



# GOOD HEALTH.

A JOURNAL OF HYGIENE.

CONTENTS OF THIS NO.

DEVOTED TO  
PHYSICAL, MENTAL & MORAL CULTURE.

A SOUND MIND  
IN A SOUND BODY.

HEALTH IS  
WEALTH.

PROPER CLOTHING ADEQUATE REST  
AMPLE EXERCISE.

CLEANLINESS NEXT TO GODLINESS.

TEMPERANCE IN ALL THINGS.

NEW HAMPSHIRE  
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PAGE

<b>General Articles.</b> —Dialogue between Franklin and the Gout,	33
Enlightenment versus Ignorance,	35
What to Do with the House Slops,	36
"Nothing but Leaves" (poetry),	38
Why He Wept,	38
A New Cosmetic,	38
A Vegetarian Notion,	38
<b>Seasonable Hints,</b>	39
<b>The Happy Fireside.</b> — Play and Work (poetry),	40
A Wife's Experiment,	40
Temperance (poetry),	42
The Crystal Houses of the North Land,	43
Superfluous Women,	44
<b>Temperance Notes,</b>	45
<b>Popular Science,</b>	45
<b>Social Purity,</b>	46, 47
<b>Bible Hygiene,</b>	48, 49
<b>Editorial.</b> —Some Mind-Cure Notes,	50
Warning against the Use of Gelatine as Food,	51
Winter Sleeping-rooms,	52
Tuberculosis in Fowls,	52
Beecher on Sea-sickness,	53
Danger from Impure Ice,	53
Bill Nye on Bright's Disease,	53
The Earthquake Cure,	54
A Legend with a Lesson,	54
Taking Cold,	54
Delirium Tremens from Tea,	55
Potato Poison,	55
Coffee Chewing	55
<b>Domestic Medicine.</b> —Poultices—How to Cure a Cough—Save the Peeces—Artificial Digestion—For a Felon—Fainting—Run-Rounds—Hardening against Colds—To Remove Wax from the Ear,	56, 57
<b>Hygiene for Young Folks.</b> —A Thanksgiving Night's Dream—A Cold Weather Accident,	58, 59
<b>Science in the Household.</b> —Salisify, or Vegetable Oyster—Brewis—Housekeeper's Alphabet—To Clean Engravings—To Restore Cane Chair-bottoms,	60-62
<b>Question Box,</b>	62, 63
<b>Literary Notices,</b>	63
<b>Publisher's Page,</b>	64

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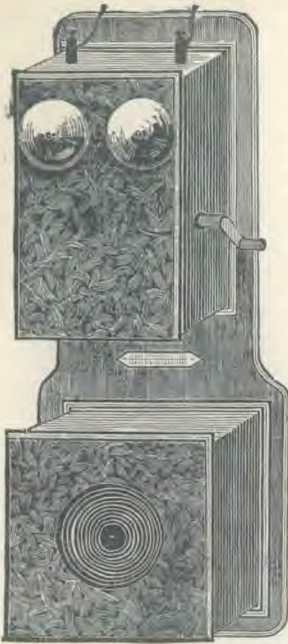
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.....	am	am	pm	pm	Dep.	Arr.	pm	am	am	am
.....	6.15	7.15	8.15	4.10	.....	Port Huron	10.23	1.25	7.35	.....
.....	7.43	8.31	9.34	5.40	.....	Lapeer	8.4	12.07	6.15	.....
.....	8.17	9.05	10.30	6.30	.....	Flint	7.50	11.37	5.30	.....
.....	8.50	9.35	10.48	7.20	.....	Duraud	7.05	11.05	5.03	.....
.....	10.00	10.30	11.50	8.25	.....	Lansing	5.20	10.14	4.00	.....
.....	10.40	11.00	12.25	9.07	.....	Charlotte	4.42	9.43	3.25	.....
.....	8.10	am	12.05	1.20	A (BATTLE CREEK) D	D	3.45	9.00	2.35	.....
.....	9.45	.....	12.45	2.21	.....	Vicksburg	1.50	8.55	2.30	.....
.....	9.55	.....	12.55	2.32	V.A.L.	Schoolcraft	1.50	8.15	1.43	.....
.....	10.40	.....	1.42	3.19	Acc.	.....	12.47	7.29	12.48	.....
.....	11.40	.....	2.28	4.07	.....	South Bend	12.00	6.52	12.01	.....
.....	1.02	.....	3.43	.....	.....	Haskell's	10.45	5.46	.....	pm
.....	1.38	7.35	4.05	5.52	.....	Valparaiso	10.30	5.32	10.29	3.40
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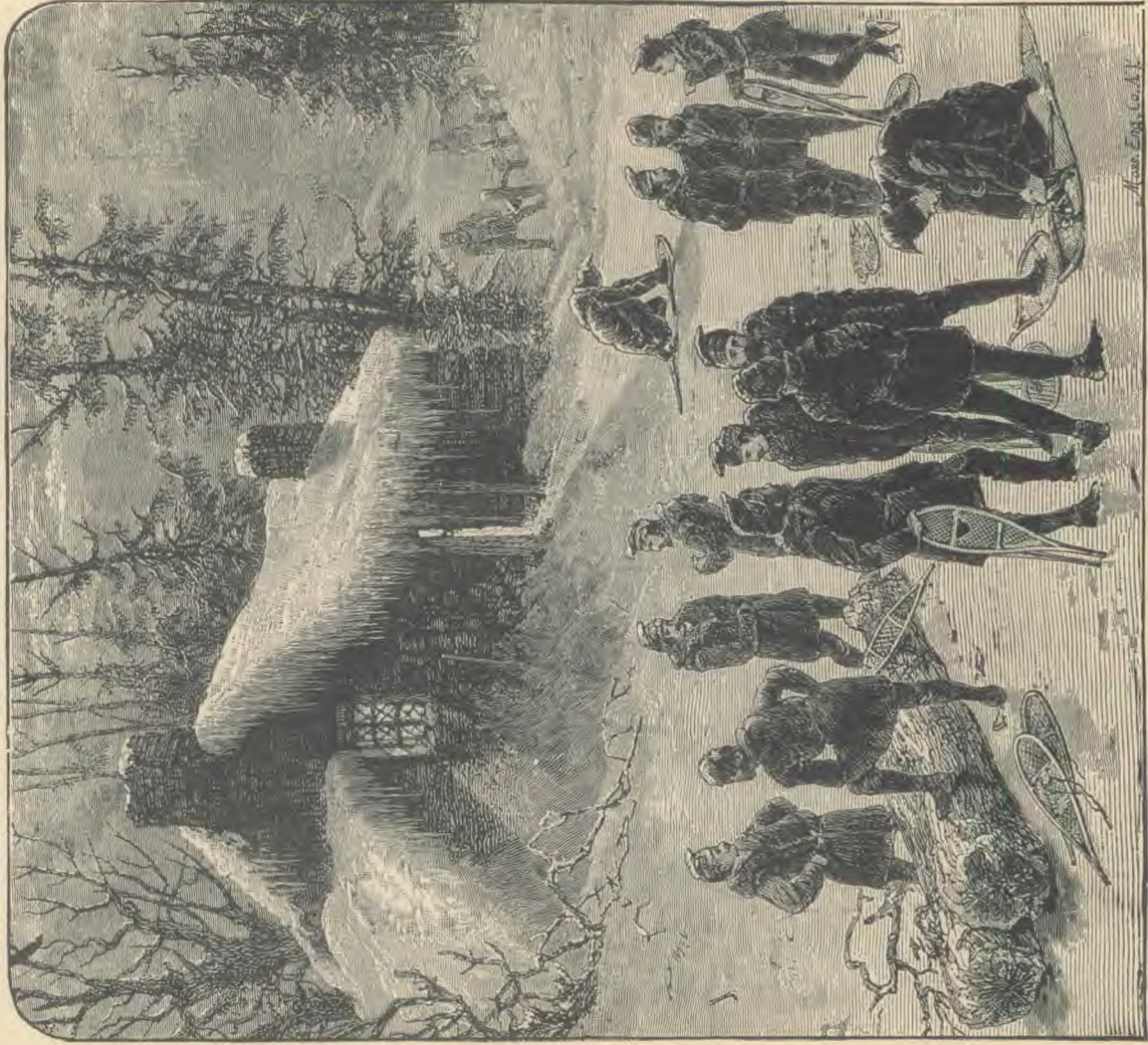
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# GOOD HEALTH

## A JOURNAL OF HYGIENE.

MENS SANA IN CORPORE SANO.

Volume XXII.

BATTLE CREEK, MICH., FEBRUARY, 1887.

Number 2



### DIALOGUE BETWEEN FRANKLIN AND THE GOUT.

Midnight, Oct. 22, 1780.

*Franklin.* Eh! Oh! Eh! What have I done to merit these cruel sufferings?

*Gout.* Many things; you have eaten and drunk too freely, and too much indulged those legs of yours in their indolence.

*Franklin.* Who is it that accuses me?

*Gout.* It is I, even I, the Gout.

*Franklin.* What! my enemy in person?

*Gout.* No; not your enemy.

*Franklin.* I repeat it; my enemy; for you would not only torment my body to death, but ruin my good name; you reproach me as a glutton and a tippler; now all the world that knows me, will allow that I am neither the one nor the other.

*Gout.* The world may think as it pleases; it is always very complaisant to itself, and sometimes to its friends; but I very well

know that the quantity of meat and drink proper for a man who takes a reasonable degree of exercise, would be too much for another who never takes any.

*Franklin.* I take—Eh! Oh!—as much exercise—Eh!—as I can, Madam Gout. You know my sedentary state, and on that account, it would seem, Madam Gout, as if you might spare me a little, seeing it is not altogether my own fault.

*Gout.* Not a jot; your rhetoric and your politeness are thrown away; your apology avails nothing. If your situation in life is a sedentary one, your amusements, your recreations, at least, should be active. You ought to walk or ride. But let us examine your course of life. While the mornings are long, and you have leisure to go abroad, what do you do? Why, instead of gaining an appetite for breakfast, by salutary exercise, you amuse yourself with books, pamphlets, or newspapers, which commonly are not worth the reading. Yet you eat an inordinate breakfast, four dishes of tea, with cream, and one or two buttered toasts, with slices of hung beef, which I fancy are not things the most easily digested. Immediately afterward, you sit down to write at your desk, or converse with persons who apply to you on business. Thus time passes till one o'clock, without any kind of bodily exercise. But all this I could pardon, in regard, as you say, to your sedentary condition. But what is your practice after dinner? Walking in the beautiful gardens of those friends with whom you have dined, would be

the choice of men of sense; yours is to be fixed down to chess, where you are found engaged for two or three hours! This is your perpetual recreation, which is the least eligible of any for a sedentary man, because, instead of accelerating the motion of the fluids, the rigid attention it requires helps to retard the circulation and obstruct internal secretions. Wrapped in the speculations of this wretched game, you destroy your constitution. What can be expected from such a course of living, but a body replete with stagnant humors, ready to fall a prey to all kinds of dangerous maladies, if I, the Gout, did not occasionally bring you relief by agitating these humors, and so purifying or dissipating them? Fie, then, Mr. Franklin! But amidst my instructions, I had almost forgotten to administer my wholesome corrections; so take that twinge,—and that.

*Franklin.* Oh! Eh! Oh! Ohh! As much instruction as you please, Madam Gout, and as many reproaches; but pray, madam, a truce with your corrections!

*Gout.* No, sir; no,—I will not abate a particle of what is so much for your good,—therefore—

*Franklin.* Oh! Ehhh!—It is not fair to say I take no exercise, when I do very often, going out to dine and returning in my carriage.

*Gout.* That, of all imaginable exercises, is the most slight and insignificant, if you allude to the motion of a carriage suspended on springs. By observing the degree of heat obtained by different kinds of motion, we may form an estimate of the quantity of exercise given by each. Thus, for example, if you turn out to walk in winter with cold feet, in an hour's time you will be in a glow all over; ride on horseback, and the same effect will scarcely be perceived by four hours' round trotting; but if you loll in a carriage, such as you have mentioned, you may travel all day, and gladly enter the last inn to warm your feet by a fire. Flatter yourself, then, no longer, that half an hour's airing in your carriage deserves the name of exercise. Providence has appointed few to roll in carriages,

while he has given to all a pair of legs, which are machines infinitely more commodious and serviceable. Be grateful, then, and make a proper use of yours. Would you know how they forward the circulation of your fluids, in the very action of transporting you from place to place; observe when you walk, that all your weight is alternately thrown from one leg to the other; this occasions a great pressure on the vessels of the foot, and repels their contents; when relieved, by the weight being thrown on the other foot, the vessels of the first are allowed to replenish, and, by a return of this weight, this repulsion again succeeds; thus accelerating the circulation of the blood. The heat produced in any given time, depends on the degree of this acceleration; the fluids are shaken, the humors attenuated, the secretions facilitated, and all goes well; the cheeks are ruddy, and health is established. Behold your fair friend at Auteuil, a lady who received from bounteous nature more really useful science than half a dozen such pretenders to philosophy as you, have been able to extract from all your books. When she honors you with a visit, it is on foot. She walks all hours of the day, and leaves indolence, and its concomitant maladies, to be endured by her horses. In this, see at once the preservative of her health and personal charms. But when you go to Auteuil, you must have your carriage, though it is no further from Passy to Auteuil than from Auteuil to Passy.

*Franklin.* Your reasonings grow very tiresome.

*Gout.* I stand corrected. I will be silent and continue my office; take that, and that.

*Franklin.* Oh! Ohh! Talk on, I pray you!

*Gout.* No, no; I have a good number of twinges for you to-night, and you may be sure of some more to-morrow.

*Franklin.* What! with such a fever I shall go distracted. Oh! Eh! Can no one bear it for me?

*Gout.* Ask that of your horses; they have served you faithfully.

**ENLIGHTENMENT VERSUS IGNORANCE.**

ENLIGHTENMENT concerning the preservation of health and the removal of disease, is a great blessing to all who become partakers of it, but ignorance in the same direction is a great evil.

