



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

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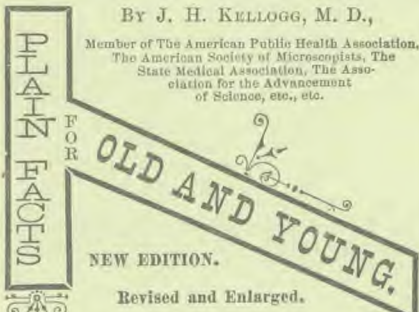
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GOOD HEALTH

A JOURNAL OF HYGIENE.

MENS SANA IN CORPORE SANO.

Volume XXII.

BATTLE CREEK, MICH., JUNE, 1887.

Number 6.

FRUIT-EATING.

NOTWITHSTANDING the large increase of fruit-growing, the bulk of our people do not have as much fruit as they could enjoy, nor as much as would conduce to health. I once exhibited at the State Fair a large number of fine new grapes. What most impressed me was the greed of all sorts of people to get a bunch, as soon as the hour came for breaking up the exhibit. Boys and girls, especially, begged for a few. Nothing is more easily grown than a grape-vine. It will almost take care of itself, if you will give it a reasonable chance; and then, having been trimmed on very simple principles for three years, you can let it run over a tree, a shed, a barn, or a trellis. Keep its feet clean of weeds, and well shod with ashes and manure, and you will have enough to eat. Of course a neat trellis through your garden is better, and the best culture brings the best returns.

But the hungry people! They live on meat at ten cents a pound, when a pound of grapes at six cents would go quite as far, and be more enjoyable. We can live almost altogether on fruits, and live well and be strong. I know this, for I have tried an experiment. I have three boys, one ten, one eight, and one four years old. Not one of them has ever tasted meat, butter, or pastry, and only the simplest of cake. They have all the fruit they can eat, and what vegetables they prefer, with milk, eggs, and fruit-puddings. They are solid, large-built, enduring, active, healthy. They do not know the meaning of headache or indigestion. Their minds are exceedingly ac-

tive, energetic, quick to learn, and retentive. Their tempers are never violent and never vicious. I have not had the least difficulty with precocious vice, although very watchful.

I do not undertake to attribute all that is positive in them to their diet, but I do attribute the absence of many ills to the fact that their stomachs have never been impaired by pastry and grease. Nine children out of ten are dyspeptics at six years of age. They are never quite free from stomach, bowel, and head difficulties. This prepares the way for diseases of debility, such as piles, catarrh, etc.

Plant a variety of fruit trees as a matter of economy. Don't think of sales, but of home-consumption. During September, October, and November a healthy boy or man should eat four or five pounds of grapes per day,—almost no meat, or none at all, and certainly no pies,—and he will go into winter thoroughly prepared for its trials of temperature. Then for the apple-bins. You have one, two, or three stunted apple-trees. You cook nearly all that you buy or store for winter, into pies. In our family of six, we bake and use from five to seven barrels of Pound Sweets from September to February—and they are delicious. They should be grown on trees in open fields, and they are then all gold. Besides, you should always have four or five barrels of Nonesuch, Jonathans, Famense, Spy, etc., open where the family can select to taste. An apple that suits the palate is digested well, and is healthful. No two boys will be likely long to fill their pockets out of the same bar-

rel. A boy that will squeeze and bruise apples as he takes what he needs, should be taught better. Give them free range, and teach them horticultural refinement. One of the morals of a lover of fruit is to handle it tenderly. I will not even sell my choice pears to a man who bounces them into baskets like so many cobble-stones. It takes brains to originate new and fine fruits, and brains to pick and handle them.

The lack of common sense in fruit culture is shown in no other department of production. Any family could easily find on a quarter acre, opportunity to raise an abundance of plums, apples, cherries, pears, grapes, currants, berries; and the expense of cultivation would be more than covered yearly by the saving in doctors' bills and butchers' bills. Try it. Let parents bring up their children on natural principles. They will heartily accord, you may rely upon it. My own cannot be induced to touch flesh and butter.

Fruit-cooking is not understood in a tithe of even our farmers' families. During the last year, I have eaten, or tried to eat, such dishes as these: Astrachan apples sliced, skin and all, into a skillet, and fried in grease. Here were cores, apple-skins, and grease; only a perverted taste could endure such stuff. Apple-dumplings, again, have been set before me, consisting of half-cooked apples, in a lump of heavy boiled dough. Being excessively hungry, I ate a portion, and was a dyspeptic for two days. I have great sympathy for Professor Swing's horror of pies. They contain nightmares innumerable. Some vegetables are only fruits that grow on the ground. The pumpkin and squash are such, as well as melons. There is great excuse for a real Connecticut pumpkin pie, or an Ohio squash pie; but they are quite as good made into puddings without pastry. Try it. I have succeeded, by hybridizing, or crossing the pumpkin, in obtaining a variety that keeps the year around. We used the last in August in 1885, and we also kept them as late in 1884.

I am neither a vegetarian nor a fruitarian, yet I am convinced we should all do quite as well, and most of us much better, if we confined our

diet to milk, eggs, fruits, and vegetables. Some one saying to Thoreau that such food would not give strength, he asked him how, then, the oxen that he was driving, managed to pull out the stumps? Curiously, the questioner, like many others, had not observed that carnivorous habits of eating were not essential to strength.—*E. P. Powell, in Independent.*

VEGETARIANISM IN INDIA.

