matter of common observation and a well established scientific fact that there are certain diseases which occur with greater frequency during the cold months than at other times. Perhaps the most conspicuous of these is pneumonia, although the observation holds good as regards diphtheria, measles, small-pox, scarlet fever, and most contagious diseases. There must be adequate reasons for this fact. Are these reasons known? If they are, it is important that the general public shall be put in possession of the facts; so that they may find in them some hint as to how these dire maladies may be avoided.

Sanitary science is able to give an unequivocal answer to this question, at least as regards one very important disease. After several years of patient study, research, and observation, Dr. H. B. Baker, secretary of the Michigan State Board of Health, has determined, beyond chance for reasonable doubt, the fact that the real cause for the more frequent occurrence of pneumonia in the cold months of the year is the coincidence of extreme cold with extreme dryness of the air. This suggests that every home should be supplied with some means by which the unnatural dryness of the air may be remedied by the addition of moisture in such a manner that the amount evaporated may be regulated according to the amount required. The general neglect of this matter is undoubtedly accountable for many cases of illness at this season of the year.

Small-pox, diphtheria, scarlet fever, and

other contagious diseases, prevail most extensively at this season of the year on account of the greater facilities for the accumulation and spread of the specific poisons by which these diseases are propagated. Persons in charge of schools, prisons, asylums, and other institutions in which a large number of persons are congregated, should exercise double vigilance at this season that every source of contagion is excluded, and that all sleeping and other rooms are so thoroughly ventilated that should any case of contagious disease occur, the virulence of the infection may be largely neutralized by the disinfecting properties of fresh air.

It is important that the public should know that the most powerful of all predisposing causes of diphtheria is a sore throat, usually the result of a slight cold thought to be of too little consequence to need attention. A perfectly healthy throat is not likely to be attacked by the disease.

**Keep Warm.**—It would seem that no admonition would be needed upon this point, as natural instincts lead one to avoid the cold; but it is, nevertheless, a fact that there are thousands of persons who suffer from the cold almost continually during the cold months of the year. Doubtless, some suffer on account of poverty, being unable to procure the warm clothing essential to comfort and health during the season of snow and ice; but while there is one such, there are, undoubtedly, a dozen who suffer solely from a want of knowledge how to keep warm, or from a foolish adherence to fashions which were made with no regard to health.

Thin sleeves, made to fit the arms like a glove, thin, tight shoes, thin stockings, and cotton under-garments are no adequate protection from the damp and cold to which women who live in this part of the world are constantly exposed at this season of the year. Men, women, boys, and girls need to wear at this season of the year, thick, warm, woolen, under-garments, and in very cold weather two suits. These under-suits should extend to the wrists and ankles, and should be changed

for thicker or thinner ones to suit the weather. An extra under-suit is almost as good for warmth as an overcoat or cloak, and is very much cheaper.

**Candy Cannibalism.**—Candy-eating is a most pernicious practice, and for numerous reasons, most of which are familiar to every one, though almost universally disregarded; but another objection which we do not remember to have seen noted, is the forms in which candies are often presented. It is not an uncommon thing to see a little child greedily devouring a candy horse or a lamb, or biting a leg or an arm or head of a candy man. This is certainly a most depraving influence. A little child, as an untutored barbarian his idols, so thoroughly animates his dolls and wooden or china images of men and horses and pet lambs, that he feels for them almost the same affection as though they were really alive. If they are made of sugar, instead of wood or stone, he not only loves them, but eats them as well. By this sort of cannibalism does he not lessen his regard for life, and obtund his finer sensibilities? This is a question well worth considering soberly. When the increasing frequency of the crime of murder and of criminal assaults indicates an appreciable decline in regard for human life, is it not important that every influence calculated to still further lessen the sanctity of life should be condemned and shunned.

**Increase of Consumption.**—The increasing prevalence of consumption in old countries, is indicated by the fact recently stated by Dr. Frank Billings, that of the 3,000 patients who die annually in the Vienna hospital, seventy per cent die from consumption. In this country, the proportion of deaths from this cause, is one-seventh to one-fifth. The proportion is constantly increasing, and is greatest in the oldest States. The most efficient cause of the notable increase of this dreadful disease is, undoubtedly, defective ventilation.

—The consumption of beer in the United States amounts to a pint a day for half the adult population.



## DOMESTIC MEDICINE.



**Cold Feet.**—At this season of the year thousands of persons suffer almost constantly with cold feet. The chief causes are thin shoes or boots, neglect to protect the feet from dampness, sedentary habits, and diseases which disturb the circulation, such as dyspepsia, etc. So much for the causes. What are the remedies? Here is one: Change the stockings for clean ones daily, and bathe the feet every night with cold water, according to the following directions: Pour into a pail or a foot bath-tub about a pint of water, or sufficient so that when the feet are placed in the water it will rise about them to the extent of one-fourth or half an inch. Hold the feet in the water for about ten minutes, and then take out and rub dry and warm. In some cases it is better to bathe the feet with hot and cold water in alternation, applying the water with a sponge, or simply dipping the feet into pails of water of different temperatures, one as hot as can be borne, the other of the temperature of the surrounding air or even colder.

If you wish to have warm feet, by all means avoid the common habit of toasting them over a stove or register. This of itself is a potent means of causing chronic cold of the feet.

**Colds.**—Johnnie and Janie, and Thomas and Hannah, and all the rest of the children are coughing and sneezing and hemming and complaining with colds. How and where each contracted his cold is a source of much discussion, although this is now a matter of minor consequence. The thing of importance is to know how to get rid of the cold.

The management of a cold depends upon the time which has elapsed since it was contracted. If but a few hours have elapsed, the proper thing to do, is to take a warm bath and go to bed. If two or three days have elapsed, the warm bath must be taken just the same, but it will do little toward the eradication of the cold; it will simply relieve the clogged state of the system, and help to prevent the contraction of further colds, provided the matter is properly managed. A cold which

has gotten two or three days' start, will run its course in spite of everything that can be done for it. Generally several days, and more often two or three weeks, are required for a cold to run its course. Undoubtedly something can be done to shorten the course of a cold, even when it has gotten a good start. The most important thing is to prevent the taking of more cold, for this is one of the most powerful causes of the prolongation of colds. This will not be best accomplished by the taking of hot baths, as is so commonly practiced. The better way is to take one or two baths at the outset, and then to employ only such means of treatment as are calculated to fortify the system against cold by producing a good surface circulation. Saline baths taken daily, rubbing the body with moist salt, and taking daily and vigorous exercise in the open air, are among the most useful measures. Men who spend most of their time in the open air, seldom suffer long with colds. The writer has often known persons to cure a hard cold when first taken by riding a day in a cold, crisp atmosphere. An abundance of pure air seems to be effective in washing out a cold in a marvelous manner. The common practice of sitting down in the house when a severe cold has been contracted, and coddling one's self for fear that more cold will be contracted, is a mistaken and injurious one.