This truth is self-evident. Every one will acknowledge that health is the greatest blessing of life, and that sickness is an evil from which we ought to flee as soon as possible, if it meets us on our way. This great truth places us all on common ground. It binds us all together with a common cord; it unites us into a natural brotherhood.

In many other respects, men are differently situated, and are separated from each other by different opinions. By far the greater part of mankind are heathens and worship many gods, but the Mohammedans, Jews, and Christians worship only one God who has created all things. The last named are again divided into a great many different sects who entertain a variety of opinions, and oppose each other sharply. That which one calls enlightenment the other condemns as ignorance. But those who are enlightened by the great truths which nature shows to be the foundation of all true treatment of disease, and for the preservation of health, are all united in one opinion.

We are all made of the elements of the air. A little dust, lime, salt, etc., mixed with three-fourths of water, is all there is of us. We all came naked into the world, and even if we all do not depart naked from it, yet we all meet in one common realm of death, where we are dissolved and return again to our dust. The different religions separate us, but the great principles of health unite us, and thus they make us more kindly affectioned one to the other.

By this we do not mean to say that religion is not good. No doubt there is something good in all religious denominations, and some of them evidently have more truth, and practice more virtue than others. But considered purely from a natural standpoint, the doctrine of true hygiene is superior, because it unites us on a common foundation. For this reason

we may indeed look unto pure hygiene as a preparatory school for all true religion.

We have, however, not only the same common elements in our bodies, but also the same common organs. The great pump of the heart works in the breast of the poor as well as in the mighty king, and causes the life-giving stream of the blood to circulate through all the small and great organs of the body. The lungs work night and day, while man is conscious and unconscious, in the poorest laborer and the simple mechanic as well as in the highest lord, the millionaire, and the most renowned artist. The innumerable cells of the brain move in the same manner in the most ignorant school-boy as in the learned professor who gains the applause of man by his spirited lectures and fine compositions.

Even if the products of these cells differ according to their natural quality and the amount of practice they have had, yet they work according to the same natural laws; and, as far as the tissues of the muscles are concerned, it is evident that the organs whereby they are produced, work a great deal better in the poor farmer who spends most of his time in the fresh air, than in the sage who is mostly occupied in sedentary work in a rich mansion.

Ignorance with reference to practical hygiene which not only presents the theory but also embraces the practical use of this theory in life, is the rule not only among the heathen but also among the civilized nations of the earth, among the working classes as well as among the higher classes. The heathen and civilized classes who work principally with their hands, do indeed develop their muscles, but neglect sadly the nervous system with its great and important center, the brain, which is the seat for all spiritual development. And the higher classes develop indeed the mind, or the finer organs of the brain, but, with a few exceptions, they neglect to develop their muscles proportionately. Nature demands that all the organs of the human body should be developed alike as much as possible, and this is a condition of true happiness in this life. Whoever desires to enjoy the noblest pleasures of life and obtain its highest happi-

ness, will do well to give heed to the teachings of hygiene, both the theoretical and the practical.

For this reason we would heartily recommend the "GOOD HEALTH" to all classes of men as a most useful means to promote the well-being of man in this life, and as a worthy forerunner of all true religion.

J. G. MATTESON.

*Stockholm, Sweden.*

#### WHAT TO DO WITH THE HOUSE SLOPS.

IN every household, the kitchen and laundry slops are the chief source of trouble. They are of varying volume according to the size of the family, and they cannot always be easily gotten rid of, yet this must be done and quickly or they will cause trouble. The soapy water from the wash-tubs, often amounting to barrells, contains much dirt and animal matter thrown off from the skin, and when exposed to heat and allowed to decompose, it will create very offensive and noxious gases. Then there are the waste products of cooking,—scraps of fat, meat, vegetables, and greasy water—all equally capable of fermentation, and amounting to many gallons in the course of time. The latter may be fed to animals, but it must be gotten rid of promptly and at a safe distance. Under no circumstances, should it be thrown out upon the ground near the back door as heedless householders and domestics so often do. It will surely create a wet, mucky spot, and under the sun's rays, will breed miasma, while if the soakage gets into the well or cellar, no little harm may follow. If nothing else will serve, keep a tight, covered barrel on wheels close at hand to receive such slops, and convey it away to a safe distance. It may be buried at a distant point, but not too much in one spot, and the earth should be carefully covered over afterward. If a drain is provided to receive such slops, it should be tight and made of tile pipe with a good fall, and allowed to discharge at some place where the material will not putrefy and create a stench. Do not let it empty into a stagnant ditch or shallow pond, or along a road gutter where it will be exposed to the hot sun to de-

compose and create malaria. If the ground is sloping, a safe outfall can easily be obtained, but the chief difficulty is where the ground is flat and of tough clay which holds water for a long time. In such cases, I would advise to lay the drain close to the surface of the ground with open joints so that the liquid contents can soak away through the joints into the soil and also be absorbed by the roots of the grass, and, furthermore, be oxidized, or burned up, by the action of the air getting down through the interstices of the ground.

The whole theory of drainage, it may be here stated, is to diffuse the material over as large a space as possible, so as to promote its rapid soakage, and to prevent its saturating the soil in excess, or backing up and causing an overflow at any point. Ordinary soil is capable of absorbing an immense amount of fluid if it is supplied gradually and spread over a wide area, and the drainage of an ordinary household can be readily gotten rid of in a small space,—even a single house lot. If the ground is very tough, it may be necessary to underdrain it. Even in sandy soil there may be strata of hard-pan just below the surface which will hold water, but if this is broken through, the sewage can penetrate below and find free escape. The possibilities of drainage in ordinary soil are shown by the rapidity with which the rain-fall is absorbed. In order to assist soakage, however, there must not be too much grease or other solids. The former chills and chokes up the drain-pipes in a solid mass, especially if they are laid without enough fall, and therefore it is necessary to dig them up and clean them out every year or oftener. This necessity may be avoided by providing a grease trap; this will catch the grease and keep it out of the pipes. It will be found a valuable adjunct to every house.

If a cess-pool is dug to receive the kitchen slops alone, it should be as carefully planned as any other cess-pool. Where the soil is very porous and there is no well within two-hundred feet, and if the cess-pool is one hundred feet distant from the house, then the

bottom may be left open, but the top should always be open for ventilation. The drain from the house should be carefully laid and be tight, especially where it passes by the cistern, and it should be properly trapped at the house. The most common defect in kitchen drains is that they are carried close around the house foundations and so near to the ground that they get cracked or crushed by loaded wagons crossing them. Then their contents soak into the cellar and an outbreak of typhoid fever or diphtheria may follow.

A properly planned cess-pool should be cemented tight, so as not to contaminate the soil in the vicinity; it should be well ventilated, and disconnected from the dwelling by a suitable trap; it should be regularly cleaned out and disinfected, and not allowed to overflow into streams where its contents may cause a nuisance; it should not be within two hundred feet of any well unless absolutely water tight, nor near a house. But how many cess-pools fulfill these conditions? They are constantly found under houses and close to windows.

They are built of brick or stone with loose joints so that their fluid contents leach into the ground about foundations, poison the air, penetrate through the soil to distant wells or water-courses, and breed infection on all sides. They are not ventilated, except by the waste-pipes, which carry the gases of decomposition directly into the living-rooms. They are rarely large enough to retain any amount of material, and hence must of necessity overflow somewhere, while they are seldom cleaned. At Princeton College three years elapsed without a cleaning, and they are usually forgotten until they force themselves on the attention.

A private vault is always a nuisance and a source of possible danger. It is an eye-sore at all times and positively harmful in cold or wet weather from the exposure it necessitates. It attracts flies and mosquitoes, pollutes the soil, and is troublesome and expensive to clean out. Every householder can and should provide earth-closets instead of this relic of barbarism. The private vault itself can be converted into an earth-closet by constructing

a strong, wooden box, tarred inside and out if possible, and arranged to slide under the rear of the out-house for convenience of removal. Then provide a supply of sifted ashes or friable earth, and the appliance is complete. It will insure security against the contamination of wells, destroy odors, eradicate insects, and insure some valuable fertilizers for the garden. But neither house slops, waste water, garbage, nor any other refuse should be thrown into this receptacle.

For indoor use, such a device can be made at small cost, and will be found most useful for invalids or delicate persons, or women and children in inclement weather. I have known one made at a cost of two dollars and fifty cents which served a family quite as well as some of the costly and so-called "automatic" appliances.

Having settled the matter of drainage, the question of water-supply is less difficult. A well is unobjectionable if there is no risk of cess-pool contamination, but it should also be protected from surface drainage and guarded from all impurities. If rain-water is stored in a cistern, a filtering wall should be built of brick to filter the supply through it. An under-ground cistern keeps the water cooler than one indoors, but it must be watched and kept clean and secure. A house tank should never overflow into a drain, but on the roof.

The third essential for a safe habitation is to have a dry cellar. This is a rarity in many sections, and few householders realize how harmful are damp foundations and overflowing cellars. I firmly believe they produce half the crop of sickness, particularly consumption; and I should urge every one to insure that their homes are dry and their cellars well ventilated.

The first essential of a healthy house is that it should be dry. The presence of damp, leads to the decaying of the timbers, and to a disintegration of the masonry and brick work, salt-petering of the walls, growth of fungus, and other vegetation; and serious injury to the health of the inmates. The prime causes of damp buildings are:—

(1) An excess of moisture in the soil or atmosphere, (2) porosity of the material of which it is constructed, (3) lack of ventilation and sunlight. Among the means to cure damp are; a proper construction of cellars and foundations, a damp course to check the rise of moisture through walls, coating the outer surface of the walls with some substance that will exclude moisture; interior lining of tarred paper or Lincrusta Walton, and thorough ventilation by windows and other means.—*Chas. F. Wingate in the Chautauquan.*

“NOTHING BUT LEAVES.”

“NOTHING but leaves”—the words came low,  
In saddened tones so full of woe.  
My heart with anguish then was stirred,  
While to my ears there came a word—Tobacco.

“Nothing but leaves;” yet many a slave  
Has early filled a drunkard’s grave,  
And sadly owned the tempter’s power,  
And cursed the day and cursed the hour  
When first he used tobacco.

“Tobacco is a poison weed,  
It was the Devil who sowed the seed.”  
To raise a crop of gin and rum,  
Dear friends, I think, most every one  
Commences with tobacco.

“Nothing but leaves,” yet something more  
When once we see the dreadful power  
It has upon the sons of men  
Who chew and smoke, and chew again,  
The filthy weed—tobacco.

A slave to just a few poor leaves,  
No matter whose dear heart it grieves—  
Whoever is a slave-like this  
Can never find in endless bliss  
A place for his tobacco.

In heaven tobacco has no place,  
On earth it is a foe to grace;  
And the Devil, who sowed the seed,  
Will say: “Come home, slaves of the weed,  
My harvest from tobacco.”

AMOS A. EVELSIZER.

—A good digestion is as truly obligatory as a good conscience; pure blood is as truly a part of manhood as a pure faith; a vigorous brain is as necessary to useful living as a vigorous will, which it often helps to make vigorous; and a well ordered skin is a first condition of that cleanliness which is next to godliness.—*Christian Union.*

*Why He Wept.*—A succession of direful shrieks is heard on the first floor.

*Fond Mother.* “What is the matter with Billy?”

*Colored Servant.* “Please, ma’am, he is crying for a nuder plate ob preserves.”

*F. M.* “He can’t have any more. He has had four already.”

*C. S.* “Dem is de berry ones he is whoopin’ about. He’s all swolled up.”

*A New Cosmetic.*—A few evenings ago a fine looking, well dressed negro, as black as black can be, entered a drug store, and inquired semi-confidentially of the clerk, “Do you keep lampblack?”

“I can give you some,” was the reply; “how much do you want?”

“Well, you see, sah—ah—is it very nice? I would like a little, sah, in a pretty box—like these,” pointing at boxes containing toilet articles in the showcases.

“Well,” said the clerk, dubiously, “I dunno; for what do you want it?”

“For de toilet, sah; for my wife—she powdahs, sah!”

*A Vegetarian Nation.*—Of all the Asiatic nations, the Japanese are really the most advanced in civilization, and are superior to others in their intellectual development. The country is densely populated, and this fact necessitates the most economical use of labor and of land. As a result, the average native prefers to eat his barley and beans fresh from the hand of nature, instead of taking them second hand in the form of beef and mutton. They seldom eat any other food except rice and milk.

*Anxious Mother.* “It was after nine o’clock when Clara came down to breakfast this morning, and the poor girl didn’t look well at all. Her system needs toning up. What do you think of iron, father?”

*Father.* “Good idea.”

*Mother.* “What kind of iron had she better take?”

*Father.* “She had better take a flat-iron.”

## Seasonable Mints.

—February thaws present an admirable opportunity for taking cold, by getting suddenly chilled after a rapid walk in clothing adapted to a temperature ten or twenty degrees below zero.

—We are often asked, "How should a person dress in winter time?" We always reply, just as you would dress at any other season, according to the weather. Dress for comfort at all times, and you will satisfy the requirements of health.

—Careful mothers will see that their little ones who run out in the snow are well clad with warm woolen stockings and leggins, and have their feet covered with thick leather shoes or boots protected by rubber overshoes. The nice, buttoned overboots which are recently offered in the shoe stores are just the things for ladies' and children's wear at this season of the year.

—The fear of cold weather is one of the greatest of modern foes to health. What does nature bring us the winter for? Certainly for some good purpose. Our warm, moist summers produce a vast development of animal and vegetable growth, which in the fall, matures and ripens, then decays and forms a fertile soil for germs, those mighty though microscopic enemies of health. Just when the bacillus and the micrococcus, the bacterium and the other great and terrible midgets are getting rampant and dangerous, along comes Jack Frost and puts a stop to their festivities. They are all frozen up solid, every one, and the autumn air, which a little while before, like the silver mine in Nevada, had "millions in it," becomes the pure and unadulterated elixir of life, and so remains until the vernal sun loosens the icy fetters and sets them free again, when fortunately, most of them forget to awaken from their frozen slumber, and nature begins anew the

endless alternation of life and death. What a blessed thing is winter!