Dr. William Curran, a retired Brigade surgeon of the British army, contributes the following interesting article to the *English Sanitary Journal*. The Doctor is evidently an enthusiast on the subject of dietetic cure; but we quite agree with him, that diet and regimen will do more for most chronic invalids than other means, without the help of these most important aids to recovery:—

“Having been born and brought up within easy reach of the well-known Trappist Monastery of Mount Melleray, near Cappoquin, and having, as a boy, frequently visited the institution along with my mother, I can testify of my own knowledge that the inmates of this establishment are not only unusually long-lived as individuals, but that they are, as a body, exceptionally free from all those ailments, such as gout and its congeners,—*hepatitis*, gravel, etc.,—that are usually associated with irregularities, or rather, with excesses, in diet, among men of the same age and standing ‘in the world.’ It is only a short time since I heard with surprise that several of those fathers or teachers whom I had known myself some thirty-five or more years ago, are still alive and hearty; and the only disorders from which the brethren, as a body, appear to suffer, are dyspepsia, chronic rheumatism, or lumbago, and such catarrhal complaints as are inseparable from advancing years, or from a comparatively unsheltered residence on a bleak hill-side. Yet these men are in all essential respects, vegetarians, or at most, fish-eaters and milk-drinkers, when the former can be procured. They never touch flesh-meat, wine, or other liquor, except under medical advice, or when either of these is sanctioned by their Abbot; and

yet a more hard-working, and, withal, a more contented body, I have never yet seen.

“One of my first stations, during my first tour of duty in India, was Langor, and one of the first persons in it whose acquaintance I made, was the R. C. chaplain, the Rev. Angelo, O. C. He was then (May, 1861) a middle-aged man, of ruddy complexion and a grizzled beard, but with no stoop, or other indications of age; and he ascribed his healthy appearance and unbroken wind to the fact that he had, as he assured me more than once, conformed for many years to the standard usually followed by the natives of the country. He had then been upward of twelve years continually in the East, ten of which he had passed, on fifty rupees a month, at Gwalior, attending to the spiritual wants or guiding the temporal concerns of that mongrel handful of Christians left by the French adventurers who followed Scindiah's fortunes, as a heritage to him and others. The priest who ministers to a similar flock at Bhopal, lives, as I subsequently learned from his Bishop, Dr. Tosi, on a similar stipend, and I am afraid to say what are the wages of those priests, who live *a la sauvage* among the half-civilized Santhals. All I know for certain about them is that they live, like their neighbors in the jungle, on rice, milk, and vegetables, and that they are the only “missionaries” their superiors now employ in that country. The church of Rome has discovered long ago the hopelessness of trying to convert the natives *pur sang*. She also knows that when he is caught, he is hardly worth the keeping, and so she husbands her resources, and instead of printing tracts and Testaments for the Metai and Murubba-Wallahs of the Bazaar—*alias* the sweet-stuff manufacturer and the jam vender—she expends them on gathering up and keeping together the scattered members of that church, or congregation, that the Xaviers or De Nobilis of a former generation had left her.

“The Moonshee, a high caste Brahman, who taught me the rudiments of colloquial Hindustanee, a few months afterwards at Shahjehanpore, assured me that he could then support a family of twelve persons for a sum of one

rupee eight *annas*—say 3s. to 3s. 6d.—or, at the rate of two *annas* (3d.) for each person a day. In this way he explained to me his position in this respect: he could purchase, he said, at this time, thirty-five seers of wheat for one rupee in the local bazaar, and twenty-four seers of rice for the same sum. Wooreed, a species of Indian corn, was sold at forty seers to the rupee, and forty seers of ghee—clarified butter—could be bought for nineteen rupees, *i.e.*, at the rate of about five *annas* to the pound. Throw in some vegetables and condiments, a chilli or two, as well as a few pinches of pepper and salt, and behold this man's *menu*. He partook, he told me, of only two meals a day—at ten a. m. in the forenoon, and at eight o'clock in the evening. The former consisted of rice, Indian corn, dhat (a kind of pulse), and ghee, and the latter of rice, milk, potatoes, ghee, sugar, and chupatties; and this, too, is the fare of his compatriots of the Lanee class throughout the length and breadth of Hindustan.

“I contributed a paper on *Hepatitis* in India to several successive numbers of the *Indian Medical Gazette* of 1880–81, in which I showed, as I venture to think, that the liver disorders which soldiers and others suffer from in India are largely due to over indulgence in animal food, rum, and malt liquor. The masses of skinny beef, scraggy mutton, or greasy pork, ‘Tommy Atkins’ contrives to dispose of in that country, are simply a “caution,” and as to the hot scones, chupatties, and other native delicacies which he stows away during the hottest hours of the day, they would try the digestion of an ostrich. He never dreams of imitating the *cuisine* of his brother, Ram Singor, or Kheeda Buksh. Warnings or restraint would be simply thrown away upon him. I quoted such high authority as that of the travelers Jacquemont and Vigne; of the physicians or generals, such as Chevers, Millingen, and Sleeman; of the Shikaris, such as Dunlop and Wilson, in support of my contention. But I might as well be crying to the moon; my arguments remained unanswered, while my quotations were ignored, and things remain, I doubt not, pretty much as they were pre-

viously. I have no doubt, however, that a much smaller quantity, or rather a more sparing use, of animal food than is now employed in that country, would conduce to a higher state of health, and a much lower ratio of invaliding and mortality among our troops in that climate, than now exists. But I cannot go any further into these points at present, and, coming nearer home—to my own painful experience, in short—I may say at once that such small immunity as I now enjoy from an almost insupportable torture of three years' standing, is entirely due to my self-imposed abstinence from animal food.