Water-drinking is another means of washing out a cold, which is well worth employing. From two to four pints of hot water should be taken each day. A little extra clothing should be worn, and it is also well to oil the body thoroughly after each bath. If the chief seat of the cold is the nose, in the form of nasal catarrh, appropriate remedies, such as have been elsewhere recommended for acute catarrh, should be employed.

One of the most efficient of these is the hot saline, nasal douche, administered with a sponge. The proper strength for the solution is one teaspoonful of salt to the pint of water.

For the unpleasant running at the nose which characterizes the first stage of a cold "in the head," the inhalation of menthol or strong vapor of ammonia are remedies to be recommended.

**To Stop a Cold in the Head.**—If the cold has been contracted but a few hours, and the chief symptoms are sneezing, watery discharge from the nose, a "stuffed" feeling in the head, and general chilliness, it may be abated by energetic treatment.

1. Take a hot foot or sitz bath, or both combined, drinking during the bath a pint or two of hot water or hot lemonade. After the bath, sponge the body with salt water, using a tablespoonful of salt to the quart. Remain in a warm room, carefully protected from drafts. 2. Bathe the face with very hot water for five minutes every hour. 3. Snuff into the nostrils a hot solution of salt, teaspoonful to the pint of water, every three hours. 4. Inhale the fumes of ammonia or menthol. 5. If impossible to take a hot bath, the next best thing to be done is to take an abundance of exercise in the open air. Active exercise for three or four hours in a keen, cold, atmosphere is equal to a Turkish bath in its general purifying effects, though of course it does not cleanse the skin.

**Earache.**—One of the most distressing ailments of childhood is earache. Contrary to popular opinion, also, this common affection is by no means of little moment, except as it is a source of pain and inconvenience. It has happened in more than one instance that a neglected earache has resulted in the death of the little sufferer after weeks of most acute anguish. In some cases, death results from inflammation of the brain at a period many years removed from the first attack of the malady, an acute attack being the occasion of the extension of the inflammation to the delicate membranes of the brain which lie in close contact with certain portions of the ear.

It is important that every case of earache, no matter how slight, should receive immediate and efficient attention, as the pain is often a precursor of deafness, if not of anything more serious. Space will not allow of a complete treatment of this subject, but it may be useful to the reader to know that the hot water douche is one of the most effective means of relieving pain in the ear arising from acute inflammation. The douche can be best administered with a fountain syringe or its equivalent. In the absence of this useful device, the hot water may be poured into the ear, the patient placing himself in a lying position with the ear in such a position that the water can easily run away. Still another method is to fill the ear with warm water, then place in the opening a small mass of absorbent cotton, also saturated with water, and over this apply fomentations.

These methods of treatment are vastly superior to the old-fashioned onion poultices and similar savory applications, and if thoroughly applied, will not only give great relief from pain, but will also prevent a great share of the possible mischief which usually results from inflammations of this sort.

**For a Bruise.**—If Johnnie or Janie or Thomas or Mary Ann has fallen on the ice, or gotten bruised in some other way, what will you do to "take out the soreness," and to prevent any serious inflammation occurring? One says, "rub on arnica," another would recommend camphor, another, "St. Jacob's Oil" or some other popular nostrum, or somebody's "pain-killer."

We say, have none of these things. Away with all of them. Nature has given us in heat and moisture combined a "pain-killer" superior to any of these ill-smelling and dirty mixtures. Take a flannel, fold it four double, wring out of hot water, and apply to the injured part as hot as can be borne without blistering the skin. If the bruise is a bad one, keep up the fomentations for several hours. If the part becomes red and swollen after a few hours, which will rarely be the case under this treatment, cloths wet in cold water should be applied, changing every ten minutes. Hot fomentations should be applied for fifteen or twenty minutes two or three times a day, or more frequently if there is much pain.

**The Wet Compress for Constipation.**—Persons who suffer from torpid bowels are often much relieved by the application of a wet compress over the stomach. This is a very old remedy. A moist rag or towel, folded into four thicknesses, may be applied to the surface of the abdomen, or a piece of moistened *spongio-piline* may be used. It matters not whether the water be cold, tepid, or warm. If applied cold, it soon becomes warm, and I am not aware that any benefit results to many persons, from the very unpleasant application of a cold rag to the warm skin. Care must be taken that the compress, or other application, be not too wet when applied. It may be worn for two or three hours daily, and in this way relief is often obtained without the use of any medicine whatever.—*Mothers' Magazine.*

**Beer and Bright's Disease.**—A New York journal calls attention to the alarming increase in the frequency of Bright's disease of the kidneys in recent years. It appears from the statistics of the metropolis that more persons die annually of this dread disease than from diphtheria, scarlet fever, and small-pox combined. The cause of the frightful fatality from this single malady is claimed to be chiefly the abominable mixtures sold under the name of beer.

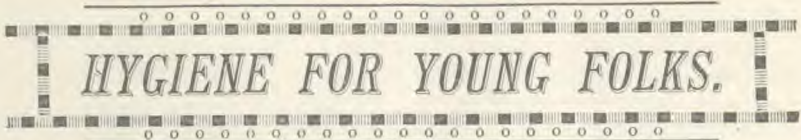
The writer of the article referred to, seems to think that the deadly effects of the beer is chiefly attributable to the poisonous substances with which it is adulterated. We think this is an error, however, as alcohol is about the worst adulterant which it is likely to contain.



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## HYGIENE FOR YOUNG FOLKS.

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### A HEALTH LESSON FOR LITTLE FOLKS.

WHAT do you suppose is the matter with the little fellow in the picture? (See frontispiece.) He seems to be objecting to something which his nurse or his mamma is offering him in a big spoon. "I guess his mamma is trying to feed him, and he isn't hungry," says one little boy.

How many little boys and girls think this is what is the matter that makes this fine little boy make up such a wry face?

Not very many think so, I guess. Here comes a little boy who thinks he knows what the matter is. "I think his mamma wants him to take some medicine, and he do n't like it. She tells him it is good, but it has such a bad taste he thinks it is n't, and so he cries, and doesn't want to take it."