*Zero Air.*—Just now, half the chronic invalids in the northern hemisphere have either fled to some delusive Florida, or are hovering about some "red-hot Moloch of a big stove" or shivering over a register that is not half hot enough to suit their feelings, roasting the last atom of vitality out of their enervated frames.

What consummate folly! The best cure for some of these half inanimate creatures would be a trip to Greenland with the privilege of working their passage. Open your windows, poor valetudinarians; treat yourselves to a delicious draught of pure, winter air. Put on overcoat and furs, and thick, warm boots, and plunge out into the storm, and see how the effort will "brace you up." There is no tonic half so stimulating as zero air. You are dying for want of it. Try a dose.

*A Winter Tonic.*—People who shut themselves up in stove- or furnace-heated houses during cold weather, depriving themselves of the delicious, crisp, winter air, with its dense, pure, life-giving oxygen, are preparing themselves for a not mysterious "dispensation of Providence" in the spring in the form of a spring fever, or "biliousness," or some other well deserved punishment for their cowardly fear of one of nature's most efficient tonics.

Nothing is more really invigorating than a walk in a keen, frosty atmosphere. How the cold air makes the nose and the cheeks tingle! How sharply the air cuts as it is drawn into the lungs in panting breaths! and how the cheeks glow, and the eyes sparkle! and with what increased energy does the mind apply itself to its tasks! and how the clouds clear away from the mental horizon, under the exhilarating influence of pure, cold air, when one returns to his study or his desk after a half hour's vigorous tramp through the snow of a winter's morning with the temperature away down below nothing!

## ✠ 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.

### PRAY AND WORK.

No answer comes to those who pray,  
And idly stand,  
And wait for stones to roll away  
At God's command.  
He will not break the binding cords  
Upon us laid,  
If we depend on pleading words  
And do not aid.

When hands are idle, words are vain  
To move the stone;  
An aiding angel would disdain  
To work alone;  
But he who prayeth, and is strong  
In faith and need,  
And toileth earnestly, ere long  
He will succeed.—*Sel.*

### A WIFE'S EXPERIMENT.

EVERY time that Jack Hollister looked at his pleasant surroundings, he wondered how Bessie ever contrived to bring about such fine results at such little cost; for although he had been admitted as partner in an old established firm, yet his interest was a small one, and he was obliged to practice the strictest economy.

It made a pretty picture to look upon—the dainty room, the fair haired, girlish wife, sitting on a low stool by the fire, bending over an account-book in her lap, and the tall, handsome husband, who was looking down on her with such undisguised admiration.

Suddenly the lady started, and rubbed the wrinkles out of her forehead. "Here, Jack! take this, please, and straighten it out for me." And she held up the account-book. "I've added it over four times, and I cannot make it come twice alike."

"Very well," Jack bit off the end of his cigar, looked at it with longing eyes, and then reluctantly followed his wife to the center table.

"Be sure and look at all the items."

"Oh, never mind the items—they're all right."

"But I want you to particularly mind them. I have prided myself on my economy during the last three months."

Jack eyed his cigar wistfully, and then sitting down ran his eye rapidly over the pages before him. "Oranges," he exclaimed, as he turned over a leaf. "Oranges again. They are well enough occasionally, but I would n't give the children too many."

Bessie said nothing, and Jack went on with his inspection. As he turned over the second leaf, he whistled softly. "Whew! oranges again. If the children are going to eat oranges at this rate, I think it will be cheaper to start a grove down in Florida."

"They are not all for the children. I must plead guilty of eating a great many of them myself."

"That's quite a different matter. Well, eat all you please, my dear." And he turned over a third leaf.

"Goodness gracious, Bessie!" he ejaculated.

"Why, half the entries are oranges." "Yes, I know," returned Bessie, meekly, "but to tell you the truth, I like oranges so well that I can't very well deny myself. It's a habit I got into when we were in Florida. I suppose you will think it dreadfully silly, Jack, but I really miss them if I don't have them every day."



"Why, Bessie! I thought you were a stronger-minded little woman than that. Eat oranges, my dear, but don't let the habit get the better of you."

"It's not so easy to give up the oranges—it's like smoking, I guess." And she gave a quick glance at him from under her long, curling lashes.

Jack looked up from the book in amazement. "Here's a whole box of oranges!"

"Of course," returned Bessie, serenely—"to treat my friends. You know you have to keep a lot of cigars for your friends."

"Oh!" responded Jack faintly. Then after a moment's pause, he added: "I don't want you to think I am stingy about the expenses—you know better than that, Bessie; but we've taken this house at a higher rent, and the outlay for the children is continually increasing; and it is of the utmost importance that I should not draw any more out of the business than I can help. It's a small matter, to be sure—but really, Bess, I can't bear to think that you're such a slave to habit; break off, my dear."

"As I told you, Jack, it isn't so easy. It's harder to give up than smoking; for smoking hurts one, while oranges, you know, are especially recommended by physicians."

Jack looked up suddenly to his wife, but her face was a blank on which nothing could be read.

"My oranges do not come to more than your cigars, do they?" asked Bessie, with an air of the utmost solicitude.

"I believe not," said Jack, somewhat stiffly.

"Then it's all right," she replied, joyfully. "Put up the accounts, Jack. I see that you are pining for your cigar. Let us go to the smoking-room."

As they reached the door of the smoking-room she turned, and, clasping her hands, exclaimed joyfully:—

"I have a surprise for you, Jack; I know you will be enchanted. It has taken me a long time to prepare it, and it has been very hard work. You'll think it a delightfully original idea. I only wonder that we women haven't tried it before."

By the side of Jack's lounging chair, stood Bessie's little wicker rocker, with its gay ribbons. She ran to the little plush-framed mirror, and took from the pegs underneath, two smoking caps, one of which was Jack's own, and the other a coquettish little affair of light blue cashmere and silver braid, which she jauntily perched on one side of her golden locks. Then, with a charmingly consequential air, she bustled around the room, and took from the table drawer a box of cigarettes, struck a match, lighted a cigarette, placed it in her rosy mouth, and puffed away with all the ease and unconcern of a veteran smoker, while Jack stood by, speechless with indignation and surprise.

Then she took it out, and holding it between her slender thumb and forefinger, eyed it with the eye of a connoisseur.

"I have been thinking for a long time how much more we wives might see of our husbands if we only smoked; for business leaves a man so few hours for home. And it always seems to me that it is a wife's solemn duty to make herself as companionable in every way for her husband as she possibly can. Now, how nice and cozy this is! Instead of sitting at my books or sewing while you are smoking, we can smoke and chat together."

Puff, puff, puff! and the blue smoke rolled upward, almost veiling Bessie's beautiful face from view. "You see, I have mastered the whole thing. I can do it all, except to put my feet up on another chair. I haven't quite the hang of that yet. Perhaps in time I may be able to use a cigar, but this seems more delicate and lady-like, you know." Puff, puff puff.

"It was fearfully hard work," continued Bessie, in a confidential tone; "the first time I tried it, I thought I should certainly die. It was the most unearthly sensation I ever experienced in my life; but I persevered, and now I am just beginning to enjoy my accomplishment. But what's the matter? You don't look altogether pleased, Jack."

"No, I should say not," he replied grimly, twisting his mustache into fierce little points.

"Have a light?" But before the words were well out of her mouth Jack made a prodigious stride, and seizing her wrist in his rough grasp shook the cigarette into the fire. "Bessie, if you wish me to respect you, never let me see you with one of those things again. It is unlady-like—it is an abomination—it is—"

"But the papers said the princess of Wales smoked cigarettes."

Jack made some irreverent remark about her royal highness, and went on angrily:—

"I believe you have lost your wits; I hope you women don't think we men smoke altogether for pleasure. It has a soothing effect on a man's nerves after the terrible push and drive of business."

"And don't my nerves need soothing, too?" inquired Bessie, with sweet simplicity. "I'm sure I have a daily fret and worry with the children and the servant and in trying to make a little money do the work of a great deal."

"But women's nerves are not subjected to such a strain as men's."

"But women's nerves are said not to be as strong as men's, and so they need a double portion of the soothing remedy. Look at both sides of the question, and, Jack, if it is a pitiful sight to see a weak woman the slave of any habit, how much more demoralizing to see men, the lords of creation, under such bondage!"

Jack looked keenly at his wife. "I can't for my life make out," he said, "if this has been a piece of acting for a purpose, or whether it is a reality. At any rate you have made a decided impression. Tell me truly, Bessie, would it make you any happier if I were to give up smoking? Would it, dear?"

Bessie lifted the cap from her head, and faced her husband, solemnly. "Tell me truly, Jack, do you think you are any better for smoking—in health, I mean?"

"No, and I suppose—if some of the doctors are to be believed—I am actually worse for it. It is said to be a strain on one's physical bank account, and I know it to be a drag on the purse."

Jack straightened up, gave his cigar case a loving pat, and laid it down on the mantel with a comical expression of regret. "Here goes," he said earnestly; "no more smoking for me; I give the thing up."

Bessie placed the box of cigarettes beside it. "Oh, the nasty things! how I hate them!" she cried impulsively.

"Then it was acting after all!" exclaimed Jack, a sudden light dawning upon him.

Bessie laughed and nodded.

"What shall we call this little comedy?" asked Jack.

"Let us call it 'Both Sides of the Question,'" replied his wife.—*ScL*.

#### TEMPERANCE.

FATAL effect of luxury and ease!  
 We drink our poison, and we eat disease,  
 Indulge our senses at our reason's cost,  
 Till sense is pain, and reason hurt or lost.  
 Not so, O Temperance bland! when ruled by thee,  
 The brute's obedient, and the man is free.  
 Soft are his slumbers, balmy is his rest,  
 His veins not boiling from the midnight feast.  
 Touched by Aurora's rosy hand, he wakes  
 Peaceful and calm, and with the world partakes  
 The joyful dawns of returning day,  
 For which their grateful thanks the whole creation pay;  
 All but the human brute: 't is he alone,  
 Whose works of darkness fly the rising sun,  
 'T is to thy rules, O Temperance! that we owe  
 All pleasures which from health and strength can flow,  
 Vigor of body, purity of mind,  
 Unclouded reason, sentiments refined,  
 Unmixed, untainted joys, without remorse,  
 Th' intemperate sinner's never-failing curse.

—*Mary Chandler.*

—Three lessons that all are the better for knowing: That cheerfulness can change misfortune into love and friends; that in ordering one's self aright, one helps others to do the same; and that the power of finding beauty in the humblest things, makes home happy, and life lovely.

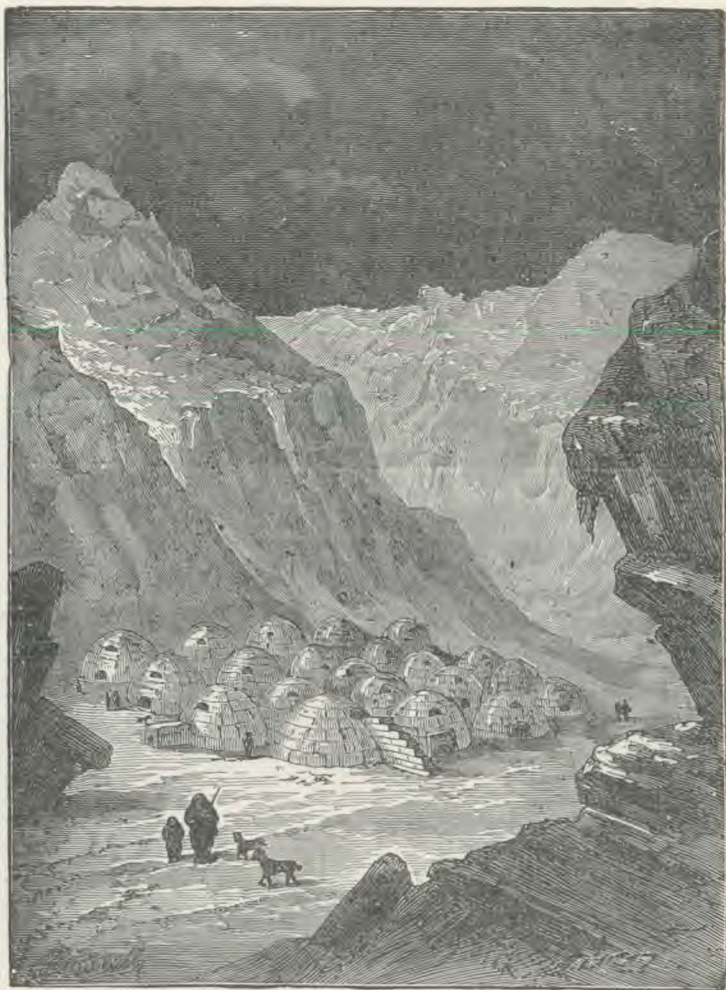
—A gentleman once asked the celebrated Dr. Abernethy if he thought the moderate use of snuff would injure the brain. "No sir," was Abernethy's reply, "for no man with a single ounce of brain would ever think of taking snuff."

### THE CRYSTAL HOUSES OF THE NORTH LAND.

WE who live in this temperate region of the earth, where Nature has lavishly provided for our every want, are often led to wonder how the Esquimau, the inhabitant of the frozen North, that most desolate of all portions of the globe, is able to secure for himself any of the comforts of life. But Nature has not entirely forgotten her children in the land of ice and snow; for though its rough winds, sweeping over their bleak domains, cause all but the hardiest plants to perish, yet the open Polar sea with its whales, seals, and fishes, amply provides them with food, while the seal and the reindeer supplies them material for clothing.