"Three years ago or more, I had to throw up my commission, and retire under most disadvantageous conditions, rather than face, with an attack of gout in my stomach, an Atlantic voyage in midwinter. I have since suffered agonies, bodily and mental, such as I do not care to dwell upon, much less to recall, and all this because not one of the "score or more" more or less eminent medical men I consulted either saw the point of my case, or suggested any modification of my ordinary twice-a-day meat meal. Not one of them ever, save one, asked me a question about my dietary, and as to the drugs they gave me, or that I took myself, they did me more harm than good. At last, wearied out with suffering, or rather driven by pain to the very verge of desperation, I took my case into my own hands, and made my diet as much farinaceous or vegetarian as my humble resources, or as the limited culinary appliances at my command, would allow. And what is the result? I am now free from pain, as well as from that oppressive confusion of thought, weariness of life, and despondency of spirits, that nearly drove me mad; and this relief I ascribe in the main, if not altogether, to the fact that I have for some time back discontinued the use of beef, mutton, and other nitrogenous substances of that kind. I am, therefore, so far an advocate and upholder of vegetarianism; but I would include, under this designation, eggs, milk, butter, and those other milder animal products that every good housewife is acquainted with, and I believe that the

'cure' of the future must be sought for through dietetics rather than through drugs. I believe, also, that 'chairs,' or lectures on this mode of cure, should be established wherever they do not at present exist, or be delivered where that is impossible, in our universities or large medical schools. There is, so far as I know, no 'chair' of this kind in existence anywhere in these islands as I write, and I know of no systematic course of lectures even on this all-important branch of therapeutics, in London or elsewhere in this country."

DOUBTFUL MEDICINE.

It would be well if every one kept a keen scent for the indications of bad habits, choosing his acquaintances accordingly. Children, at least, may be said to have the courage of their convictions when questions of discrimination arise.

During the war, a bright little five-year-old boy was visiting his father, who belonged to a New York regiment.

One day, as he was playing before his father's tent, he was accosted in a pleasant way by a sprucely-dressed soldier. He was accustomed to being noticed, for a child in camp was a great luxury; but from this soldier he showed evident signs of moving away.

"Come here, my little man!" said the officer.

The discerning child replied, "I don't want to; you are a doctor; I know you are a doctor."

"You are mistaken; come here; I am not a doctor."

But the little fellow only put his head out of the tent far enough to say:—

"Yes, you are a doctor, too; I know you are a doctor, for I can smell the medicine in your breath."

It is needless to say that the officer was known by his medical title for years after the occurrence of the incident.—*Chicago Ledger*.

THAT man must have had a palate covered o'er
With brass or steel, who, on the rocky shore,
First broke the oozy oyster's pearly coat,
And risked the living morsel down his throat.

HOW TO KILL THE BABY.

THE most casual observer must admit this subject to be one of vital importance to social and political family circles. It is usually viewed from the negative side, but since perverse humanity, advised "How Not to Do It," is prone to adopt opposite measures, we approach the subject from the front.

Presupposing the little scion to have struck root as a separate existence, it becomes an absorbing question how the giants in the land shall root him out; in plainer terms, How Shall We Kill the Baby?

A large and increasing force of nurses—made, not born—are early in the field, capable of out-Heroding Herod in the "slaughter of the innocents." Select one who has never borne a child; or who, having thus enriched the world, has voluntarily passed the treasure into others' keeping; let her be hard-visaged, angular, ever stamped with unmistakable lines of selfishness (see upper lip and lines about the corners of the mouth), a good sleeper with a *penchant* for snuff-taking; if addicted to potations of doubtful-flavored tonics, or doses of compressed poppy juice, the end will be more readily attained. This ideal secured, the climax is measurably certain. Never try to tell her anything. She knows it already. Give her full sway, day and night. Allow her and the child a room by themselves. You will sleep better; so will she; so will the baby. Do not disturb the serenity of the morning interview by inquiring how she kept the child so still; neither examine the labels on the bottles in her handbox. She knows her business best. To be thoroughly sure of the desired end, you had better bring the baby up by hand; but should you hazard success by personally furnishing the elixir of life, the following rules will go far toward setting all right:—

During the two or three days when Nature ignorantly ordains that the supply shall be limited, let "Sairey" rise and shine. It is hers to show how grave the error of delay. She must feed the baby by all means; but first, physic him! A dose or two of sweet-oil

or castor-oil is precisely what is demanded to adjust the delicate mechanism of his digestive apparatus; if it gives him colic, dose him. Get some prepared food; try three or four kinds—you want the best. Alternate between them and Nature's supply. Try whey. It shows, on the very face of things, that it will be appetizing and nutritious. If you try cow's milk, serve it mostly water. There is nothing like a liberal diet of water to build up the system. If Sairey chances to be a night-worker, and there are some exceedingly valuable baby-killers in the ranks of night-workers, see that she feeds the baby often; but do not oblige her to warm the "milk." Let her hold the bottle over the chimney of a kerosene lamp. It will warm—the bottle. Have the preparation well sweetened, and put in a generous supply of anise.

N. B.—Feed nothing to the baby, under any circumstances, without adding a smart flavoring of anise. It is a carminative, and you may safely assume that it will find scope for its virtues. If the baby chances to be comfortable, use it on general principles. Something may ail it presently, and it is prudent to send the remedy in advance. The baby will enjoy it. The heated, drawn, puckery sensation which it will impart to the delicate membrane will be grateful in the extreme. Besides, it will make him sleepy.

Persevere in feeding to the point of repletion. Unless the little stomach rejects a portion of its libations, the presumption is safe that it is underfed. Said rejection is, moreover, the sign of a healthy baby. Do not inquire why we adopt a different standard of sanitary judgment with his elders. A baby, as the world knows, is not a person. Moreover, the best of theology has been spoiled by asking questions.