That's what is the trouble, is it not? You see there is a bottle of nice milk on the table. He would just as soon take that as not, but the bitter medicine, he would like to be excused from taking. I am sure we all feel sorry for him. Most of us would feel about the same as he does if we were in his place; would n't we?

Do you know why we do not like bitter and bad tasting things? God could have made us so that we would have liked these things just as well as we like sweet and pleasant tasting things.

If you should ask a very learned man who knows all about the body and other things that God has made, he would tell you that the reason why we are made to dislike things with a bad taste, is that they are not good for us. Things that are good for us, like milk and fruits, and all the nice foods that we eat to give us strength, God has made with a pleasant taste. He has put into these things nice

tasting flavors that cause us to like them. This is to tell us that they are good for us.

God has put a bad taste into some things to tell us that they are not good for us, and that they are likely to do us harm. This is the way the Indian, away off in the wild forest, knows what is good for him, and what will do him harm.

But, you will say, medicine is sometimes necessary for us. That is true. Sometimes little folks eat bad food, candy, and such things, and the doctor has to give them some bad tasting medicine to make them vomit it up again. But children who eat proper food very rarely have to take medicine, and wise parents will very seldom give their little ones medicine.

What do you suppose made the little boy sick so that his mother thought she must give him some medicine?

He found a huge, rich cake, which his mamma had made for company expected in a few days, and before any one knew it, he had eaten a large piece of it, and pretty soon he began to feel sick and to cry, and his mamma ran for the medicine bottle, and is giving him a dose.

Don't you think it would be better not to have rich cake in the house, and then it would not make either the little folks or the old folks sick?

Do any of you know of any other bad tasting things that people sometimes take besides medicine?

Yes; a good many of you hold up your hands. Now let us hear some of them. There is tobacco, which has such a sickish taste, and tea, which is bitter, and pepper, and mustard, and pepper-sauce, and other hot things, which smart and burn as they go down the throat.

All of these things are bad for us, and if

we take them, they will be very likely to make us sick and do us harm in many ways.

Maybe you can think of some more things which have a bad taste, and are bad for us. What do you think about alcohol? You have never taken any in your mouth, I hope, but if you should do so, you would find that it did not have a pleasant taste at all. It would burn and smart, and make the mouth feel numb and bad; and if you should take some pleasant tasting thing in your mouth afterward, you would find that you could not taste it any more than if it had no flavor at all.

Why do you think God gave to alcohol such a very bad taste?

Men fix the alcohol up with other things so that it will not taste so bad; but the alcohol is there, and does all the mischief just the same.

So you see we must always look out for things that have a bad taste; and we must remember that a bad taste is a kind of a sign that God has put into bad things to tell us that we must let them alone.

**A Bad Lesson.**—"Johnny, what would you like for breakfast? Shall I help you to some oatmeal mush?"

Johnny shakes his head, and says: "I don't like oatmeal."

"Well, have some nice graham bread and milk."

"I don't like graham bread, I won't have bread and milk," whined Johnny.

"Well, Johnny, what would you like?"

"I want pie," said Johnny. And pie his mamma gave him; for she always gave the little boy just what he wanted.

Was not that a very bad lesson to teach Johnny? It taught the little boy that the thing for him to eat was *what he liked*, whether it was good for him or not, which is a very great mistake. We should eat what is good for us; and if we do not like it so very well at first, we will soon learn to like it. This is much the better way.


If all little boys and girls were brought up to eat and drink what they ought to eat and drink, rather than what they like, we should never have any drunkards.

**A Riddle.**—Why is a boy with a lighted cigar in his mouth like a chimney with a bad draft?

**Candy.**—How long does it take a small boy to find out that candy is not good for him? How many of our young readers can tell? Generally, it is not until his digestion is ruined and his teeth decayed to mere stumps, till he feels the horrors of that awful disease, dyspepsia, and the sharp twinges of toothache. About that time he begins to think that maybe candy and sweetmeats are not so good as they taste.

**A Strange Prescription.**—A great man told a curious story of a prescription which his good aunt made for him when he was a boy. He had eaten so much mince pie that he had a very severe pain in his stomach. The kind-hearted, old aunt whose pies and cakes were always temptingly toothsome but dreadfully indigestible, noticing that he looked ill and seemed to be suffering, said to him: "Samuel, you look pale; you had better go into the pantry and get a piece of cake." It is to be hoped that Samuel had good sense enough to take a drink of hot water instead of the rich cake, and that he was wise enough to let the good auntie's pies severely alone after having suffered their effects.

**I Eat Graham Bread.**—A number of years ago when the use of graham bread was by no means so general as at the present time, a man who was too ignorant to know the advantages of graham bread over the poor, white stuff then in general use, and too bigoted to investigate, was talking to a crowd who had gathered in a store, about the ill-appearance of persons whom he called "bran-bread eaters." Just then a rosy checked little boy came in. "Here," said he, "is a boy that looks healthy. He has plenty of ham and eggs and beefsteak, I warrant. Look here, Johnnie, what makes you so fat?" "'Cause I eats graham bread." The speaker quickly changed the subject.


 SCIENCE IN THE HOUSEHOLD.

CONDUCTED BY MRS. E. E. KELLOGG.

**SCHOOL LUNCHES.**

MOTHERS whose children are obliged to go long distances to school, are often greatly perplexed to know what to put up for the noon-day lunch which shall be both appetizing and wholesome. The conventional school lunch of white bread and butter, sandwiches, pickles, mince or other rich pie with a variety of cake and cookies, is scarcely better than none at all; since on the one hand, it contains almost no food material which can be used by the system for the up-building of brains, muscles, and nerves, while on the other hand, it contains almost everything calculated to induce dyspepsia, headache, dullness of intellect, and other morbid conditions. Left in an anteroom, during the school session, until it becomes nearly frozen, and then partaken of hurriedly, that more time may be taken for play, it can hardly be wondered at that the after-dinner session drags so wearily on to its close, and that the pupils feel sleepy, dull, and uninterested. Our brains are nourished by the blood which is made from the food we eat; and if that blood be formed of improper or unwholesome food, the result will be a disordered organ, incapable of first-class work.

Again, the extra work imposed upon the digestive organs in digesting and the liver in getting rid of the excess of fats and sugar in the rich, unwholesome foods, continually overtaxes these organs.