During the short summer months, they dwell in tents made of skins; but when the long winter begins its reign of cold and frost, they build more substantial dwellings. The snow which covers their barren soil, and which, under the action of the winds and frosts, soon attains great solidity, they cut into blocks with knives made of walrus bone, and fashion them into dome-shaped dwellings of crystal whiteness. The first step in the construction of these curious houses, is the tracing of a circle of the required size, upon the smooth surface of the snow. Within this circle, the snow is cut into building blocks, and taken out in order to clear the space down to the solid ice which is to form the floor of the

dwelling. In the construction of the house, two men usually work together, one standing within, and one without, the walls. When the work is finished, the one on the inside,



who is completely walled in, cuts a low door on one side and creeps out. Any crevices left between the blocks in building, are carefully chinked in with loose snow. By constant practice in this sort of architecture, it is said, these people become so skillful that they are able to build their huts with almost as great rapidity as we could pitch a tent. In the accompanying cut, may be seen a village of these curious houses.

The blocks of frozen snow used in the con-

struction of the huts being seldom more than a few inches in thickness, admit sufficient light for ordinary purposes; if more is required, a small window is cut, over which is placed a thin sheet of ice or a well oiled piece of dried deer skin.

The furniture of these crystal dwellings—the seats, tables, and beds—are also formed of blocks of snow. The beds are covered to the depth of several inches, with moss over which is thrown some bear or reindeer skins.

Using much of their food in its raw state, but little fire is required for cooking. Lamps made of soap-stone, and similar in shape to a clam shell, filled with oil obtained from the blubber of the seal and whale, suffice to dry their clothing when wet, and give the needed warmth; for despite the fragile material from which they are constructed, these snow houses are remarkably warm and durable. The winds have little effect upon their dome-like roofs, and the lower portion being under the surface of the snow, greatly promotes warmth.

In specially severe seasons, when extra warmth is desirable, a space is dug deep enough to contain the entire hut, so that its dome will be even with the surface of the earth. To reach this under-ground habitation, a tunnel is dug some fifteen feet in length, sloping first downward, then upward till it reaches the door of the hut, thus the more effectively keeping out the cold air. This tunnel is so low as to render it necessary to creep through on the hands and knees.

A small hole is made in the top to allow the smoke to pass out; besides this, there is no opening, as the doorway is tightly closed. Consequently, these dwellings are very warm, the temperature inside frequently reaching 90° above while outside, it is 50° below zero, so that the Esquimaux while indoors, wear very little clothing, even in the depth of winter, the body generally being stripped to the waist. As will be surmised, the air in these houses is exceedingly foul, the ordinary impurities being greatly increased by the extremely filthy habits of the Esquimaux. As a consequence, these people are short lived, and are an easy prey to consumption, the same fatal malady

which destroys one-fifth of the entire human family in civilized lands.

If it be asked, Why should human beings dwell in such an unfriendly climate, where the conditions of life are for a greater portion of the year inimical to health? we find an explanation in the fact made known to us by the explorers of this frozen land, that this region, now buried in ice and snow, was once the home of the elephant and a numerous family of tropical animals, which roamed, as they now do in Africa and Asia, among the most luxuriant forests which formerly covered the now barren wastes. A recent writer of eminent scientific and theological repute, has even put forth with much show of evidence the claim that in this desolate part of the earth is to be found the long-sought cite of Adam's lovely garden from which man was driven after his unhappy fall.

In a future number, we will study more at length the social and sanitary conditions of the natives of the frozen North.

E. E. K.

#### SUPERFLUOUS WOMEN.

Mrs. Mary A. Livermore most aptly says upon this subject; "Yes, there are plenty of them, and of superfluous men also. But you will not always find them among the unmarried. *They* are superfluous women, who give themselves to idle pleasure and morbid fancy, and despise the activities of the age in which they were born; who are so lacking in principle that they will accept any man in marriage—an octogenarian, an imbecile or a debauchee—if his establishment be satisfactory. Who, anchored in the haven of a husband's love, and surrounded by the evidences of his practical thoughtfulness, become steeped in selfishness, and make their whole life a hot pursuit of folly and fashion, interested only in the whim of the hour.

"Let the estimate of woman be changed, so that she may be valued for what she is in herself. If she be worthless as woman, she will be worthless as wife and mother.

"Let her training be such that whether married or single, she shall have a character and

ability to stand alone, with value in herself. Then will she enrich society, and whether wife, mother, or celibate, she will, in no true sense of the word, ever become a superfluous woman."

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## Temperance Notes.

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—The prohibition Party in Texas polled over 25,000 votes at the last election.

—The temperance people of Maine are endeavoring to secure a State law forbidding the sale of cider more than twenty days old for any purpose except to be made into vinegar.

—The only male stockholder in the Woman's Temperance Publication Association is the aged poet, J. G. Whittier, who, having much faith in the organization, helped it in its early and perilous days.

—The Legislature of Alabama has agreed upon a very high liquor-license tax, and has passed a prohibition law for two of the counties most largely settled by negroes. Respecting this step, a southern democratic paper remarks as follows: "The planters are finding that prohibition is a necessity. The negroes are rapidly becoming worthless as laborers because of their drinking habits. The greater part of their earnings is spent for whisky, and the consequence is that when they are most needed, they are not in a condition to work. The planters have tried every means but prohibition to remedy the whisky evil, and now they propose to try that."

**Prohibition in Michigan.**—At the present moment there is a brilliant prospect that the legislature of Michigan will give the citizens of this great State an opportunity to express their will regarding the rum traffic at the next general election. The bill providing for the popular vote upon the subject, has already passed the House by a four-fifths vote, and will undoubtedly pass the Senate in due time. The friends of prohibition take courage at the prospect.

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## POPULAR SCIENCE.

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—A shower of red and blue hailstones recently occurred in Venezuela.

—Dr. C. Keller of Zurich claims from careful observation of their habits, that spiders by destroying *aphides* and insects perform a very important part in the preservation of forests.

—Variation in sound is regulated by the number of vibrations, the more numerous these vibrations, the higher the sound. The deepest, gravest tone that is possible for human ear to hear has 32 vibrations per second. The highest and shrillest has about 70,000. Man's voice can scarcely go below a sound that gives 164 vibrations, nor woman's voice higher than 2088 vibrations per second.

**An Interesting Discovery.**—The digging of a well in a vineyard near Pompeii recently revealed the very interesting fact that there exists an extensive street of tombs underneath the present surface of the earth, about one thousand feet east of the amphitheater of Pompeii. If the whole street is as closely lined with tombs as the portion laid bare, it will be one of the most remarkable discoveries lately made in that part of the world.

Most of the tombs are covered with rude inscriptions painted in red, many of them being of the nature of advertisements, the tombs thus serving the purpose of a newspaper along the much frequented road. This street of tombs is supposed to belong to the periods of Julius Cæsar and Tiberius, although the exact date has not yet been accurately ascertained.

**A Mountain of Glass.**—One of the forth-coming reports of the Geological Survey, will contain a paper by Professor Joseph P. Idding, upon a cliff in Yellowstone Park. This cliff is an elevation half a mile long by from 150 to 200 feet high, the material of which, Professor Idding says "is as good a glass as any artificially manufactured." The cliff presents part of a section of a surface flow of obsidian, which poured down an ancient slope from the plateau lying east. The dense glass which now forms its lower portion is from 75 to 100 feet thick. A remarkable feature of the cliff, is the development of prismatic columns which forms its southern extremity. These are of shining black obsidian, from fifty to sixty feet in height, with diameters varying from two to four feet. The color of the material of this cliff, is for the most part jet black, but much of it is mottled and streaked with bright brownish red and various shades of brown. The brilliant luster of the rock and the strong contrasts of colors with the black are very striking.—*Sel.*

## SOCIAL PURITY.

"Blessed are the Pure in Heart."

### THE WHITE CROSS MOVEMENT.

THERE was recently held in Chicago an enthusiastic meeting in the interest of the *White Cross* movement. The Rev. B. F. DaCosta, who gave the principal address of the evening, in speaking of the origin and objects of the *White Cross* work, said:—

"A few years ago the Bishop of Durham founded it for the purpose of promoting purity among men, and thus help to save women. The work has made great progress, and is now advancing wherever the English language is spoken. About three years since, it was begun in New York City, and now numbers its members and friends in every State in the union, having gone into schools, colleges, and universities, and taken a strong hold upon all classes. Its object is to lift men up to a higher standard of practical living and thinking, and to influence legislation in its connections with moral issues. The work is one that deals with an evil that overtops all other evils, even the evil of drunkenness. The most sacred portion of our nature is the portion in connection with which there is the greatest danger; and in this connection there stands an array of black and horrible facts, which, if known to-day, would create an explosion more to be dreaded than any of those revelations which shook England a little while ago. The *White Cross* pledges the individual to treat all women with respect, and to endeavor to protect them from wrong. It is fast becoming recognized that the condition of legislation as it affects women is a disgrace to the country. The wrong is in her wages—for low wages are always associated with degradation. A woman has a right to

the same wages as man for doing the same work, yet poor girls are set to stitching prayer books and Bibles to-day at wages wholly insufficient to enable them to lead a virtuous life."

The other purposes of the society, briefly explained, are "to endeavor to put down all indecent language and coarse jests, to maintain the law of purity as equally binding upon men and women, to endeavor to spread these principles among companions, and to use every possible means to fulfill the command, 'Keep thyself pure.'"

*Moral Culture of Children.*—The cultivation of the moral faculties of the child cannot be begun too early. Depraving influences are so abundant and so certain to be brought in contact with the little one at a very early period in its existence, that the attempt to fortify the mind against such influences, cannot be made at too early a date. It is of the greatest importance that while the minds of children are yet impressible, such images of truth and purity, should be formed upon them as cannot be easily effaced. Children ought early to be taught to love the right *because it is right*. The instinct of fear should seldom be appealed to, and never when such an appeal can be avoided. The dignity of truth, the nobility of purity, and reverence for nature and the God of nature, should be held up before the young mind as the highest possible incentives for right-doing.

—Idleness is the hot-bed of temptation, the cradle of disease, the waster of time, the cancer worm of felicity.—*Burke*.

**An Unpunished Wretch.**—A few weeks ago, a vile fellow was arrested in Detroit, Mich., for an indecent assault upon a little girl. At the trial, it appeared that the child was just a little more than twelve years of age, and as it was claimed that she consented to the act, the villain was allowed to go free. Some one will exclaim that such a judge ought not to be allowed to remain upon the bench: but it was not the fault of the judge. A judge cannot make the law. It is his duty to interpret the law, and see that it is enforced. He can do no more. It appears that in the noble State of Michigan there is no law by which the perpetrator of a crime of the sort named, can be punished. Is it not high time that a new law was added to the statute books, or that old laws were properly amended? A petition from the women of this State has been presented to the legislature now in session, asking for a change of the laws, raising the age of consent; and it is hoped that the matter will receive prompt and proper attention.

**The Immorality of Newspapers.**—The grossness of the American newspaper press, has become a scandal to the nation, abroad as well as at home. The *London Spectator* asserts that in England "the journalists do not report, and the public will not read about Smith, Brown, and Robinson and their womenkind, their quarrels, their sufferings, or their intrigues, but the people concerned must be high in the social scale. In this country, nobody is too low to have his quarrels, sufferings, or intrigues set forth at length, and the papers teem with 'spicy' reports of the elopements of bartenders and servant-girls, the scandals of unknown families, and the divorce suits of people of whom nobody ever heard."

The enormous depravity which is hidden under the guise of aristocracy among the upper classes of England, has been made so conspicuously public by the recent Campbell divorce suit in England that the English newspapers have almost unanimously joined in the demand for the suppression of the accounts of these great scandal cases which are becoming conspicuously frequent in English courts.

The details of the case referred to, which have been telegraphed across the ocean, were so gross that *Puck* says, that even the fish kept away from the cable while the news was in transit. There can be little hope for very great improvement in public morals while the newspapers of the land continue to act as educators in vice. There is great need of a Moral Reform Association among American newspaper editors.

**Paul's Lesson on Purity.**—The great apostle penned many great thoughts and most beautiful figures, but nothing he ever wrote or uttered is more expressive than the following language to Timothy, which ought to be written on the heart of every youth: "In a great house there are not only vessels of gold and of silver, but also of wood and of earth; and some to honor, and some to dishonor. If, therefore, a man purge himself from these, he shall be a vessel unto honor, sanctified and meet for the Master's use. *Flee also youthful lusts, but follow righteousness.*" 2 Tim. 2: 20-22.

**A Modern Plague.**—It seems that in the literature of the day, the ten plagues of Egypt have returned, and the frogs and lice have hopped and skipped over our parlor tables.

Parents are delighted to have their children read, but they should be sure as to what they read. You do not have to walk a day or two in an infested district to get the cholera or typhoid fever; and one wave of moral unhealth will fever and blast the soul forever. Perhaps, not knowing what you did, you read a bad book. Do you not remember it altogether?—Yes; and perhaps you will never get over it. However strong and exalted may be your character, never read a bad book. By the time you get through the first chapter, you will see the drift. If you find the marks of the hoofs of the Devil in the picture, or in the style, or in the plot, away with it.

But there is more danger, I think, from many of the family papers, published once a week. I name none of them; but say that on some fashionable tables there lie "family newspapers" that are the very vomit of the pit.—*Talmadge.*

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\* BIBLE HYGIENE. \*

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**WHAT THE BIBLE SAYS ABOUT TOBACCO.**

TEXTS WHICH CONDEMN ITS USE.

BY G. W. AMADON.

1. "WHETHER, therefore, ye eat, or drink, or *whatsoever ye do*, do all to the glory of God." 1 Cor. 10: 31. It is generally conceded that tobacco is an enervating, devitalizing narcotic. It impairs health, beclouds the mind, and is a terrible waste of means. How, then, can such a drug be used to the "glory of God"?

2. "But I keep under my body, and bring it into subjection, lest that by any means, when I have preached to others, I myself should be a castaway." 1 Cor. 9: 27. Does any person "keep the body under" when he indulges in the unwholesome and debilitating practice of chewing or smoking tobacco?—No more than the person keeps the body under who drinks whisky or beer or brandy, or chews hashish, or takes chloral.