Let the untrained kitchen girl frequently aid the nurse in her mortal designs, and even the father may, in the case of the first-born, contribute valuable services. We recall the case of a young father, who, intrusted in an emergency with the charge of his son and heir, aged four hours, perambulated into the

pantry, and set about fulfilling parental obligations by treating the screaming baby to a taste of cold baked beans! To the credit of the toothless autocrat, the Bostonian diet was rejected.

But the individual consciences of the mortuary band are subject to brief seasons of rest in the matter of feeding. Then let the churning begin. Set the pudgy little victim up straight upon your knee. Settle the wee, cartilaginous frame by pressing firmly upon the distended stomach with the left hand; place the right upon his back, pressing the thumb well into the tender, creasy neck; then trot for dear life! Bring the heel firmly down with each trot; the mother will enjoy the steadily recurring thump. Let this rule be rigidly enforced, but vary positions. Occasionally lay him across your knee, face downward—anticipating the years!—if his head hangs over, never mind; proceed to trot him long and well, to a lively tune, pounding meantime, as your strength permits, upon his non-resisting spine. This treatment is good to relieve flatulency. Get a cradle with a wide sweep, and rock him a good deal; and rock with a will. Do this in the presence of the mother, keeping up, meantime, an unremitting, high-pitched monologue, seasoned with much laughter.

The matter of bathing must by no means be overlooked. If Sairey is the woman we take her to be, she will need no points. She is mistress of the situation. Certain editions of the "Gamp" make it a rule to bathe babies in a cool room. It is warm work at best, and the nurse gets uncomfortably heated, if near the fire. How the baby gets—away from the fire—no one has yet heard him say. But she of the lethargic circulation seeks the more-or-less hospitable atmosphere of the kitchen, restores baby to his normal simplicity of attire, lays him on her lap, head toward the fire, gives him the bottle, and proceeds to business. This point is vital. See that baby's stomach is full when you begin, and overflow it during the bathing process. This will produce indigestion, and secure a lively colic. Subdue with paregoric.

Use highly-scented soaps; apply freely, especially about the head and joints. The eruption will soon follow; use something scattering, and drive it in. Expose the baby as much as possible to currents of air, and do not be afraid to touch him. Your muscular grasp is just suited to his velvety flesh, and only a baby, and no eloquence can do justice to the well-developed, properly-aggressive thumb! Pin him up tight, especially the band; have well-defined ridges of protruding flesh at either edge of the swath, and don't be overcareful about pins. Also see that those invaluable adjuncts toward baby-killing, the "common" pins, are not left so far behind that their aid cannot be invoked! But even a safety-pin, in the right hands, may be made to tell! Put them in so that the sheath will goad into the bent body, observing this plan throughout the entire dressing. As far as possible use new linen, rather stiffly starched, next to the flesh, and do not be over fussy in the matter of change. It is just as a baby is habituated. Accustom this one, whom we are trying to dispatch, to wholesome neglect in this matter. A "word to the wise."

Use an abundance of skirts, very long and heavy. Baby has never done anything to tire himself, and has an excess of strength, which may as well be exercised in sustaining this weight upon his hardy little stomach, hips, and back. They will not "drag" him. Never fear.—*Geo. A. Peck.*

TO BE CONTINUED.

—If you require any medicines, says the College of Salern, let them be these three, which are always at hand: "A bright and peaceful mind, a plain diet, and moderate exercise." Dumoulin also held the same opinion. This celebrated physician in his last hours, being surrounded by many physicians of Paris, who deplored his approaching end, said to them: "Gentlemen, I leave behind me three great physicians." Each one in attendance, believing himself to be one of the three, urged Dumoulin to name them, whereupon he replied, "*Water, exercise, and diet.*"—*Journal D'Hygiene.*

—"Gentlemen," said a professor to his medical students assembled in *clinique*: "I have often pointed out to you the remarkable tendency to consumption of those who play upon wind instruments. In this case now before us, we have a well-marked development of lung disease; and I was not surprised to find, on questioning the patient, that he is a member of a brass band. Now, sir," continued the professor, addressing the consumptive, "will you please tell the gentlemen what instrument you play on?"

"Der drum," said the sick man.

Seasonable Mints.

—Don't forget to give the sleeping-rooms and bedding an airing every morning for an hour or two.

Test the Well-Water.—As soon as the ground thaws out, decomposition begins, and any decomposing matter upon the surface begins to soak down into the earth out of sight, but not out of existence, and is more capable of mischief than ever, since some of this poisonous matter is pretty certain to find its way into the well, if there is one near by. There may be nothing dangerous upon our own premises, but our well may receive a gratuitous contribution of filth from our neighbor's insanitary premises, if not from our own. So it is well to test the water of the well early in the season, so as to be sure as to its quality.

Vaults.—The ordinary privy vault is a disgrace to a civilized people. The Chinaman, often abused for his neglect of personal cleanliness, tolerates no such filthy thing as the vault. He has from time immemorial employed the "pail system," and doubtless thereby escapes many of the diseases which naturally result from the overcrowding to which he is subjected.

Any vault is a nuisance; but if there must be vaults, let them be constructed in the least objectionable fashion possible. A vault which allows its fluid contents to soak down into the earth, is a menace to every well within a radius of many rods; and not only does such a vault contaminate the water supply, but it also renders impure the ground air, which may force its way into our dwellings through the cellar or the basement. Vaults, to be even partially safe, must be made water-tight. They should be made of brick, laid in cement, and lined with good cement. It is also well to cover the cement with a thick layer of coal tar or asphaltum.

By the free use of some good disinfectant, as copperas or white vitriol, not less than one-half to

one pound daily, the contents of such a vault may be kept in a reasonably safe condition, but should be removed at least once in three months.