It can hardly be doubted that a large majority of the cases of so-called overwork from which so many school children suffer, are the result of violation of hygienic laws regarding food and diet rather than an excess of brain work; or in other words, had their brains been properly nourished by an abundance of good, wholesome food, the same amount of work could have been easily accomplished with no detriment whatever.

Whenever practicable, children should return to their homes for the midday lunch, since under the oversight of a wise mother, the violations of hygienic laws, will be more likely to be avoided, and the walk back to the school-room after the meal, will be far more conducive to good digestion than is the

more severe exercise of the plays so often indulged in directly after eating. When, however, this is impracticable, the lunch allowed should be as simple as possible, and not so great in quantity as to tempt the child to overeat. Good whole-wheat bread of some kind, with a cup of canned fruit or a bottle of rich milk as an accompaniment, with plenty of nice, fresh fruits or almonds or a few stalks of celery, is as tempting a lunch as any child need desire. It would be a good plan to arrange for the heating of a portion of the milk to be sipped as a hot drink. In many school-rooms the ordinary heating stove will furnish ample means for this, or a little alcohol-stove or a heating lamp may be used for the purpose, under the supervision of the teacher.

Furnish the children with apples, oranges, bananas, pears, grapes, filberts, and almonds in place of rich pie and cake. They are just as cheap as the material used for making the less wholesome sweets, and far easier of digestion. An occasional plain rice, or other grain pudding, cup custard, or molded dessert may be substituted for variety.

The following recipes are given as helps to those who desire to encourage "high thinking" by furnishing the children with "plain living."

**Lunch Biscuits.**—Sift a quart of entire-wheat flour into a large earthen bowl, and form a hollow in the center. Into this pour a cup of *thin*, sweet cream (that taken from the top of new milk after standing an hour or so) very slowly, a few spoonfuls at a time, mixing it into a dough with the flour as fast as poured in. The biscuits will be all the better if the cream can be made very cold by setting on ice a short time before using. Knead the crumbs of dough together, adding flour until the dough is very stiff, then pound with a mallet until flattened out like pie crust. Now fold the dough together once, and close the edges by pounding around it quickly with the mallet in order to retain as much air as possible; then pound the dough flat again. Repeat this process of flattening and folding, dusting with a little more of the

flour occasionally, and beating thoroughly until the dough when stretched or pulled apart a little appears flaky and brittle. A half hour's beating will generally be quite sufficient. Mold into small biscuits, making an indenture in the center of each with the finger, prick well with a fork, and bake on the bars of the top grate of the oven, far enough apart so that they will not touch each other. For these biscuits the oven should be hotter than for raised bread. An oven in which the bare arm can be comfortably held while counting fifteen will be about right. The oven should be heated to the proper temperature, and everything in readiness for the baking of the biscuits as soon as made, as the lightness of the biscuit depends greatly upon the facility with which they are gotten into the oven and baked after their preparation is completed.

**Lunch Rolls.**—Sift a pint and a half of good graham or whole-wheat flour into an earthen-ware bowl and mix with it, in the same manner as for biscuits, a cup of rich milk which has been set on ice for half an hour. Mix the dough stiff enough so that it will not adhere to the kneading-board, and knead it very thoroughly for at least half an hour, or until it becomes sufficiently elastic to resent a poke of the fist, and readily springs back to its original shape. The dough should be mixed quite stiff; if too soft, it will be moist and clammy. The amount of flour necessary will vary with the quality, but three times the amount of liquid used will usually be quite sufficient for mixing and dusting the board. When thoroughly kneaded, divide into two pieces, and roll each over and over with the hands until a long roll is formed of about one inch in diameter; cut this into two-inch lengths, prick with a fork, and place at once in tins far enough apart so they will not touch each other when baking. Each roll should be as smooth and perfect as possible, and with no dry flour adhering. The rolls must not be allowed to stand after being molded; but as a tinful is formed, they should be placed at once in the oven, which should be all ready and of the proper temperature. About twenty-five minutes will be required to bake well. When done, spread on the table to cool, but do not pile one on top of another.

**Creamy Rice.**—Put a pint of milk, one quarter of a cup of best Carolina rice, a table-spoonful of sugar, and a handful of raisins into an earthen-ware dish, and place on the top of the range where it will heat very slowly to boiling temperature. Stir frequently so that the rice will not adhere to the bottom of the dish. When heated to boiling, place

in the oven, and bake till the rice is tender only, which can be ascertained by dipping a spoon into one side and taking out a few grains. Twenty minutes will generally be a sufficient length of time for baking.

**Substitute for Pie.**—Have some pieces of crustless, raised bread, whole-wheat or graham, wide and long enough to fit into the bottom of a pint bowl in the form of spokes to a wheel with an open space between each and in the center. Drain the juice from a pint of canned whortleberries, and heat it to boiling. Fill interstices between the slices of bread with the fruit, cover it with another layer of slices of bread and fruit; this time putting the bread over the fruit in the first layer, and filling in the fruit over the bread in the first layer. Fill the bowl with alternate layers of bread and fruit, then pour the hot juice over all. Put a plate with a weight, on the top to press it firmly. Dip off all juice that may press out, and set the bowl away in the refrigerator to cool and press until perfectly cold. When it will turn out in perfect shape, and can be cut in slices and served with a very little whipped cream spread on each piece for a dressing.

**Care of Umbrellas.**—The *New York Commercial Advertiser* says that "umbrellas will last longer if, when they are wet, they are placed handle downward to dry. The moisture falls from the edges of the frame, and the fabric dries uniformly. If stood handle upward, the top of the umbrella holds the moisture, and takes a long time to dry, thus injuring the silk or other fabric with which it is covered. Umbrella cases, too, are responsible for the rapid wear of the silk. The constant friction causes the tiny holes that appear so early. When not in use, leave the umbrella loose; when wet, never leave it open to dry, as the tense condition thus produced makes the silk stiff, and then it will soon crack."

#### BAD COOKING AND BAD MORALS.

I DECLARE bad food to be at the bottom of any amount of peevishness, hot temper, family dispute, weak will-power, vitiated tastes, bad morals, and general viciousness. How often, ah, how often, has a badly cooked breakfast caused ill-temper and hard, unloving words, and clouded over the blue sky of a day which God meant should be full of sunshine and the singing of birds! Many a child has smarted under punishment which would never have been administered if there had not been hot cakes with syrup for breakfast. The mother called it naughtiness. It was indigestion! We have a friend who declares she can always tell when her

children have been indulged in these disturbers of the digestive peace for their morning repast; and it is for these little ones under our care, and for whom we stand as sponsors in regard to the subject under consideration, that I make this appeal. They are to carry the world on their shoulders by and by. Let us do what we can to make these shoulders strong to bear the burden, the head clear to puzzle out the problems life will bring for their solving.