3. "Every man that striveth for the mastery, is temperate in all things." 1 Cor. 9: 25. A man *cannot* be temperate and use tobacco. Is that person temperate who uses arsenic, or opium, or hashish, or strychnine?—No! a thousand times, no! Tobacco is just as bad, or worse; its use is evil, and only evil, and that continually. It is morally impossible for a man to be temperate and use tobacco.

4. "Having, therefore, these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. 7: 1. It is generally admitted, even by smokers and chewers, that the use of tobacco is one of the most *filthy* habits a person can indulge in. So notorious is this fact, that an old chewer, half in earnest, once quoted this

text in extenuation of his practice: "He which is filthy, let him be filthy still." Rev. 22: 11.

5. "Ye cannot be partakers of the Lord's table, and of the table of devils." 1 Cor. 10: 21. The indulgence of cigars and pipes, is a kind of a smoke-offering to his Satanic majesty. Tobacco in any form is one of the condiments of the Devil's table. Go to any saloon and see if this is not so. All who use tobacco are, to just that extent, worshipping the Evil One, and helping to sustain his kingdom.

6. "Whose end is destruction, whose god is their appetite." Phil. 3: 19. Tobacco is entirely unnecessary. Men and women use it wholly to gratify an *unnatural* appetite. For this hurtful indulgence, the Creator will hold them responsible. Let all, then, beware; for the Judgment is at hand.

7. "Thou shalt have no other gods before me." Ex. 20: 3. This is the first of the ten commandments of the great Jehovah. Its application is very broad. But it is daily transgressed by over three hundred million persons who bow at the shrine of the tobacco-god in the various acts of chewing, smoking, snuffing, and dipping. Alas, for this almost universal tobacco idolatry!

8. "Come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you." 2 Cor. 6: 17. Tobacco is a very unclean thing. It is so filthy, so loathsome, so repulsive, that only an offensive species of goat and a disgusting kind of worm, among the lower animals, will use it. It is the filth-god of many nations of the earth. The person who takes his quid, virtually proclaims, *Behold an animal that chews the cud!*

9. "Glorify God in your body and in your



spirit, which are God's." 1 Cor. 6 : 20. It is a startling thought that one-fifth of all the inhabitants of the globe are transgressing this injunction of the Holy Spirit by indulging in the tobacco lust. Mr. Spurgeon, the noted London preacher, once flippantly said that he "smoked to the glory of God." As well might the Brahman say that he chews betel-nut to the glory of God, or the worshippers of Baal that they burned incense to the glory of God. The Scriptures say, "Woe to them that call evil good."



**THE BUTTER OF THE BIBLE.**

THE accompanying cut shows the oriental method of churning. Sometimes the goat or young buffalo skin, half-filled with milk, is suspended from a tripod formed by three poles set up together. A woman stands by and swings and kneads the bag until the butter comes.

Two kinds of butter seem to have been known to the ancient Jews; one was very much like our butter, only it was boiled after churning, so that it became, in that warm climate, practically an oil; the other a sort of

curdled milk. The juice of the Jerusalem arcticoke was mixed with the milk, when it was shaken in the same way until a sort of curd separated.

The word "butter" is used in the Bible in many places in which cream would be a more correct translation, as in Isa. 7 : 15-22.

### BIBLE READING.

#### SOCIAL PURITY.

1. How do a man's thoughts affect him personally? Prov. 23 : 7, first clause.
2. If a person sows corrupt thoughts, can he expect to reap good deeds? Gal. 6 : 7, 8.
3. Where do evil thoughts arise? Matt. 15 : 19.
4. What are we commanded about purity of heart in Jas. 4 : 8?
5. Do we naturally talk about those things which occupy our minds most? Matt. 12 : 34, 35.
6. What is promised those who will become pure in heart? Matt. 5 : 8.
7. Is it sinful to think of foolishness? Prov. 24 : 9.
8. How may we know what things to avoid that our conversation may be right? Ps. 119 : 11; Heb. 4 : 12.
9. What things should be carefully guarded against in conversation? Eph. 5 : 4; 4 : 29.
10. How should we treat those who indulge in telling scandalous and impure stories? Eph. 5 : 11, 12.
11. Are any naturally holy in thought? Gen. 8 : 21.
12. What prayer may we all offer? Ps. 51 : 1, 2, 10-12.
13. What must we forsake to find pardon?—*Evil thoughts and ways.* Isa. 55 : 6, 7.
14. Does God know our thoughts? Ps. 139 : 1-4.
15. Are we commanded to control our imaginations?—*Yes.* Zach. 7 : 10; 8 : 17.
16. Can we keep the seventh commandment and yet allow our minds to dwell on impure things? Matt. 5 : 27, 28.
17. Are the doings of children noticed by God? Prov. 20 : 11.
18. What is it essential to do to become pure? 2 Pet. 1 : 5-7.
19. Does pure love think of evil things? 1 Cor. 13 : 4-6.
20. What must we do to overcome? Jas. 4 : 7.
21. Should we allow our imaginations and thoughts to run on whatever we see and hear? 2 Cor. 10 : 5.
22. Upon what things may we profitably think and converse? Phil. 4 : 8.
23. On what may we place our affections?—*Things above.* Col. 3 : 2.
24. Must we meet all acts and deeds again?—*Yes.* Eccl. 12 : 13, 14; Matt. 12 : 36, 37.
25. What should we ask God to do for us? Ps. 139 : 23, 24; Matt. 5 : 8.

*Battle Creek, Mich., Dec. 2, 1886.*

G. T. WILSON.



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

TERMS, \$1.00 A YEAR.

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**SOME MIND-CURE NOTES.**

THE growth of this new medical craze in new parts, is one of the phenomena of modern times. Several things are noticeable in relation to it; 1. Nearly all of the healers and the healed are of one sex. Probably the advocates of the theory say of the men, "Oh! ye of little faith." 2. The enthusiasm does not last very long in any single locality or community. Like the itinerant, patent medicine vendor, or the East Indian *Fakir*, these modern miracle workers are continually moving on to find "new worlds to conquer." 3. The cases of marvellous cures which are so industriously advertised in the newspapers, show a remarkable tendency to relapse. Many bed-ridden invalids, who, under the influence of a wild enthusiasm and an excited imagination, are made to walk, a week after the magician has departed, may be found upon their beds again as helpless as ever.

The "blue-glass mania" had its day, and so must this new diversion. Meanwhile, the blue glass manufacturers, and the "mind-cure" apostles who initiate novices into the secrets of the new science at ten to fifty dollars a head, are congratulating themselves upon the pecuniary results of their ingenious advertising. Both of these medical discoveries are most unmitigated frauds; and both have been remarkably successful by the aid of the unscientific imagination and the native gullibility of the uneducated public. These various popular humbugs are well calculated to serve as foolometers to test the length, breadth, and

thickness of the foolishness of the nineteenth century.

An old gentleman in Chicago a few days since, was suddenly taken with vomiting. The cause was apparently inscrutable. His attending physician, who was treating him for a nervous disorder, was puzzled. It appeared, later, that a certain "healer" five miles distant, had that day begun to operate upon him, and that the two kinds of medicine disagreed; at least, this was the explanation given by the mind-cure doctor.

Consider for a moment, gentle reader, what a fearful danger threatens us. Suppose one of these omnipotent and omnipresent (if we believe their claims) mind-cure medicine men or women should turn his attention to any of us; what is there to prevent our getting sick at the stomach, or beginning to turn somersaults, or cut up any sort of antics which the fancy of said mind-cure doctor might suggest, at any moment. And if several of these powerful magi should focus their influence upon one unfortunate human being at once, couldn't they make things lively for him?

It is a somewhat singular thing that there are to be found intelligent people who cannot at once see that this mind-cure theory, if true at all, claims so much as to become at once preposterous and absurd. The promoters of this mode of professed cure do not hesitate to declare their ability to cure consumption,—no matter if the lungs are destroyed, it is easy to make new ones; to cure cancer, even when the surgeon's knife and the cancer doctor's paste have failed; to restore to soundness and activ-

ity, limbs whose muscles have perished from many years of disease and disuse; to remove warts and tumors and morbid growths and diseases of every description.

What a useful appendage one of these mind-doctors would be to a wooden-leg factory. Imagine a case: Here comes a poor fellow on crutches, having lost a leg in a saw-mill, his nether extremity by mistake getting into the place where the log ought to have been. Says the proprietor:—

You want a new leg, sir?

Yes, sir; that is my errand here.

Very well, sit down here a few minutes and you shall have one. Come here Mr. Metaphysical Scientist, here is a case for you; a worthy man who needs a leg; make him a good one as quick as you can.

Down sits the cripple, and the mind-cure doctor also, with his back to the patient. Now the mind-cure doctor is supposed to begin to meditate something after the following program:—

This man thinks he has lost a leg. He is wholly mistaken. A one-legged man is not according to the divine order of things. God created all things. A good God could create no evil thing. The man whom God pronounced very good, had two legs. This man has but one, hence he is not good. A one-legged condition is an evil thing. But as God created all things, and as a good God could create no evil thing, it is evident that no such thing as a one-legged condition can exist. Hence, it is very apparent that this man's one-leggedness is wholly in his mind; he must be made to believe that he has two legs as good as any body's, and he will be all right.

So he will presently say to our one-legged friend:—

My dear friend, you are the victim of a diseased imagination. It is impossible for a man to be deprived of a leg unless he allows the false idea to get possession of his mind. Forget your one-leggedness. Throw away your crutches, and walk and run about like other people. This new philosophy elevates the spirit above the realm of matter. Your spiritual leg cannot be amputated. All you need do is to be-

lieve, to bring yourself into rapport with the great forces of nature, and presently your spiritual leg now hanging out in the cold, will be clothed again with flesh and blood as before, or rather as it has really been all the time, only your lack of faith and knowledge has prevented your realizing it.

Now if the mind-cure or metaphysical philosophy be true, this poor cripple ought presently to see a new leg budding out of the barren waste of his shriveled stump, and we ought to see him marching off with a real leg instead of a wooden one.

If a mind-cure wizard can grow in a new lung or a new stomach or a new liver, or can grow out a tumor or cancer or an epilepsy or a paralysis, or can make a man vomit at a distance of five miles, why can't he grow on a thumb or a leg or a nose, or grow in an eye, or make a loaf of bread out of air, or convert a clay man into a live one?

#### *Warning against the Use of Gelatine as Food.*

—The common use of gelatine in desserts and in a variety of ways, is by no means to be commended from the standpoint of health. Many years ago, experiments were made in France by a Gelatine Commission for the purpose of determining the food value of gelatine. The experiments of the commission showed that it is incapable of supporting life. Recently, Dr. Batley has made a report upon gelatine to the *Anti-adulteration Journal*, a portion of which we quote, as follows:—

“The use of gelatine in ice-cream, *Charlotte-Russe*, and other foods is becoming almost universal. It is employed in cases in which eggs were formerly used. The nutritive value of pure gelatine has been shown to be very low in the scale of foods. The beef gelatine of the markets that is used by bakers is far from being pure gelatine. It frequently has a very disagreeable, fetid odor, and has evidently begun to decompose during the process of manufacture. After a thorough drying, putrefaction does not take place as long as it remains dry. But suppose, however, that gelatine which has thus begun to decompose during the drying process, containing,

perhaps, the putrefactive germs in the dried state, be dissolved in water, and kept in this condition for a few hours previous to being used in hot weather; the result would be rapid putrefaction. This putrefaction would be checked by the freezing into ice-cream; but the bacteria causing it, are not killed by the low temperature. As soon as the cream is melted or eaten, they resume their activity in the body, and may cause sickness. Several cases of sickness have recently come under my personal observation, apparently from such a cause. . . . It is a well known fact that gelatine is an excellent medium in which to cultivate various kinds of micro-organisms; and if the conclusions here mentioned be correct, it seems that gelatine should be used with great care in connection with food preparation. When used carelessly it may do a great deal of harm, as the above cases show. I wish to impress those who use it with the importance of guarding against its dangers. Gelatine should not be allowed to remain in solution for many hours before using, especially in hot weather.

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"When used at all, only the best varieties should be employed, and such as are free from putrefactive odor. Gelatine is added to oleomargarine by some manufacturers for the purpose of making it hold more water. It is claimed that by its use this compound may be made to hold as much as twenty per cent of its weight of water."

**Winter Sleeping Rooms.**—In cold weather, every room in a house in which there is no fire, rapidly accumulates dampness. It is easy to see how this may be the case. The kitchen stove is covered for a great part of the day with vessels in which water is boiling, sending off volumes of steam which condenses upon the surface of the walls and windows of the room, and upon every cold object. These vapors penetrate to every corner of a dwelling. They find their way into the parlor and the spare bed-room, and ascend into the chambers, where they settle upon the bed-clothing, and saturate the cotton or linen sheets, and

prepare a cold pack for the occupants of the bed at night. On this account, beds in rooms which have no fire in them, are certain to be damp; and to put a person into such a bed, is almost equivalent to plunging him into a tub of cold water. Thousands of persons have lost their lives by sleeping in such beds.

Every sleeping-room should have a fire in it at least three or four times a week, so as to thoroughly dry the bedding and the walls of the room. When this is impossible, the bedding may be removed to another room, and dried about a fire, and hot jugs or bottles may be placed in the bed to warm it up to a safe temperature. The great loss of bodily heat incurred in the attempt to warm up a cold, damp bed, is a serious tax upon a person's vitality: and though many vigorous persons may be able to endure such bad treatment for many years, feeble persons often succumb to the first experience of the sort, awaking in the morning after a wretched sleep, with a well developed pneumonia or a pleurisy, or some other malady equally as bad. Beware of a cold, damp bed.