Cesspools.—These sinks of iniquity are responsible for the loss of many valuable lives every year. Those who use them seem to labor under the delusion that whatever goes down into the ground out of sight is out of existence. The truth is, these foul matters are more potent for mischief after they have gone down into the earth than while they were on the surface.

Cesspools, like vaults, should be made water-tight, and should be carefully and thoroughly ventilated by free openings into the open air. The same precautions respecting disinfection and frequent removal of contents, are necessary for cesspools as have been mentioned in regard to vaults.

House Smells.—Sometimes a house acquires such a concentration of insanitary odors that it has a characteristic smell. The writer has known houses which one might recognize by the aid of the nose, in the darkest night. Those who live in such a malodorous dwelling, get this same odor attached to their clothing and their persons, so that sometimes we encounter family smells. Smells which have attained this magnitude are truly monstrous and disgraceful; yet there are thousands of families, every member of which carries around with him the evidence of the sanitary neglects which have made "home, sweet home," a noisome place.

Leprous Houses.—"I wish you would tell me what is the matter with my parlor wall. There is a spot in the ceiling. Sometimes it is green, then it is yellow or orange; just now it is brown." Thus said a lady to the writer one day a few years ago. Said she: "I have washed the spot, and whitewashed it; and it doesn't seem to do any good. In a few weeks the old spot is back again as big as ever."

We asked the lady to take her Bible, and turn to the 14th chapter of Leviticus, verses 34-45, and read a description of the disease which had attacked her house, and the old Jewish way of treating it. If the reader will turn to the passage, he will see that the description tallies very well. The fact is simply this: A species of mold often forms upon the walls of rooms which are kept dark and damp, and so long as the conditions remain favorable, the mold will continue to return. The conditions which would favor the growth of mold are most unfavorable to human life.

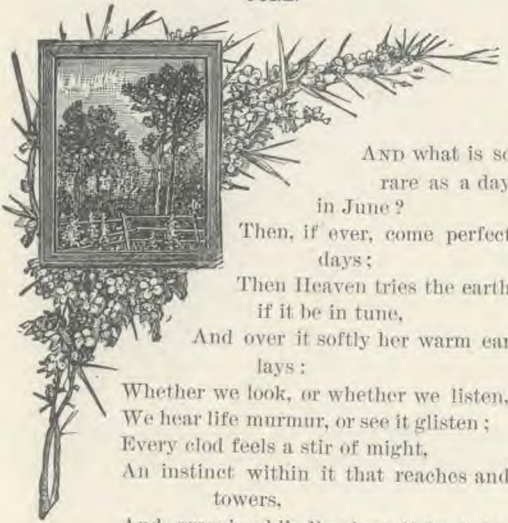
In modern times we know how to eradicate this plague without tearing down the house. After cleansing and scraping the affected wall, apply a strong solution of some good disinfectant, as sulphate of zinc or chloride of lime. Expose the room freely to the disinfecting rays of the sun, and open the doors and windows daily, so that air may circulate through it, and the brown, or green, or yellow spot will cease to return.

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.

JUNE.



AND what is so
rare as a day
in June?

Then, if ever, come perfect
days;

Then Heaven tries the earth
if it be in tune,

And over it softly her warm ear
lays:

Whether we look, or whether we listen,
We hear life murmur, or see it glisten;
Every clod feels a stir of might,
An instinct within it that reaches and
towers,

And, grasping blindly above it for light,
Climbs to a soul in grass and flowers;

The flush of life may well be seen

Thrilling back over hills and valleys;

The cowslip startles in meadows green,

The buttercup catches the sun in its chalice,

And there's never a leaf nor a blade too mean

To be some poor creature's palace.

* * * * *

Now is the high-tide of the year,

And whatever of life hath ebbed away
Comes flooding back, with a ripply cheer,

Into every bare inlet and creek and bay;

Now the heart is so full that a drop overfills it,

We are happy now because God so wills it;

We sit in the warm shade and feel right well

How the sap creeps up and the blossoms swell;

We may shut our eyes, but we cannot help knowing

That skies are clear and grass is growing;

* * * * *

Joy comes, grief goes, we know not how;

Everything is happy now,

Everything is upward striving;

'Tis as easy now for the heart to be true

As for grass to be green or skies to be blue,—

'Tis the natural way of living.

—James Russell Lowell.

THE FINDING OF PHARAOH.

(See Frontispiece.)

IN the neighborhood of three thousand three hundred years ago, the land of Egypt, from Goshen to Thebes and beyond, was in an uproar.

The king was dead! Rameses II., the precocious youth who at the age of ten had joined his warrior-father, Sethi I., upon the throne; the ruler whom his people regarded as a god; the oppressor under whom the Israelites are said to have "sighed by reason of their bondage;" the great Sesostris of the Greeks,—had breathed his last.

The gay and busy life of the cities of the Delta was hushed, and the hundred gates of Thebes were only opened to those who ministered to the necessities of the living, or who performed the sacred offices of the priesthood.

All street processions, minstrel-bands, and mountebanks, fled appalled.

The cities which the great architect and artist-king had refounded,—Ra'amses and Pithom, built by the forced labor of the Hebrews,—were in their meridian splendor. The Ramesseum at Thebes was yet unsurpassed, and the colossal monolith which represented the enthroned king, was then unbroken. The glorious quartette of Abou-Simbel, but recently finished, sat, as now, smiling at the Nubian sun.

But Rameses II., in whose honor, for whose glory, and by whose command all these grand creations were finished, could look upon them no more with mortal eyes.