How much of this work depends upon the servant in the kitchen and how much upon the mother herself, each must determine, and make answer to her own conscience, only remembering that there must be an ugly warp somewhere in the nature which does not admit that there is no more dignified theme, or worthier work, than the building of these young bodies into strong, pure temples, fit for grand guests of thought and purpose; and I contend that no theme, however fascinating, no love of science, poesy, or art, should stand between the mother and the training of her child, physically not less than mentally. I would rather paint roses on my child's face, if it be on my skill, than to decorate a fish platter to be strewn with the vertebræ of a salmon, or upon a soup plate to be bathed in *buillion* or gravy.

And why should skill in cookery or good kitchen management be regarded disdainfully or as not worth one's best pains? I tell you earnestly, the day must come when this will not be so; when to prepare a good dinner, yes, and serve it, too, if need be, with deft hand, graceful movement, and womanly taste, shall be no more of a condescension than to write a poem or paint a picture. There are many who say with an air of indifference that they have no "talent" for these things. Why not cultivate a talent in this direction, as well as in executive ability, capacity for management, skill in selecting good servants, and what is no less important, skill in keeping them? Is there any one of the fine arts the cultivation of which would bring such costly remuneration? Order, peace, and good digestion in the family, are golden coins bearing good interest every day.—*Mary Riley Smith, in Good House-Keeping.*

—The word "biscuit" is the French for "twice baked," because, originally, that was the mode of entirely depriving it of its moisture to insure its keeping.

—Goods that have been spotted by lime or white-wash, may be restored by washing immediately in vinegar.

—A writer in the *American Agriculturist* describes a board for cleaning irons, which is said to be very useful by those who have tried it. It is made by covering a board eleven by twenty-two inches, one half of it with wire cloth, the other half with a piece of old blanket or some thick material covered with two or three thicknesses of white muslin, drawn smoothly over it and tacked only at the corners so that it may be easily replaced by a fresh covering when necessary. A cake of beeswax with a piece of muslin sewed around it, may be tacked in one corner.

—Rub with benzine to remove grass stains from children's clothing. Alcohol is also said to be effective for this purpose.

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## QUESTION BOX.

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**Compound Oxygen for Dyspepsia.**—A subscriber writes: I suffer with dyspepsia, the symptoms of which are a sour stomach and great accumulation of gas. I wish to make the following inquiries:—

1. Is there any way in which I can use milk without causing gas?
2. Which is the best kind of bread for me to eat, bread raised with soda, or hard crackers made with water and milk?
3. Would the preparation called Compound Oxygen benefit me?

*Ans.* 1. The addition of from one-sixth to one-fourth of lime-water will frequently aid the digestion of milk. Milk is also more easily digested if boiled.

2. Hard, water crackers or crackers made of milk and water, are better for a dyspeptic than soda biscuit or bread raised by yeast.

3. Prof. Prescott, and other eminent chemists who have examined Compound Oxygen, assert that it has no other medical properties than those of pure water.

**Fruits as Food.**—J. H. inquires: 1. Do those who live on grains, require as much fruit as do those who eat meat?

2. Should acid or subacid fruits ever be eaten with meals? If so, with what kinds of food do they make good or fair combinations?

3. Do acids aid in the digestion of fats?

*Ans.* 1. No.

2. There is no objection to the use of acid or subacid fruits at meals unless the digestion is weak. Fruits agree best with grains. Persons who have slow digestion are often unable to digest fruits and vegetables when taken together. Acid fruits do not disagree particularly with milk, as is generally supposed.

3. No.

**Sugar—Ventilation.**—E. E., an old subscriber, asks: 1. Will not too much sugar injure the stomach?

2. Can you not give directions for ventilating an ordinary dwelling?

*Ans.* 1. Yes. Sugar is chiefly digested in the small intestines. It is liable to undergo fermentation in the stomach while waiting for other food substances to digest, and thus becomes a source of irritation which ultimately results in gastric catarrh.

2. Yes. You will find an illustrated article on this subject in this present number of GOOD HEALTH. In an early spring number, we shall give detailed plans for a healthy home, including further plans for ventilation.

**Buckwheat Cakes.**—H. B. V., of Mich., writes: I am a subscriber for GOOD HEALTH, and because of the good sense in your articles, am much attached to it.

Will you please answer through the magazine or by letter if buckwheat flour is injurious to health; and if so, why?

*Ans.* Buckwheat is a nutritious food substance. Its value is somewhat less than that of wheat and other cereals, but it is, nevertheless, wholesome when it is properly prepared. The unpleasant effects which often follow its use in the form of griddle cakes is undoubtedly due, in most cases at least, to the burnt grease with which it is adulterated.

**Roller Process Flour.**—A subscriber writes: A neighbor says that bread made from flour manufactured by the roller process, does not produce as much strength as that made from flour manufactured by burrs; that a man will get hungry quicker, and cannot stand hard labor as well while living on the former, as on the latter; also that bread made from the roller flour will dry out sooner than that made from flour manufactured by burrs. Are these things facts, or is the man mistaken?

*Ans.* The gentleman is both right and wrong. There are two varieties of flour made by the roller process,—one which is generally known and sold as "family flour," the other as "patent flour." "Family flour" consists of the starchy interior of the grain, which has little strength-giving properties, and which made into bread will behave as the gentleman describes. This is due to the fact that it contains but a small proportion of gluten. The "patent flour" is made from the outer portion of the grain, and contains a much larger proportion of gluten. This flour will make better bread than that made from flour ground in the old-fashioned way.

**Headache.**—A new subscriber asks: What will cure headache caused by too much alkali in the stomach?

*Ans.* Headache is not likely to be caused by "too much alkali in the stomach," unless the alkali has been swallowed in the form of soda, salaratus, or bak-

ing-powder. These substances frequently produce indigestion, and cause headache. If a disturbed digestion is the cause of headache, the proper direction in which to seek relief is through the cure of the digestive disturbance.