**Tuberculosis in Fowls.**—At a recent meeting of the Veterinary Society, according to the *Sanitary Record*, M. Norcard presented a communication respecting tuberculosis, or consumption, in birds and fowls. He had seen four poultry-yards, the fowls of which were infected with this disease. The disease, he found, was communicated to them by eating the carcasses or excrement of animals affected by tuberculosis. These facts make it readily apparent that a tuberculous cow is dangerous, if only through the medium of the milk, or through the possibility of the infection of fowls, whose scavenger habits lead them to frequent barn-yards or manure heaps, thus exposing themselves to the contagion of tuberculosis, and becoming the carriers of the disease to human beings.

—A Frenchman swallowed an iron fork eight inches long. A surgeon located it by means of a magnet, and made an opening into the stomach and removed the fork. The openings were sewed up and the patient recovered.

**Beecher on Sea-Sickness.**—As many of our friends are crossing the ocean quite frequently now-a-days, some of them may possibly find consolation in the following observations on the subject of sea-sickness by Mr. Beecher, who is much subject to this malady, in which he summarizes the various remedies recommended to him:—

Go on board with a full stomach of plain but nourishing food; do not have anything on your stomach when you embark.

Keep on deck; do not go out of your state-room, but lie quietly on your back.

Take champagne or claret, or brandy, or whisky, or gruel, or oatmeal porridge, or bits of salt cod-fish scorched upon live coals.

Then have an iceberg along your spine; a light belt should be worn below the waist; use homœopathic remedies freely—it makes little difference of what kind, blue pills and Congress water are as good as anything.

As a result of his experience, however, he pins his faith to the following:—

But the best of all things is to kick the doctor out of your state-room, lie still in your berth and wait for land. This is a sure cure.

There are many alleviations of this condition—the smell of bilge water, if on ship; the smell of grease, if on a steamer; the smell of dinner, if your state-room opens on the dining-saloon; the rattle of knives and the jolly roar of merry men at their abhorrent meals. For variety, a friend visits you and narrates his experience and recommends new torments.

**Danger from Impure Ice.**—Every winter a vast amount of impure ice from mill-ponds and rivers and stagnant pools is gathered to be consumed the following summer in ice-water, and various other cold drinks or refreshments. Few people imagine that there is any possible harm from this source, as the popular theory of the matter is that water “freezes pure.” The falsity of this notion was exposed long ago, but the public do not yet seem to be properly aroused upon the subject. The following conclusions reached by the State Board of Health of New York, which has lately made a careful investigation of the

subject, puts this matter upon a solid scientific basis:—

“Ice formed in impure water has caused sickness; it may contain from eight to ten per cent of the organic matter dissolved in the water, and in addition a very large amount of the organic matter that had been merely suspended or floating in it; it may contain living animals and plants, ranging in size from visible worms down to the minutest spores, and the vitality of these organisms may be unaffected by freezing.”

**Bill Nye on Bright's Disease.**—The editor does not believe much in the burlesque style of wit, but there is a useful fact shown in the following paragraph from Bill Nye; viz., that the popular humorist, though not medically educated, has discovered by personal observation, that the wealthy, who can afford to live “high” and whose habits are sedentary, have pretty much a monopoly of Bright's disease of the kidneys:—

“John Bright was born in 1811. He made a tour of the Holy Land at the age of twenty-four, but did not decide to purchase it, owing to the existence of a flaw in the title. On his return from the Orient, he discovered that what was most needed in Europe and America was a good, reliable disease for the use of the better classes. The poor and humble were well supplied; but the rich, the aristocratic and patrician statesmen, corned heads, and porkists, of the two lands, languished for a good, reliable disease that the poor could not obtain. So he began to sit up nights and perfect Bright's disease. He gained the prize at the Paris Exposition, and honorable mention at the great central celebration at Philadelphia ‘for a meritorious and effective disease for the better classes.’ Since that time he has been gratified to notice that the very best people, both in his own land and in this, are handling Bright's disease. It has been kept out of the reach of the poor, and to die from this ailment has been regarded as a proud distinction.”

—Dr. Tanner, the famous faster, is a radical vegetarian, and is now one of the leaders in a vegetarian colony in New Mexico.

**The Earthquake Cure.**—A Charleston physician has been writing to the *Medical News* an account of the medical aspects of the recent earthquake in that unfortunate city. After relating several cases in which persons were nauseated, and vomiting produced which continued unabated for days, the doctor tells of cases in which chronic invalids were suddenly cured of long standing ailments. One man was wholly cured of a chronic rheumatism, and another was as suddenly relieved of a nervous exhaustion which for months had incapacitated him for business, and recovered his old-time energy and activity. What could be more stimulating than a first-class earthquake? Such a remedy ought to start a man out of the deep worn ruts of disease if anything could. Now perhaps some one will seize upon this new idea, and develop a system of earthquake treatment for the cure of bedridden rheumatics and neurasthenics. By the aid of giant powder or dynamite, a small earthquake could be gotten up to order, and modified in intensity to suit the demands of each case. Such a method might in time become able to compete successfully with the mind-cure. A good many physicians have met cases that needed a "good blowing up" about as much as anything.

**A Legend with a Lesson.**—Ancient myths often embody truths of great importance. They are generally the truest representation of the popular thought of the age which produced them.

An old-time legend, well told by Rev. L. M. Woodruff at a Sanitary Convention held under the auspices of the State Board of Health of Michigan, contains a warning to those who imagine that they can safely ignore the teachings of sanitary law. Here it is:—

"Three thousand years ago, there was a fragment of Israel that rebelled against the sanitary laws of Moses. They counted him a fossil, and his sanitary regulations as an imposition; so, departing from the borders of Israel, they sought a remote and obscure province where they could enjoy the liberty of their own opinions and practices. After a century

had passed away, conceiving that time and sad experience might have wrought repentance, Israel sent a delegation, a sort of sanitary committee, to visit these rebellious subjects and persuade them, if possible, to return. They were found to be in no mood to respond to these kind solicitations, but their degradation and habits of life would have suggested to a Darwin the missing link between the human and the herding kind. Another century having passed, another delegation sought out the obscure place; no traces of civilization were to be found there, no human footsteps on the sand, nothing to disturb the solitude of the place, except a tribe of monks. They observed, however, that on the Sabbath day there was a solemn stillness all around, even in monkeydom. They had not ceased to be Sabbatarians, and this melancholy silence on the seventh day was the only token these pitiable creatures gave that they were indeed the remnant of that unfortunate tribe that rebelled against the sanitary commission of Moses."

**Taking Cold.**—Most people regard it as a trivial matter to take a cold, but it ought to be more generally known that a cold is really a very serious matter. A large number of grave diseases have their beginnings in colds. A severe cold is often not recovered from for months; and frequently the beginning of years of suffering, may be easily traced to a cold taken as the result of the grossest disregard of the commonest principles of health-care.

February thaws bring about a state of dampness and warmth which is very likely to produce a state of the system and carelessness as regards exposure, which are in the highest degree conducive to cold-taking. A vastly greater number of colds are taken at these times than during the sharp cold weather when the thermometer is somewhere near ten or twenty below zero. Look out for wet feet and sudden chilling by getting into a perspiration after a sharp walk. It is vastly easier to prevent a cold than to cure it.

**Delirium Trimens from Tea.**—The assertion that the use of tea may produce drunkenness has surprised many persons; but the physiologist knows very well that both tea and coffee contain a poison which in a pure form is much more deadly than alcohol. Indeed, theine, the toxine principle of the common beverages, is not less than two hundred times more powerful as a poison than is alcohol; that is, a few grains of theine will produce as deadly effects as two hundred times as much alcohol.

A strong cup of tea has more intoxicating properties in it, than an equal quantity of beer. Notwithstanding the poet's eulogy, "The cup that cheers and not inebriates." An English writer tells of a party of London newspaper correspondents who meet regularly on Saturday nights, and have a regular spree on tea. Some of them are generally found under the table in the morning.

The London *Lancet* tells of a young lady who recently suffered with delirium tremens from chewing tea leaves. How much more evidence is needed to convince our skeptical, tea-loving friends.

**Potato Poison.**—It is probable that every person knows that potato balls are poisonous. All may not know that the young sprouts are poisonous also, containing quite an amount of a very poisonous substance known as solanine, somewhat similar to belladonna in its effects. Probably it will be new to nearly all our readers to learn that the parings of both very young and very old potatoes contain this same poison. It is evident, then, that the skins of such potatoes should not be eaten.

**Coffee Chewing.**—A medical journal, the *Medical and Surgical Reporter*, tells of a young woman who acquired the habit of eating roasted coffee, eating sometimes as much as half a pound in a day, and continued it for four months. She was very pale, sallow, and nervous: she had a weak pulse, impaired digestion, and got out of breath easily when going up stairs.

—The functions of the various parts of the brain are now so well understood that the skilled surgeon can often tell by symptoms just the location of a tumor in the brain. An English surgeon has had brilliant success in four cases of this sort in which by the removal of brain tumors, obstinate epilepsy was cured.

—A Chinaman, Mr. Wong Chin Foo, says that there are two hundred and three different substances used in adulterating tea, and that no green tea shipped to this country is fit to use on account of the copper and other poisonous things which it contains.

—M. Miquel, of Paris, has showed by prolonged and careful observations, that the number of germs in the air is nearly three times as great in summer as in winter, to which fact he attributes the greater salubrity of the winter season.

—Medath, an Italian, has exceeded Tanner and Griscom in their prolonged fasts, having, at last accounts, fasted fifty days under strict surveillance, with no other sustenance than filtered water. He has lost twenty-two pounds in weight.

—Two hours of natural sleep is worth more for real recuperation than a whole night of unconsciousness under the influence of some drug. Artificial sleep is no substitute, in a physiological sense, for "Nature's sweet restorer."

—A family in a Michigan town is said, by a newspaper, to be passing through the waters of affliction, twelve members of the family being sick with typhoid fever. It is evident that the waters of affliction are furnished by the well.

—It is claimed by a recent chemical authority that arsenic is not now used in the dyeing of hosiery at the great English factories.

—A Spanish physician claims to have discovered that inoculation with the virns of a viper is a preventative of hydrophobia.



## DOMESTIC \* MEDICINE.



### POULTICES.

A POULTICE rightly used, is a sovereign remedy for many ills, especially local inflammations and swellings. Here are a few of their appropriate uses:—

Always poultice a boil as soon as its character is detected. Change poultice often enough to keep hot until the boil is softened. Then have the boil opened, and continue the poulticing, changing less frequently unless discharge is free.

Poultice a felon in the same way, but do not wait for the swelling to soften. Open as soon as convinced of its character. Waiting often causes death of bone.

Apply a poultice to any angry looking, hard swelling, if grateful to the feelings of the patient. A joint swollen and painful from a sprain, is often wonderfully relieved by a poultice changed every hour or two.

In pneumonia and pleurisy, after the acute onset of the disease has passed, nothing gives the patient more relief than a hot poultice changed often.

Other deep seated inflammations, as inflammation of the liver, chronic gastritis, and inflammation of the bladder and other pelvic organs, are often relieved by poultices thoroughly applied.

In some cases of chronic dyspepsia of long standing, relief is most speedily obtained by the use of poultices applied over the stomach almost continuously for several days or weeks in succession.

The efficacy of the poultice is due to its warmth, moisture, and emollient properties. There is little special virtue in the particular article used. Bread, linseed, and slippery elm, are the most useful in the majority of cases.

It is seldom necessary to apply the material of the poultice, directly to the affected part. It is much cleaner and more convenient to put the poultice in a bag of thin muslin or cheese cloth.

Poultices should never be applied to the eye.

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*How to Cure a Cough.*—First of all, stop coughing. Three-fourths of the coughing is from sheer force of habit. There are thousands of people who spend an hour every morning of their lives in unnecessary coughing. A little irritation is felt in the throat. A cough is set up, and habit keeps it going until the irritation provoked by the cough, produces a really serious disease. Coughs are sometimes contagious. Some old lady who has a pet cough which she has nursed for twenty years or more, sets the ball rolling in church just when the minister begins to read the hymn. Another auditor takes up the tune, another and another from all quarters of the house, until they fairly make the arches ring with chin music. The minister continually raises his voice in his effort to drown the noise, but he is no match for a hundred people, hemming and hawking and interjecting chest coughs and throat coughs, and chin coughs, and every variety of this sort of vocal exercise; for the higher he raises his voice, the louder grows the din. Bye and bye, he gives up the contest in sheer despair and stops reading. Now observe what a change,—a silence like the “stilly night” begins as soon as the last cougher has time to get breath and clear his throat. No sooner does the speaker open his mouth again, than the coughers take up their dismal refrain. Is not this fact as good evidence as one needs,



that coughing is an act under control of the will in a very large number of cases, and that a little application of the "mind-cure" is appropriate? The writer has cured many chronic coughs by simply ordering them stopped. Try it.

**Save the Pieces.**—If by accident you lose a piece of a finger or a toe, be sure to save the pieces. If carefully adjusted and held in position, and kept properly warm, the severed part will grow on in most cases. Two Russian soldiers cut off, one a finger, the other, a thumb. After the lapse of two hours, the parts were replaced and grew fast. A man in getting over a railing was caught and suspended by a ring on one of his fingers. He hung for a moment, then dropped, stripping the flesh from the bone as he did so. He gathered up the fragments, replaced them about the bone, and the result was a useful finger.

**Artificial Digestion.**—The modern craze for predigested foods, has created a new and immense industry. Scores of firms are competing with each other in the production of novelties in the line of digested foods. By the delusive descriptions of the merits of these preparations, many people are deceived into the belief that the digestive process to which these foods are subjected, is a real substitute for the natural process of digestion within the body. That this is not true was shown by the experiments of Sir Wm. Roberts. This eminent physiologist made an experiment with two healthy kittens. One he fed upon digested food, the other upon milk. The first named soon fell behind the other in weight, showing the superiority of food in a natural state as an ordinary diet.

**For a Felon.**—Don't waste time with plasters and poultices, dipping in lye and "smartweed tea." If you have a felon, go at once to a good surgeon and have it lanced deep. The knife should go down to the bone, then healing will be prompt and much mischief may be averted.