His body was embalmed, and in due season the funeral procession followed. The mum-

mied king was placed aboard the royal barge, and, attended by the priests and the images of the gods Horus and Isis and Hathor, was floated up the Nile to the Theban city of the dead—to Biban el-Mulouk, the St. Denis, the Westminster Abbey of the kings; and a great lamentation went up to the skies from stricken Egypt.

* * * * *

According to custom, after the burial the doorway to the tomb was walled up, and so disguised by rocks and sand as to make it impossible for any but the priests to discover its whereabouts.

And although his original tomb, that of his father Sethi I., and that of his son Menephtah, were long ago discovered, they were empty, and until July, 1881, the real hiding-place of the "Pharaoh of the Oppression" was a mighty secret. Then its door was opened, and soon after history in a measure repeated itself.

The story of its finding is more romantic than any told in Egypt since Isis gathered the scattered remains of Osiris, and buried his head within the alabaster temple at Abydos.

For a number of years the acute officials of the Museum of Antiquities at Bulaq had seen funeral offerings and other antiquities brought from Thebes by returning tourists, which they knew belonged to the dynasty of Rameses II., of his father, Sethi I., and of his grandfather, Rameses I. Even scarabees bearing the cartouch of the great king, were displayed by the innocent purchasers. This being so, argued the clear-headed officials, the mummies of those royal personages must have been discovered by some one. By whom?

Professor Maspero, the Director-general of the Bulaq Museum, at once organized a detective force to help him solve this conundrum.

Arrest after arrest was made, and the bastinado was applied to many a callous sole which had never felt even shoe or sandal. The women stood by and browbeat the sufferers into silence while they endured the torture, and the men refused all information.

In a line of tombs beyond the Ramesseum lived four sturdy Arabs named Abd-er-Rasoul.

They supplied guides and donkeys to tourists who desired to visit the ruins of Thebes, and sold them genuine and spurious antiquities. When they found a mummy, it being forbidden by law to sell it, the head and hands and feet were wrenched off and sold on the sly, while the torso was kicked about the ruined temples, until the jackals came and carried it away. I purchased a head and hand of one of the brothers, amid the dark shadows of the temple at Qurneh.

Early in 1881, circumstantial evidence pointed to Ahmed Abd-er-Rasoul as the one who knew more than he would tell. Professor Maspero caused his arrest, and he lay in prison at Keneh for some months. He also suffered the bastinado and the browbeating of the women repeatedly; he resisted bribes, and showed no melting mood when threatened with execution. His lips told no more than the unfound tomb—and not as much.

Finally his brother Mohammed regarded the offer of "bakhshish," which Professor Maspero deemed it wise to make, as worth more to him than any sum he might hope to realize from future pillaging, and made a clean breast of the whole affair. How the four brothers ever discovered the hidden tomb has remained a "family secret."

On July 5th, 1881, the wily Arab conducted Herr Emil Brugsch Bey, curator of the Bulaq Museum, to Deir-el-Bahari, and pointed out the hiding-place so long looked for.

A long climb it was, up the slope of the western mountain, till, after scaling a great limestone cliff, a huge, isolated rock was found. Behind this a spot was reached, where the stones appeared to an expert observer and tomb-searcher to have been arranged "by hand," rather than scattered by some upheaval of nature.

"There," said the sullen guide; and "there" the enterprising Emil Brugsch Bey, with more than Egyptian alacrity, soon had a staff of Arabs at work hoisting the loose stones from a well into which they had been thrown.

The shaft had been sunk into the solid limestone to the depth of about forty feet, and was about six feet square.

Before going very far, a huge palm-log was thrown across the well, and a block and tackle fastened to it to help bring up the debris.

When the bottom of the shaft was reached, a subterranean passage was found, which ran westward some twenty-four feet, and then turned directly northward, continuing into the heart of the mountain straight, except where broken for about two hundred feet by an abrupt stairway. The passage terminated in a mortuary chamber about thirteen by twenty-three feet in extent, and barely six feet in height.

There was found the mummy of King Pharaoh of the Oppression, with nearly forty others of kings, queens, princes, and priests.

Not until June last was this most royal mummy released from its bandages. That event is my plea for telling now what I know of the romantic finding and the place thereof. A few months after the finding took place, accompanied by my camera, I visited the Bulaq Museum, and photographed the entire "find." Emil Brugsch Bey is also an amateur photographer, and we had already fraternized during the Centennial Exhibition of 1876, where the Egyptian section was in his care. Therefore at Bulaq I not only enjoyed a rare privilege at his hands, but also his friendly advice and assistance.

The photography done, we embarked upon the Khedive's steamer *Beni Souef*, for Luxor. There we were met by Professor Maspero and Mohammed Abd-er-Rasoul, and together we visited the scene of the latest drama of the Nile.

When we reached the chamber of the dead, the rope which had hoisted the royal mummies from the tomb was made fast to our bodies, was swung over the palm-log, and we were lowered into the depths. As I dangled in mid-air and swayed from side to side, the rocky pieces which I startled from their long slumber warned those who preceded me to "look out below."

At the bottom of the shaft, on the right and left walls of the entrance to the subterranean chamber, were written in black ink some curious inscriptions. By whom, no one can more

than conjecture. It was the duty of the ancient "Inspector of Tombs" to make frequent visits to the royal dead, to repair the mummy-cases and wrappings, and, if necessary, to remove all to a safer tomb.

This handwriting on the wall may have been that of the Pharaonic tomb inspector, whose duty it was to make record of every change. Professor Maspero being desirous of having photographs made of these inscriptions, the little American camera was set for the work, and succeeded in securing them, even there in the bowels of the earth.