**Turpentine.**—R. E. R. inquires: 1. Is a wash of turpentine and water, used for itch, injurious to the health?

2. Is it injurious to take a hot bath after taking sulphur?

3. Is vaseline rubbed on the edges of the eyelids to prevent their adhering, injurious to the eyes?

4. What is good for granulated eyelids?

*Ans.* 1. Turpentine sometimes produces inflammation of the kidneys when too freely used.

2. No.

3. No.

4. Bathe the eyes with hot water two or three times a day for five minutes. Consult a good oculist.

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## LITERARY NOTICES.

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THE NATIONAL TEMPERANCE ADVOCATE, begins with this year its twenty-second volume. It is a wide awake, temperance monthly; the organ of the National Temperance Society and publication house. The January number, which is before us, is filled with interesting facts concerning the progress of temperance everywhere, and should be read by all persons interested in the subject.

Terms: \$1.00 per year. J. N. STEARNS, Publishing Agent. 58 Reade St., N. Y. City.

VICK'S ILLUSTRATED MONTHLY MAGAZINE AND FLORAL GUIDE.—The January number of this exponent of horticultural art contains, besides the usual reading matter, a full catalogue of seeds and plants to be obtained from the well known firm of James Vick. It is fully illustrated, and contains two beautiful, colored plates of rare flowers. The subjects discussed are such as are particularly adapted to the season and the wants of those interested in floriculture. Subscription price, \$1.50 per year. Published at Rochester, New York.

We have received from the Agricultural Department at Lansing the *Michigan Crop Report* for December. The report which includes returns from 555 townships, shows the average condition of wheat to be 97; 100 representing vitality and growth of average years. The total number of bushels of wheat reported marketed during the month of November is 1,411,896. Many other interesting facts which are of special value to farmers and those interested in agricultural subjects, are included within this report.

## PUBLISHER'S PAGE.

Among the numerous improvements which our old readers will notice in this, the first number of the volume for 1887, we wish to call special attention to our three new departments—BIBLE HYGIENE, SOCIAL PURITY, and HYGIENE FOR YOUNG FOLKS. These departments represent three new lines of work which the journal proposes to undertake, each of which is, or ought to be, of vital interest to every household.

Our new department, "HYGIENE FOR YOUNG FOLKS," will contain each month two pages of interesting health instruction put in such form as to be easily comprehended by a child of eight or ten years of age. It is very important that correct health habits should be formed in early life. Most persons who eek out a miserable existence as chronic invalids, ruin their constitutions before they are twenty years of age.

Another noticeable feature is the illustration. During the year 1887, every number will contain a beautifully engraved frontispiece, and at least four numbers will contain special colored plates. The colored plates in the present number illustrate novel methods of ventilation, and with the accompanying article, give instructions well worth to any family, a hundred times the price of the journal. The number for April will contain a large colored plate giving full plans for a healthy and well ventilated cottage home, which can be built for sixteen hundred dollars. Other equally important subjects will be illustrated during the year.

With this number GOOD HEALTH enters upon what promises to be the most successful year of its existence. Within a few weeks the subscription list of the journal has been doubled; and the interest manifested by its friends in its circulation, and the plans which have been set on foot by its managers for extending its influence, promise still greater additions within the next few months. The increase of the circulation of the journal, will warrant the managers in making greater expenditures in the make-up of the journal, thereby making it in many ways more attractive and of more practical value than ever before. It is the design of all concerned in its publication to make it the most attractive and practical popular journal of hygiene ever published, in a still more emphatic sense than ever before.

A large number of persons have recently purchased books, charts, etc., from the HEALTH PUB. CO., with the understanding that the same are to be paid for in subscriptions to GOOD HEALTH. If such persons will, when sending in subscriptions, mention the fact that their commission is to be applied in payment for articles purchased, it would be an accommodation to those who have to do the clerical work in the office of the publishers.

The class in the Sanitarium Training School for Nurses is making fine progress, and are doing thorough work. This is undoubtedly the most thorough-going school for the training of nurses, to be found in the country. The course of instruction includes everything that a nurse ought to know, and affords opportunity for practical instruction in many of the most important branches which are elsewhere neglected.

Christmas was a delightful season at the Sanitarium. A huge Christmas tree was erected in the spacious gymnasium, and was heavily laden with fruit. The gymnasium was elegantly decorated for the occasion, and densely packed with expectant patients and helpers. All were made happy by some kind remembrance, none seeming to be forgotten.

In addition to their remembrances to each other, the Sanitarium employees raised a purse of over \$600.00 for foreign missions. The philanthropic spirit which pervades the institution may be inferred from the fact that for the last year the donations made to various charitable objects by the employees of the institution, have averaged over fifty dollars each.

The Sanitarium, located in this place, has grown to be unquestionably the largest and most successful institution of the kind in the United States, and probably in the world. Something of an idea of its magnitude may be formed from the following paragraphs:—

The main building of the institution, four and five stories in height, with its rear extensions, has an average of more than four hundred feet.

The Sanitarium family numbers over two hundred and fifty in the dullest season, and four hundred during the busiest summer months.

The following items represent the amounts consumed annually of some of the leading supplies required for the care and treatment of this large family:—

Flour, .....	1000 barrels.
Potatoes and other vegetables, ..	1500 bushels.
Apples, .....	2000 bushels.
Peaches and small fruits .....	1000 bushels.
Eggs, .....	8000 dozen.
Milk, .....	44,000 gallons.
Coal, .....	20 0 tons.
Wood, .....	700 cords.
Water, .....	10,000,000 gallons.
Ice, .....	700 tons.

The institution runs a farm of nearly two hundred acres, which supports a dairy of Jersey and other fine breeds of cows, and a yard in which are raised annually over 3000 fowls, comprising chickens, ducks, geese, turkeys, pea and guinea fowls.

The Rural Health Retreat at St. Helena, Cal., reports a growing patronage, which has necessitated a considerable enlargement in their facilities. St. Helena is one of the best points in the United States for persons who are obliged to make a change of climate in order to escape the cold of the northern States.

The Battle Creek College reports the largest attendance of any year of its existence. This school affords the best opportunities for young men and women to obtain an education under favorable moral and hygienic conditions found in this or any other country, unless we except the two or three excellent schools managed upon the same hygienic principles, which are located at Healdsburg, Cal., and South Lancaster, Mass.

The Healdsburg College and South Lancaster Academy, as well as Battle Creek College, are managed by men of ability and experience as educators, and who are interested in the physical and moral welfare of their pupils as well as in their mental training.

We are already receiving reports of the good work done among the people in the dissemination of hygienic ideas.