**Fainting.**—If you feel faint, get into a horizontal position as soon as possible. If possible, get the head lower than the rest of the body. Apply hot water, if it can be at once obtained, to the top and back of the head. Hot water is much to be preferred to cold. If the fainting be prolonged, apply the hot water over the heart as well, by means of a fomentation.

If faintness occurs while taking a hot bath, immerse the head in the water for a few minutes, instead of getting out of the bath, as is usually directed. The latter method generally sends one headlong to the floor.

**Run-Rounds.**—This disease of the finger nails, technically known as "paronychia," is now definitely shown to be a contagious disease. According to a recent report, an epidemic of the disease which broke out in a school in southern France, originated from a single case. Children suffering with this affection should be kept out of school, and not be allowed to mingle with other children until cured. Carbolic ointment or a solution of sulphite of soda is a good remedy.

**Hardening Against Colds.**—According to Dr. Brown Sequard's experiments, colds generally result from exposure of the soles of the feet or the back of the neck, which are the most sensitive parts of the body. He advises as a preventative, that the feet and neck be hardened by exposure to cold. The feet are daily placed in cold water, for a few minutes, and cold air is blown upon the back of the neck with a bellows. The same effect may be obtained in the old fashioned way of bathing the neck with cold water every morning, on rising.

**To Remove Wax from the Ear.**—Do not use an ear spoon or a tooth pick, as many persons do. Simply syringe the ear for a long time with a solution of soda in warm water, a tea-spoonful of soda to a pint of water.

—Iced or frozen milk will sometimes be retained on the stomach when everything else is rejected.



bed-time came, the mammas and aunties began to laugh and whisper together, and to say they did believe they should dream about that turkey."

Well, in about half an hour everybody was asleep and dreaming except one little girl. "She was apt to lie awake thinking, and some of her thoughts were pretty dismal. On that night, instead of thinking and tossing and turning, and counting a thousand, it seemed to this little girl that she began to see things as soon as she got in bed, and even before. And the first thing she saw was a large, bronze colored—"

"Turkey gobbler!"

"No ma'am. Turkey gobbler's ghost!"

"Foo!" said the little girl, rather uneasily; "whoever heard of a turkey's ghost, I should like to know."

"It had a red pasteboard placard round its neck with FIRST PREMIUM printed on it, and so she knew that it was the ghost of the very turkey they had had for dinner. It was perfectly awful when it put up its tail, and dropped its wings, and strutted just the way the grandfather said it used to do. It seemed to be in a wide pasture, like the one back of the house, and the children had to cross it to get home, and they were all afraid of the turkey that kept gobbling at them and threatening them, because they had eaten him up. And there was a hen-turkey and a lot of little turkeys.

"Then the old gobbler, First Premium, clapped his wings, and said, 'Come on, chickledren!' then they all seemed to be in her room, and she was standing in the middle of it in her night-gown, and tied round and round with ribbons, so she couldn't move hand or foot. The old gobbler, First Premium, said they were going to turn the tables now, and she knew what he meant, for they had had that in the reader at school just before vacation, and the teacher had explained it.

"He made a long speech, with his hat on, and kept pointing at her with one of his wings, while he told the other turkeys that it was her grandfather who had done it, and now it was their turn. He said that human beings had been eating turkeys ever since the discovery of America, and it was time for the turkeys to begin paying them back if they were ever going to. He said she was pretty young, but she was as big as he was, and he had no doubt they would enjoy her.

"The little girl tried to tell him that she was not to blame, and that she only took a very, very little piece.

"'You'd better look out,' says the old hen-turkey; and all the little turkey chicks got so mad they just hopped.

"They acted perfectly ridiculous, and one spiteful little chick piped out, 'I speak for a drum stick, ma!'

and then they all began: 'I want a wing, ma!' and 'I'm going to have the wishbone!' and 'I shall have just as much stuffing as ever I please, shan't I, ma?'"

So bye and bye they all pounced upon the little girl at once, and tied her on to an old-fashioned roasting spit, and then they built up a brisk fire, and some of them kept the fire bright while the others took turns in turning the spit.

You can see in the picture just how they did; only the artist didn't really like to see a little girl roasted, and so put in a little boy instead; and he set a goose to turning the spit, because it was so much easier for him to sit down.

Just as the fire began to crackle, and the turkeys sat around smacking their lips, and making remarks about her plump cheeks, etc., and the little girl had given herself up for lost, she awoke; and wasn't she thankful that it was all a dream? In the morning, she told her papa that she would never, never eat another turkey as long as she lived.



#### A COLD WEATHER ACCIDENT.

HAVE you ever had the misfortune to fall through the ice? If you have, you were certainly glad that the water was not very deep, or that there was some one close at hand to help you out. It often happens that when one boy falls through the ice, one or two more fall in by trying to help him out: and it not unfrequently happens that all are drawn down into the cold water under the ice and drowned.

In the picture you will see how to help out a person who has broken through the ice. Sometimes a board or a rail is more convenient than a branch. Anything that can be caught hold of and is strong enough, will answer the purpose.

A boy who has been rescued from a watery grave in this way, ought to be thankful: but it is very much better for one to use such caution as will prevent such a mishap befalling him.

## SCIENCE IN THE HOUSEHOLD.

CONDUCTED BY MRS. E. E. KELLOGG.

### SALSIFY, OR VEGETABLE OYSTER.

THE vegetable oyster plant, sometimes called "purple goat's beard," or "salsify," is indigenous to some portions of Great Britain. The root, which is long and slender, under cultivation becomes fleshy and tender, and has a flavor, when cooked, somewhat resembling that of the mollusk for which it is named. On account of its peculiar flavor, it is much esteemed for soups. A variety of the plant grows near the line of perpetual snow, and forms the principal article of fresh vegetable food in the dietary of Kurdistan.

#### General Rules for Preparation and Cooking.—

Select roots fresh, and unshriveled in appearance. Wash and scrape well, dropping each root into cold water as soon as cleaned, to prevent its becoming discolored. If the roots are covered with cold water, and allowed to remain for half an hour or more before being scraped, they can be cleaned much easier. The oyster plant should be cooked in a porcelain-lined kettle, as an iron one will discolor it and injure its flavor. Time required for cooking, about one hour.

**Stewed Vegetable Oysters.**—Wash, scrape, and cut the roots into slices not more than one-half an inch in thickness. Throw them into boiling water and cook until tender. Only as small a quantity of water as will cook without burning, should be employed, as the savory juices escape in the water and leave the root very insipid when the water is drained off as would be necessary when a larger quantity is used. When tender, turn in a cupful of rich milk and simmer all together for five or ten minutes; add a little flour rubbed smooth in milk as thickening, and a little salt, if desired; boil up once, and serve on slices of nicely browned toast. If preferred a well beaten egg may be stirred into it in place of the flour. E. E. K.

**Brewis.**—A nice breakfast dish for the children is made as follows:—

Heat a pint of rich milk to boiling, remove from the fire; beat into it thoroughly and quickly as you would beat cake batter, one cupful of very fine, stale, Graham-bread crumbs, and serve at once with cream.

—Ceilings that have been smoked by a kerosene lamp may be cleaned by washing with soda water.

### HOUSEKEEPER'S ALPHABET.

**A**PPLES—keep in a dry place, as cool as possible without freezing.

**B**READ—keep in a tin or tin-lined box with a well fitting cover. Stone- and earthen-ware are likely to collect moisture, while bread kept in a wooden receptacle will absorb odors from the wood.

**C**ELLARS—keep dry and clear of all decaying vegetables, wood, wet coal, rubbish, and mold. Frequently wash the walls with whitewash or a strong solution of copperas, and ventilate thoroughly.

**D**UST furniture and wood-work by wiping with a slightly dampened cloth, and not with a feather duster, which flirts the dust into the air only to settle again in another place. For cleaning carved furniture, a new paint brush is excellent.

**E**GGS—keep in a cool, dark place, and handle carefully, as rough handling is liable to rupture the membrane which separates the white and yolk, thus allowing them to become mixed, and then the egg spoils very quickly.

**F**LOUR—keep in a tight receptacle in some cool, dry place where there is good ventilation.

**G**LASSES—wash in cold water in which a small quantity of washing soda has been dissolved. Afterward turn down to drain, then polish with a soft, dry cloth.

**H**EALTH in the home is health everywhere. It should be one of the first duties of every housekeeper to do all in her power to promote the health of her household.

**I**NK STAINS may be removed from silk or woolen goods by saturating the spot with spirits of turpentine, and letting it remain several hours; then rubbing it between the hands. To remove ink stains from cotton and linen goods, apply alternately a strong aqueous solution of oxalic acid and chloride of lime; then rinse well in clear water.

**J**UICES of fresh berries and other small fruits, when extracted and canned, make excellent sauce for desserts, as also a delicious beverage for the sick or well when added in small quantities to a glass of cold water.

**KETTLES** or saucepans which get burned in using, may be cleaned quite easily by putting a little cold water and ashes in them, and letting them soak on the range till the water is warm.

**LEMONS** may be kept fresh for a long time by wrapping separately in tissue paper and keeping in a cool place. Some authorities recommend keeping lemons in a cool place in a jar of water. The water must be changed daily.

**MEASURES.**—One pint of milk or water, . . . 1 lb.  
Two cups of granulated sugar, . . . . . 1 lb.  
Three cups of meal, . . . . . 1 lb.  
Four cups of flour, . . . . . 1 lb.

**NEATNESS** in all details is one of the essentials of good housekeeping.

**QUATMEAL** to be wholesome, requires slow and very prolonged cooking. Usually from two to three hours.

**PICKLES**, pies, pastries, and rich puddings do much to spoil good digestion, and disturb the peace of the family circle.

**QUINCES** are said to be excellent, baked in a quick oven until soft, and served warm with a little sugar and cream for dressing.

**RAISINS** may be easily stoned by pouring boiling water over them and letting them stand for five or ten minutes. Drain, then rub each raisin between the thumb and finger till the seeds come out clean.

**SOUPS** are more nourishing made of legumes, such as peas, beans, and lentils than when made of meat and bones.

**TIN** dishes should be scoured once a week, with soap and sand or with sapollo to keep them bright. They must be thoroughly dried with a soft cloth.

**USE** lukewarm soap-suds applied with a soft sponge for cleaning mirrors and windows. Wipe dry and polish with a chamois skin or a soft newspaper and finely powdered chalk.

**VEGETABLES** can be best kept in a wholesome condition by storing in a cool, dry place.

**WATER** from a well or cistern which receives the drainage from a vault, cess-pool or barn-yard, should not be used for drinking or cooking purposes.

**YEAST** is good when it is foamy, and has a brisk, pungent odor; it is poor when it has an acid odor and looks watery or has a thin film over the top.

E. E. K.

—A silk garment should never be put away until all dust has been carefully removed from plaits and folds. To do this, shake the garment well, then rub over with a soft piece of flannel.

**To Clean Engravings.**—It frequently happens that fine engravings, despite the care taken of them, will in some unaccountable manner, become stained and dirty to such an extent as to seriously impair their beauty. To those who own engravings that have been injured in this way, a simple recipe for cleaning them will prove of value. Put the engraving on a smooth board, and cover it with a thin layer of common salt, finely pulverized; then squeeze lemon-juice upon the salt until a considerable portion of it is dissolved. After every part of the picture has been subjected to this treatment, elevate one end of the board, so that it will form an angle of about forty-five degrees with the horizon. From a tea-kettle or other suitable vessel, pour on the engraving boiling water until the salt and lemon-juice are all washed off. The engraving will then be perfectly clean and free from stain. It must be dried on the board, or on some smooth surface, gradually. If dried by the fire or sun it will be tinged with a dingy, yellowish color.—*Decorator and Furnisher.*

—White stains may be removed from furniture in the following manner: Have ready three pieces of woolen cloth; with one well dipped in lamp oil, (or if that is not convenient, linseed oil) rub the spot briskly; wet the second with alcohol and apply to oily surface, rubbing briskly, as too much alcohol will destroy the varnish; and finally polish with the third cloth, moistened with oil or furniture polish. A few drops of alcohol poured over white spots on varnished furniture, supplemented by brisk rubbing for a few minutes, will often remove them.

—To polish plate glass and remove scratches, rub the surface gently, first with a clean pad of white cotton wool, and afterward with a similar pad covered with cotton velvet, which has been charged with fine rouge. Under this treatment, the surface will acquire a polish of great brilliancy, quite free from any scratches.

—According to the *Scientific American*, plush goods and all articles dyed with aniline colors, faded from exposure to light, will look as bright as ever after being well sponged with chloroform. The commercial chloroform will answer the purpose very well, and is less expensive than the purified.

—Children's stocking knees can be mended nicely by picking up a row of stitches below the hole, and knitting a strip wide enough to cover the hole good. Then whip down the edges to the stocking with yarn the same color as you knit the strip with. If you have yarn like the stockings, the patch can hardly be seen.

—The leather from the tops of old boots, neatly covered with cloth, makes a very serviceable ironing-holder and one that will not heat the hand.

**To Restore Cane Chair-Bottoms.**—The bottoms of cane chairs which have become loose by continued wear, may, if unbroken, be made as tight and firm as new by turning the chair bottom upward, and with hot water and a sponge thoroughly washing the cane work until it is well soaked; then allowing it to dry in the open air.

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## QUESTION BOX.

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**Celery and Nervousness.**—A patient asks: Is celery specially good for the nerves?

*Ans.* No; foods are not medicines. Celery is neither good food nor good medicine. There is no evidence that this vegetable is of any special value in the cure of nervous diseases, although there are those who attribute to it a slightly quieting influence.

**Lemon Juice.**—A patron inquires: Does the use of lemon juice have a tendency to thin the blood?

*Ans.* The free use of lemon juice produces an increased activity of the kidneys, the same as do other fruit juices. In this way, it may be an aid to the purification of the blood, but it is to be reckoned as a food, and not as a medicine.