Then, lighting our torches and stooping low, we proceeded to explore the long passage and the tomb at its terminus. The rough way was scattered with fragments of mummy-cases, shreds of mummy-cloth, bunches of papyrus plant, lotus flowers, and palm-leaf stalks, while here and there a funeral offering was found. After much stumbling, we arrived at the inner chamber, where, but a few weeks before, stood or reclined the coffins of so many royal dead.

The camera must have a long time for its delicate, difficult work, and so we did not need to hurry.

Seated upon a stone which for centuries had served as the pillow of priest or king while waiting for immortality, Herr Brugsch told me the whole story of his historical "find."

It was a unique interview. It made such an impression upon my mind that I can repeat the story here from memory, though I do not, of course, claim that the report is verbatim.

"Finding Pharaoh was an exciting experience for me," said my companion. "It is true I was armed to the teeth, and my faithful rifle, full of shells, hung over my shoulder; but my assistant from Cairo, Ahmed Effendi Kemal, was the only person with me whom I could trust. Any one of the natives would have killed me willingly, had we been alone, for every one of them knew better than I did, that I was about to deprive them of a great source of revenue. But I exposed no sign of fear, and proceeded with the work. The

well cleared out, I descended, and began the exploration of the underground passage.

"Soon we came upon cases of porcelain funeral offerings, metal and alabaster vessels, draperies and trinkets, until, reaching the turn in the passage, a cluster of mummy-cases came into view in such number as to stagger me.

"Collecting my senses, I made the best examination of them I could by the light of my torch, and at once saw that they contained the mummies of royal personages of both sexes; and yet that was not all. Plunging on ahead of my guide, I came to the chamber where we are now seated; and there, standing against the walls, or here, lying on the floor, I found even a greater number of mummy-cases, of stupendous size and weight.

"Their gold coverings and their polished surfaces so plainly reflected my own excited visage that it seemed as though I was looking into the faces of my own ancestors. The gilt face on the coffin of the amiable Queen Nofretari seemed to smile upon me like an old acquaintance.

"I took in the situation quickly, with a gasp, and hurried to the open air lest I should be overcome, and the glorious prize still unrevealed be lost to science.

"It was almost sunset then. Already the odor which arose from the tomb had cajoled a troop of slinking jackals to the neighborhood, and the howl of hyenas was heard not far distant. A long line of vultures sat upon the highest pinnacles of the cliffs near by, ready for their hateful work.

"The valley was as still as death. Nearly the whole of the night was occupied in hiring men to help remove the precious relics from their hiding-place. There was but little sleep in Luxor that night. Early the next morning three hundred Arabs were employed under my direction—each one a thief. One by one the coffins were hoisted to the surface, were securely sewed up in sail-cloth and matting, and then were carried across the plain of Thebes to the steamers awaiting them at Luxor."—*Edward L. Wilson, in Century for May.*

MENTAL SUNSHINE.

BY JENNIE E. OWEN.

ONLY a little sunbeam,
But it fell upon a flower,
Waking it to beauty
With its mystic power.
Smiles are oft like sunbeams,
Wooing into bloom
Buds of kindly impulse,
Sweet with love's perfume.
If you let your smiles come
Free as sunbeams do,
Love will send its blossoms,
Pure and fresh to you.
As the flower that's hidden
In the seed that falls,
Wakes to life and beauty,
When the sunbeam calls,
So your smiles will waken
Many a kindly word,
Where you least expected
Such would e'er be heard.
Sunbeams—how they brighten
All the earth and air!
Smiles—oh, how they brighten
Man's dull lot of care?

A VISIT TO THE TROPICS.

DEAR EDITOR: In harmony with your request, I will try to write you a few facts respecting our trip to the Tropics. We left New Orleans by steamer, Feb. 16, at 3 p. m., and gently glided down the Father of Waters, out into the billowy deep. A ride down the Mississippi is a pleasant and interesting one. Some of the finest plantation lands of the South lie along its shores.

To those familiar with the circumstances connected with the deepening of the channel of the river's mouth so that large vessels could enter, the "jetties" are most interesting,—the more so because of their simplicity. The faithfulness of those rude banks and simple willows in holding that mighty current, stands as a reminder of what determination and energy can accomplish, despite the opposition of the "learned." We were soon out at sea, and "rolled" nicely along three days without seeing land. The trip was quite pleasant, the weather also, save a few hours just as we entered the Carribean Sea. At times the spray was very heavy. Owing to

the dampness, ere we were aware of it, our entire luncheon of Sanitarium foods became spoiled,—a calamity realized by none more than a hygienist fed on board a steam-ship, even if it was the “*fat*” of the land.

Two days out, one of the passengers was taken sick, somewhat to the alarm of the others, for a “sick man from New Orleans” always has a sort of uneasy sound about it. There being no physician on board, we had the pleasure of utilizing some of our knowledge gained from time to time, from *GOOD HEALTH* and “*Home Hand Book.*”

A “diagnosis” of the case soon led to the conclusion that it was measles, much to the satisfaction of all. Although we had been laughed at because of our principles of healthful living, we thought it was not a bad idea to know a little something on these points, after all.

Our first stop of any importance was at Truxillo, Spanish Honduras. Our steamer lay here one day, thus affording us a good chance to see the place. It was indeed an agreeable transition from the rolling vessel to *terra firma*.

Truxillo is a pretty place, and it can truthfully be said of it that it is “nestled in among the hills.” The mountains rise loftily, a few miles back, thus affording for the city some pretty foot-hills on the coast. It is one of the largest places in Spanish Honduras, and is one of its oldest towns. Among the objects of interest to be seen is a church, built over three hundred years ago, and an old moss-covered fortification still intact, in which

Walker, the noted filibuster, was killed. We much desired to visit it, but were not privileged to do so. The unsettled condition of governmental affairs make the people quite cautious of strangers.