H. F. Phelps has begun a course of lectures at Brainard Minn., and reports excellent prospects for an interesting and profitable time.

G. H. Randall reports a very interesting meeting in the interests of Social Purity, at Hazelton, Mich., at which fifty persons signed the Purity Pledge, and another equally successful meeting at Flint.

A. O. Burrill has begun a series of health lectures, and finds the people much interested and the charts useful. He sends a good list of subscribers for GOOD HEALTH.

J. B. Buck reports a very enthusiastic Health and Temperance meeting at Otsego, and arrangements for others.

Many others report plans for work which they are going to undertake at once.

**Canvasser's Outfit.**—A canvasser's outfit, consisting of a receipt book, sample copies, and a special manual giving instructions, "How to canvass for GOOD HEALTH," will be furnished for twenty-five cents to each responsible person who desires to canvass for GOOD HEALTH.

The next two or three months is the best time of the year for this kind of work; and any intelligent person, by the aid of this outfit, ought to be able to secure a good list in almost any community.

Dr. Kellogg's address on Social Purity has been most enthusiastically received and endorsed wherever it has come to the notice of intelligent and thinking people. The first edition of twelve thousand was sold, with the exception of a few hundred copies, in less than ten days after its publication.

The price of the work is ten cents per copy. It can be obtained from the State canvassing agents of the Tract and Missionary Societies, or through their secretaries, or direct from the publishers. It is furnished in quantities at a very liberal discount in order to encourage its wide circulation.

The annual meeting of the AMERICAN HEALTH AND TEMPERANCE ASSOCIATION recently concluded, was the most enthusiastic meeting of this Association ever held.

Four sessions were hardly sufficient for the transaction of the interesting business which came before the Association, and the time was even then much too limited to enable the members of the Association to hear as freely as would have been desirable, the interesting reports of work done by members of the Association in the various States.

Some who have been particularly unfavorable toward the Association, and have been trying to convince its friends that it was dead, must have concluded either that it was remarkably lively for a dead Association, or that a vigorous resurrection had taken place.

The prospect is very flattering that the Association will accomplish, during the coming year, more than has been accomplished during any previous year of its existence.

A little opposition is sometimes a very efficient stimulus to healthy activity, and it is to be hoped that this may prove to be the case in the present instance.

**Our Club List.**—In the advertising pages, will be found a list of papers, comprising nearly all of the leading publications in the country which can be obtained with GOOD HEALTH at reduced rates. By writing to the publishers, special arrangements can be made for papers which are not included in this list.

In the case of high-priced journals, it is easy for a subscriber to save the price of GOOD HEALTH by sending the subscription for both journals direct to the publishers of GOOD HEALTH. The friends of the journal can use this as a means of getting their acquaintances to subscribe for GOOD HEALTH, as this plan affords them an opportunity to get the extra reading matter afforded by this journal without extra expense.

**Michigan Winter.**—Michigan is getting famous for its mild winter weather as well as for its cool summers. Last winter all the cold storms dodged the beautiful peninsula, though North and South, East and West reported blizzards, and temperatures far below zero. Dealers in fur overcoats, gloves, and mittens, complain terribly of the scarcity of customers. Michigan has had a similar experience for several years back, with the exception of a single winter, when even Florida was frozen up. This winter Nature seems to be managing the weather after the same fashion. The weather clerk predicted a blizzard for Christmas, but it did not come; instead of that, Nature smiled upon us with the most delightful of sunshiny Christmas weather.

A gentleman who has just arrived at the Sanitarium from Georgia, reports thirteen inches of snow in the region of At-

lanta, which is at least two inches ahead of Michigan. Tennessee is also buried in a snow bank, and the present prospect is that those who have gone South to get rid of Jack Frost will get in it as vigorously as they did last year. The Sanitarium is one of the best winter resorts on the continent.

The Health and Temperance Normal which recently closed, was probably the most successful affair of the sort ever held in this country. More than one hundred persons were present, representing over twenty different States and Territories.

The course of instruction consisted of a lecture and drill of one or two hours in the forenoon, and a practice on the part of the members of the class in the evening. Evening exercises were held in the large gymnasium at the Sanitarium. The class was divided up into groups of from ten to twelve, to each of which a person was assigned who had previously prepared himself to give a reading or lecture upon the subject previously announced for the evening. After three-quarters of an hour spent in this way, all came together for the consideration of mooted questions and the offering of criticisms. The various subjects treated, were made interesting by experiments, charts, the use of manikins and microscopes. The members of the class who desired, were provided with outfits for illustrated experiments in connection with health talks or lectures. More than twenty-five such outfits were taken, and fifty sets of the new health charts, which indicates that a goodly amount of work is to be done in the direction of the instruction of the people in hygienic matters during the next year. There is no direction in which the demand for missionary labor is so imperative as in the hygienic education of the people.

**Birthday and Holiday Gifts.**—The ancient custom of presenting gifts in commemoration of birthdays and as a part of the celebration of Christmas and New Year's is one which is highly conducive to the cementing of friendships, and which affords material for many happy reminiscences. Unfortunately most of the articles selected for presents are useless or merely ornamental in character. It is safe to say that four times as much money is expended for trinkets and gew-gaws of no real value than for articles of practical worth. How much better would it be if this vast annual outlay of money could be made for things of practical worth, rather than for articles of little or ephemeral value.

A sage has said: He who finds a good book, finds a friend. So he who presents to another a good book, introduces to him a friend, and one upon whom he can rely, who will never prove false to him, and will always be ready to attest the worth of a true and faithful friend. The holidays are past, but presents are still in order, and to those who have not yet finished their giving, to those who were unable to find just what they wished to present to some lady or gentleman friend, and especially to those whose presents to their friends were of a frivolous character, we would suggest that in one or the other of the following books they will find a present which will prove of more service, and bring back upon the donor more sincere blessings, than any others that could be selected.

**A Present for a Young Man.**—Dr. Kellogg's "Man the Masterpiece," is a book written especially for the benefit of young men and boys just entering manhood. There is nothing in the book which could contaminate the purest mind, and there is a vast wealth of information of which no young man can afford to be in ignorance. The purpose of the book is to show a young man how to make the most of himself, how to avoid the pitfalls which lead so many young men to ruin.

**A Present for a Young Lady.**—"The Ladies' Guide," another work by the same author, is a complete compendium of which ladies young and old, need to know respecting the care of their health, and the avoidance of the long list of distressing ailments which render wretched the lives of a very large number of the women of the present day. The work is invaluable to both mothers and daughters. There is no other work like it.