**Pepsin for Dyspepsia.**—A patient inquires: Is pepsin or lacto-peptine good for a person who has dyspepsia?

*Ans.* Yes and no. One dyspeptic is benefited by the use of pepsin, another is not. The prolonged use of artificial digesting agents is bad in any case, as they weaken the natural digestive powers. Experiments made upon kittens and guinea pigs have shown this to be true. These, as well as all other drugs, should be used only under the direction of a wise physician.

**Dates and Figs.**—1. Are dates and figs easy of digestion?

2. Are they dried in sugar, or simply preserved in their own juices?

*Ans.* 1. No; both dates and figs are preserved foods, and difficult of digestion.

2. Dates are dried in molasses or cheap brown sugar. Figs are preserved by their own sweetness.

**Pneumonia.**—A patient inquires: 1. Is pneumonia necessarily a fatal disease?

2. What is the best mode of treatment?

*Ans.* 1. No; yet there are some cases of pneumonia in which the case must be considered as almost certainly fatal from the beginning of the attack on account of the great extent of the disease.

2. It would be impossible to give in this column a full description of the proper mode of treating this disease.

**Sugar and Milk.**—L. G. of Texas, asks if there is any reason why milk and sugar when used together are likely to ferment.

*Ans.* Yes; cane sugar is a substance which ferments with very great readiness. Milk also undergoes fermentation very quickly under favorable conditions. Hence, these two substances taken together are more apt to sour or ferment than when taken alone. This is not noticeable in a healthy person, but a person who has a slow digestion may avoid the use of cane sugar and milk at the same meal with very great advantage.

**Nervous Dyspepsia.**—M. G., Kan., an old subscriber, asks for a general prescription for nervous dyspepsia.

*Ans.* We are unable to comply with this request in a satisfactory manner. This malady is so many sided, that no two patients can be treated exactly alike, and hence it is impossible to make a prescription which will fit a number of cases. Indeed, a prescription made without a personal knowledge of each case, might not fit any case. Your best plan will be to get a copy of a little work entitled, "Digestion and Dyspepsia," for sale at this office for 75 cents.

**To Prevent Frost on Windows.**—W. M. D., Me., asks for a prescription for preventing frost on windows.

*Ans.* The only sure remedy is to have double windows or double glass in the windows, having an air space between. No preparation can be applied to the glass which will prevent frost from forming in very cold weather; but it is claimed that glycerine rubbed on the glass will prevent frost to some extent.

**Hay Fever.**—A correspondent inquires: 1. What is the cause of hay fever?

2. Why does it occur periodically?

3. Can it be cured?

*Ans.* 1. A peculiarly susceptible nervous system, to which is added a diseased condition of the mucous membrane of the nose.

2. The exciting cause of the disease is usually the pollen of certain plants which mature at a certain season of the year.

3. Yes. By destruction of the sensitive points in the nose the disease may be greatly ameliorated, and by thorough and persevering treatment, may be cured.

**Nausea.**—A correspondent asks: What is good for a person who is nauseated and yet unable to vomit?

*Ans.* If there is any reason to believe that the stomach contains undigested or fermenting food which ought to be removed, drink a quart of warm (not hot) water. If the nausea is reflex and not dependent upon offensive matters in the stomach, swallow a few bits of ice, sip very hot water, apply a mustard plaster over the stomach, an ice bag to the throat or spine,—do any or all of these things, and if the patient is not relieved within a reasonable time, call in a physician.

**How to Give a Hip-Pack.**—Mrs G. P. inquires how to give a hip-pack.

*Ans.* The hip-pack is simply a fomentation applied around the body at the hips. A flannel sheet should be used for the purpose, and should be covered by a dry blanket.

**To Remove Hair.**—W. A. K., Minn., asks : 1. What will make the hair come out without injury ?

2. What will cause the hair to grow again ?

*Ans.* 1. The hair may be removed by making a thick paste of quicklime and spreading over the surface of the part from which the hair is to be removed. Allow it to remain over night, and the hair may be rubbed off even with the skin. It does not come out, is only eaten off down to the skin, equivalent to a very close shave.

2. Bathe the parts with cold water, rubbing with the ends of the fingers till red, twice daily.

**Healthful Cookery.**—A. U. L., of Pa., asks for a work on reform cookery.

*Ans.* You will find the most reliable information on this subject in the Household Science department of *GOOD HEALTH* for the last three years, and in the manual of Health and Temperance published at this office. Price, 75 cents.

## LITERARY NOTICES.

WE have received copies of two new leaflets belonging to the Philanthropist Series of Social Purity Literature. No. 10, "The Sacredness of Fatherhood," by Rev. A. H. Lewis, D. D.; and No. 11, "How to Organize the White Cross—Its Objects and Methods," by Rev. B. F. De Costa, D. D. They are valuable additions to social purity literature, and are worthy of the widest possible circulation. They will be mailed, post-paid, No. 10, four pages, at ten cents a dozen or fifty cents a hundred; No. 11, eight pages, twenty cents a dozen, one dollar a hundred. Address, *THE PHILANTHROPIST*, P. O. Box 2554, New York.

*THE CHRISTIAN*: An illustrated monthly, published by H. L. Hastings, 47 Cornhill St., Boston., Mass.

We take pleasure in saying without qualification, that *The Christian* is one of the best family papers that comes to our table, and one of the best we know of. It contains sixteen large pages of very interesting reading matter, comprising choice religious literature, on all topics relating to the moral and social welfare of the home. The subjects of health and temperance receive a fair share of attention, and in a most able and telling manner. One of the characteristic features of the *Christian* is the large amount of original matter which it contains, which constitutes the most interesting and valuable part of the journal, which cannot be said of

every paper. All the articles are brief and pointed. You are never at a loss to discover what the editor is driving at. Every family in the land ought to receive regularly this admirable paper, which is offered by the publisher at the astonishingly low price of \$1.00 a year. Each number is well illustrated.

*THE PHILANTHROPIST*, published monthly for the promotion of social purity, the better protection of the young, the repression of vice, and the prevention of its regulation by the State; entered upon its second year, January, 1887. It is edited by Aaron M. Powell and Mrs. Anna Rice Powell; among its contributors are Emily Blackwell, M. D., Rev. B. F. De Costa, D. D., Rev. A. H. Lewis, D. D., Mrs. Elizabeth Powell Bond, and others. It fills an important place in journalism. Its subscription price is 50 cents a year. Address, *THE PHILANTHROPIST*, P. O. Box 2554, New York.

*THE POPULAR SCIENCE MONTHLY* for February opens with a most excellent article on the "Law of Habit," by Prof. Wm. James. Two illustrated articles, "The South-African Diamond Mines," and "Fulgurites, or Lightning-Holes" are of especial interest. Science and Morals: A Reply by Prof. T. H. Huxley; Massage, by Lady John Manners; Views of Life in the Crazy Mountains; Some Points on the Land Question, and Fetichism or Anthropomorphism, make up a literary menu which can hardly fail to please every one.

Published monthly by D. Appleton & Co., 1, 3, and 5 Bond St., New York City. Subscription price, \$5.00 per year.

*REPORT ON THE FUNGUS DISEASES OF THE GRAPE VINE*, by F. Lamson Scribner, B. S.; Prepared under the direction of the commissioner of Agriculture, and issued by the Department of Agriculture, Washington, D. C.

This little pamphlet, which is bulletin No. 11 of the Botanical Division of the National Dept. of Agriculture, is a most valuable treatise on the fungus diseases of the vine. Its contents include, The Downy Mildew; The Powdery Mildew; The Black Rot; Anthracose; Grape-Leaf Blight; Grape-Leaf Spot, and several appendices containing synopses of letters and results of experiments with various fungicides. The text is admirably illustrated with colored plates and must certainly prove of great benefit to all interested in the culture of the grape vine.

*THE AMENDMENT HERALD*.—We have received a copy of the January number of this little monthly, which is issued by the Pennsylvania Constitutional Temperance Amendment Association and has for its object the education of popular sentiment in favor of prohibition. It is published at Pittsburg, Pa. Subscription price, 25 cents per year.

## PUBLISHER'S PAGE.

The March number of GOOD HEALTH will contain an able article from the pen of Miss Francis E. Willard, president of the National Woman's Christian Union.

The January thaw in Michigan has been such a complete success that the snow has almost entirely disappeared, and a regular April shower has given the lawns a greenness quite ahead of the season.

We are receiving scores of letters from subscribers whose names were on our list a few years ago, but who had forgotten to renew their subscriptions for a year or two. Our invariable rule to cut off the names of all subscribers who do not promptly send in their renewals, had left them out; but in some way they have been reminded of their oversight, and are sending in their subscriptions to renew the old acquaintance. We are glad to welcome back our old friends, and trust they will be more than pleased with the numerous improvements which have been recently made in the Journal.

For some weeks we have had talented artists at work preparing sketches and engravings for use in the future numbers of the Journal, and have expended hundreds of dollars already in providing suitable illustrations. We expect hereafter to illustrate fully every number. The preparation and selection of suitable engravings for this purpose, is a work of no small difficulty; but the publishers congratulate themselves that they have already secured an ample supply of cuts to illustrate the Magazine for several years to come. The next number will contain several interesting and artistic engravings.

**Paying Work for Women.**—There is no more appropriate and useful sphere of work for women than that of health missionary work. This is a kind of home-mission labor which much needs to be done. GOOD HEALTH is a popular journal, interests intelligent people at sight, and is the most practical health journal published for nonprofessional people. Almost any woman can engage successfully in canvassing for it, and the liberal commission allowed by the publishers, will make the business profitable to the canvasser as well as beneficial to the subscribers.

### COMPLIMENTS FROM OLD SUBSCRIBERS.

"I HAVE always prized the GOOD HEALTH, but the January number has outdone itself. I shall show it to all of my neighbors, and try to get them to subscribe for it." *Kansas.*

"We take eight papers, but we think GOOD HEALTH is the most profitable and interesting of them all." *Dakota.*

"My wife says she would not do without GOOD HEALTH for five times the price of it." *Michigan.*

"I am very much pleased with GOOD HEALTH, and should hardly know how to keep house without it." *New York.*

"I have so high an opinion of GOOD HEALTH that I will gladly do all I can for its circulation. That I did not have it last year, was due to my absence in Europe." *Missouri.*

"Your GOOD HEALTH Journal is the finest and best that comes to my table. Cannot do without it." *Missouri.*

"I look with interest each month for the arrival of GOOD HEALTH, and find each number full of valuable information." *Connecticut.*

"I am taking GOOD HEALTH, and am delighted with it." *S. Carolina.*

"Am highly pleased with the Journal." *New York.*

**Plans for Healthy Houses.**—Several correspondents are calling for the plans for healthy houses promised for the April number of GOOD HEALTH. These plans are being made ready as fast as possible, and will be ready on time, but not much before.

The first edition of 12,000 copies of Dr. Kellogg's address on Social Purity was exhausted in ten days, and orders for several thousand copies are awaiting the new edition, which will be out next week. Encomiums of the highest character from clergymen, missionaries, and all classes, are pouring in accompanying orders for copies of the work for sale or free distribution. One clergyman writes, "This is the most forcible utterance upon this subject which has yet appeared." Another says, "There is nothing like it." Price, 10 cts., post-paid. Twenty copies for \$1.00. One hundred copies for \$5.00.

**Encouraging Words from Workers.**—Mrs. E. S. Lane reports interesting and successful Health and Temperance meetings resulting in the religious awakening of a number of persons.

Mrs. N. D. Richmond reports from Chicago, fifty-five subscriptions taken as the result of two or three weeks' work.

H. W. Miller sends eighty subscriptions from Grand Rapids, the result of a few days' labor of his crew of workers, and says only one-eighth of the city has yet been canvassed. This work has all been done without interfering in the least with the usual and regular work of the mission.

Miss Mina Horton, Parma, Mich., reports eleven subscriptions as the result of a few calls upon her friends.

A. O. Burrill, Mt. Pleasant, Mich., writes that he is happily surprised to see so much interest in the subject of health, and reports some fifteen new subscribers to the Journal.

G. H. Rogers, Kansas, says the "people are greatly interested, and I am delighted with the work." He has taken quite a number of subscriptions for GOOD HEALTH.

## TWO CASH PRIZE OFFERS.

### FIRST OFFER.

A CASH prize of \$35 is offered for the best health story, under the following conditions:—

1. The story shall be not less than fifteen hundred nor more than four thousand words in length.
2. The narrative must illustrate, in a forcible and practical manner, one or more important principles in individual or domestic hygiene.
3. The story must contain no teaching not in harmony with the principles of the Journal, and nothing of an objectionable character.
4. Not less than ten different stories must be offered in competition. The number which may be offered by a single person is limited to three.
5. The several stories must all be received within three months.
6. All the manuscripts offered in competition become the exclusive property of the publishers.

### SECOND OFFER.

A cash offer of \$15 is made for the best health story for children. The story should consist of not more than two thousand and not less than twelve hundred words. The remaining conditions are the same as for first offer.

The manuscript must be written in a good, clear hand, and must be signed by some other than the author's name, the real name being enclosed with the *non de plume* and the title of the story in a separate sealed envelope, which will not be opened until the prize has been awarded. No prize will be awarded if none of the manuscripts received, are accepted for publication, in which case the several manuscripts will be returned to the authors.



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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 led 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.

HEALTH PUB. CO., Battle Creek, Mich.

# GOOD HEALTH.

— WITH —

## Other Popular Journals.

The publishers of GOOD HEALTH have been able to make such arrangements with the publishers of the best periodicals, that they can supply many of them with this journal at the price of one, and thus make a great saving to the subscriber. Those who wish to subscribe for one or two good journals besides GOOD HEALTH, will find this a very advantageous offer to do so. The following list comprises some of the principal journals, which we are able to furnish thus:—

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	2 00
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 00	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].....	3 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.....	4 00	4 50	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 40
<b>Scientific Journals.</b>			Good Words.....	2 75	3 00
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			The Advance.....	3 00	3 40
			Woman at Work.....	1 50	1 60
			Illustrated Christian Weekly.....	2 50	3 00
			Inter Ocean.....	1 00	1 85
			Brooklyn Magazine.....	1 00	1 75

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