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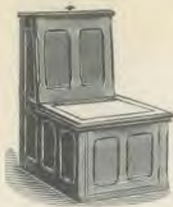
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# GOOD HEALTH

✱ ————— FOR 1887. ————— ✱

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## General Hygiene.

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Each number of the journal during the year will contain in this Department a variety of interesting and practical original articles by talented writers upon the various phases of the great subject of health, Popular Health Talks by the editor, and seasonable hints for each month in the year.

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## Bible Hygiene.

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In this Department the interesting and very profitable subject of Bible Hygiene will be treated by various writers, special attention being given to the subject of Bible Health Readings. It is believed that a large class of readers will appreciate this as a valuable addition to the journal.

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## The Happy Fireside.

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Devoted to temperance and all topics relating to the making of a happy home. During the coming year the reader will be lead on many charming excursions to out-of-the-way corners of the earth for the purpose of studying the habits of many curious and little known members of the great human family.

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## Editorial.

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The Editorial Department will discuss each month the most practical and interesting of live health topics, and the increased attention which the editor will be able to give to the journal will doubtless contribute to make this one of the most useful of its several departments.

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## Popular Science.

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As heretofore, each number will contain a brief summary of Scientific Facts of special popular interest, interpreted out of the technical language of the scientists into simple and comprehensible form.

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## Domestic Medicine.

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The managers of the journal do not believe that every man should be his own doctor, but there are a vast number of minor ailments which do not require the attention of a physician, but which need efficient treatment. This Department aims to furnish just the information needed in these cases.

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## Social Purity.

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This new Department will deal with the all-important themes included under its head, so far as they may be properly discussed in a popular journal, and the subject will be treated in a very thorough and radical, though wholly chaste and delicate manner.

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## The Question Box.

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In the Question Box the editor answers all proper queries relating to hygiene which may be asked by the patrons of the journal. The great variety of interesting topics tersely and practically considered each month, renders this one of the most useful, as well as interesting Departments of the journal.

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## Household Science.

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This Department will contain, as heretofore, the choicest of instruction relating to healthful cookery, and a great number of useful applications of science to the care and improvement of the home. Every month's issue will contain information worth many times the cost of the journal, in this department alone.

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## Hygiene for Young Folks.

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The publishers of the journal are anxious to interest the young in the work of hygienic reform, and to this end propose to devote a department of the journal to such topics as can be made interesting and instructive to young people.

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Each number of the Journal during 1887 will be appropriately illustrated.

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# GOOD HEALTH.

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## Other Popular Journals.

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Name of Journal.	Price of Journal Alone.	Price with GOOD HEALTH.	Name of Journal.	Price of Journal Alone.	Price with GOOD HEALTH.
<b>Educational.</b>			Boston Journal of Chemistry (new subs. only)	\$1 00	\$1 65
Teachers Institute and Practical Teacher	\$1 25	\$1 95	Popular Science Monthly	5 00	5 00
School Journal	2 50	2 88	<b>Miscellaneous.</b>		
Treasure-Trove and Pupil's Companion	1 00	1 75	Babyhood	1 50	1 50
American Journal of Education	1 60	1 80	Good Housekeeping	2 50	2 88
Primary Teacher	1 00	1 75	New York World (with premium)	1 00	1 80
The Teacher	50	1 40	Toledo Weekly Blade	1 00	1 85
Ohio Educational Monthly	1 50	2 10	Art Amateur	4 00	4 00
Musical Herald	1 80	1 80	Boston Traveler (weekly)	1 50	2 15
Educational Journal of Virginia	1 00	1 80	" " (semi-weekly)	3 00	3 25
<b>Agricultural.</b>			Atlantic Monthly	4 00	4 20
The Poultry World	1 00	1 75	American Architect	6 00	6 00
American Poultry Journal	1 00	1 70	Bee-Keeper's Magazine	1 00	1 85
Western Plowman	50	1 25	Appleton's Journal	3 00	3 25
Fanciers' Gazette	1 25	1 75	North American Review	5 00	5 00
Western Rural	1 65	2 40	Youth's Companion [new subs. only]	1 75	2 25
Rural New Yorker	2 00	2 75	American Naturalist	4 00	4 20
American Agriculturist	1 50	2 00	Forest and Stream	4 00	4 00
The Cultivator and Country Gentleman	2 00	3 00	Harper's Magazine	4 00	4 00
Ohio Farmer	1 50	2 30	Harper's Weekly	4 00	4 20
Michigan Farmer	2 00	2 50	Harper's Bazar	4 00	4 20
Colman's Rural World	1 50	2 25	Harper's Young People	1 50	2 20
Rural Home	1 50	2 25	Lippincott's Magazine	4 00	4 00
Fruit Recorder	1 00	1 50	Littell's Living Age	8 00	8 00
American Miller	1 00	1 75	Arthur's Home Magazine	2 00	2 50
City and Country	1 00	1 25	Christian Union	3 00	3 40
<b>Medical Journals.</b>			New York Tribune [weekly]	2 00	2 00
The Sanitary Engineer	3 00	3 60	" " " [semi-weekly]	3 00	3 00
Boston Medical and Surgical Journal	5 00	5 00	The Methodist	2 20	2 75
New York Medical Journal	4 00	4 00	The Independent	3 00	3 50
Atlanta Medical and Surgical Journal	3 00	3 00	Fireside Monthly	1 50	2 00
Buffalo Medical and Surgical Journal	3 00	3 00	The Household	1 10	1 75
Sanitarian	3 00	3 00	Boston Globe [weekly]	1 00	1 75
Philadelphia Medical Times	2 00	2 50	Christian at Work [new subscribers only]	3 00	3 50
Medical Record	5 00	6 00	Good Times	1 00	1 50
Detroit Lancet	3 00	3 25	The Century Magazine	4 00	4 50
Canada Lancet	3 00	3 50	St. Nicholas	3 00	3 50
London Lancet (American Edition)	4 00	4 20	Frank Leslie's Sunday Magazine	3 00	3 25
Therapeutic Gazette	1 00	1 75	Wide Awake	3 00	3 00
<b>Scientific Journals.</b>			Good Words	2 75	3 00
Popular Science News	1 00	1 75	Ladies' Bazar	2 00	2 50
Scientific American	3 00	3 50	Our Little Men and Women	1 00	1 65
			The Advance	3 00	3 40
			Woman at Work	1 50	1 60
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