The inhabitants are made up of various classes. The Indians, however, are natives of the country. In many respects they are inferior to our North American Indians. The ever-present, scheming “Yankee” is also



SCENE IN THE TROPICS.

here, seeking what cash he can get, preparatory to a luxurious retirement in the United States. All are not fortunate enough to attain their desire in this direction; for the majority “retire” to a snug bed beneath the palms from which they had hoped to realize so much. This is not due so much to the climate, as to the unhygienic way in which they live.

The “Caribs,” another class of inhabitants, are native Africans, whose ancestors fortune cast upon these shores about one hundred

years ago, during a shipwreck. Afterwards, emigrants of the same class came from the West India Islands, and now they number many thousands. They are the serfs of the country. They are very ingenious, and some of them are quite industrious. They make from mahogany some of the prettiest boats of the kind called "doreys." It is astonishing what seas one of these little boats will ride in. The old "Carib" manages the sail, while the mother and little ones bale the spray from the boat; sometimes it is half full; but on they glide, and they very seldom capsize. Last comes the Hondurians, the ruling class. They have intermarried among the Indians and "Caribs" till they are considerably darker than their progenitors, the Spaniards. They are an inferior, degenerate race. We will speak of their habits of living in a future letter.

T. H. GIBBS.

TO BE CONTINUED.

Temperance Notes.

—A Temperance Employment Bureau has been established in New York City.

—Hillsboro, Ohio, the birthplace of the Temperance Crusade, has just secured a no-license law.

—The present Governor of Pennsylvania is a total abstainer from intoxicating liquors, and also from tobacco.

—A great temperance gathering was held in Berlin, May 27, in celebration of the fiftieth anniversary of the German temperance societies.

—Twenty-six States and Territories have provided for the instruction of their children respecting the effects of intoxicants, by securing scientific instruction-laws.

—The National Temperance Hospital of Chicago is about to issue a paper in the interests of its work. It will be a quarterly, and will contain a record of all matters of interest in connection with the institution.

—Canon Wilberforce, of England, one of the most distinguished advocates of total abstinence, is at present in this country. The National Temperance So-

ciety recently tendered him a reception, upon which occasion the parlors of the Broadway Tabernacle were filled with the leading temperance workers of the city, all anxious to do honor to the distinguished guest.

—The young women of Newton, N. J., have pledged themselves to refuse the attention of all young men addicted to the use of intoxicants or tobacco in any form. This is an example which young ladies of other towns might well imitate. The plan has been successfully tried in several instances, and we believe, were it to become universal, it would be the means of greater progress toward a temperance reform than almost any other measure.

Popular Science.

—Glass pulverized and sifted on muslin which has been covered with a coating of glue, is said to be far superior to, and more durable, than "sand-paper."

Plants which Shoot.—A writer in the *Youth's Companion* gives the following account of some curious plants which shoot their seeds with explosive violence, thereby securing their wide dispersion:—

"A collector in South America, having purchased some seeds new to him, placed them in his berth in his cabin to dry, when, without warning, the seed-case exploded one evening, with a report as loud as that of a pistol, and the large seeds flew about with force enough to break a mirror, and almost to stun the people they struck.

"The case of the sand-box tree (*hura crepitans*) is a familiar example. Here the seed-case is about as large as an orange, and when thoroughly ripe, it explodes with a loud noise, the seeds being projected a considerable distance. The amount of force developed in this way is strikingly shown in the case of the African tree *pentaclethra*. A seed-pod two feet long was experimented upon, and when bound in iron wire, actually tore and rent itself in pieces, in its efforts to become free.

"Some of the balsams project their seeds with great violence, while the curious squirting cucumber (*momordica*) ejects a perfect stream of seeds and water, thus insuring their being carried to a distance from the parent stock.

"In passing through the woods, our faces are sometimes bombarded with little balls, or pellets, that seem to come mysteriously from all directions. If we investigate closely, we shall find that the projectiles are the seeds of the common witch-hazel, that are being shot into the air. Experiments have shown that this plant projects its seeds to a distance of twelve feet."

SOCIAL PURITY.

"Blessed are the Pure in Heart."

INFLUENCES WHICH LEAD BOYS TO IMPURITY.

FIRST among these influences must be classed evil associations, the evils growing out of which are almost too numerous to mention. From evil companionship comes also that ghost of vice, which, more than all other influences, leads to actual transgression of the law of purity,—lewd conversation.

The language of impurity, at first meaningless to the listening learner in the school of vice, speedily develops into impure thoughts, and ultimately brings forth a harvest of impure acts. A lad whose mind has become a hold of unclean thoughts, will not long remain innocent of impure acts. The ancient adage, "As a man thinketh, so is he," finds here its truest illustration.

The remedy for this evil tendency in boys is two-fold. First, as long and as far as possible, prevent contamination by contact with evil associations; second, preempt the fertile soil of the young mind with pure, elevated, and ennobling thoughts. The mind will be occupied with something. If not fully occupied with pure and wholesome thoughts, mischievous and often unchaste ideas will spring up spontaneously, like weeds in an uncultivated garden. Here is a great and most important work for mothers. Make home a delightful place for your growing sons. Make your own mind fruitful by diligent culture, through the aid of books and prayerful reflection upon the beauties of nature and the marvelous works of God in creation. Always have something fresh and interesting with which to entertain the little ones, and satisfy the keen

appetites of their unfolding intellects. Interest them in flowers, in birds, in works of natural history and travel, in the biographies of good and self-made men, in whatever will inspire them with aspirations after what is good, noble, and true; and thus there will be left no room for impure thoughts to do their pernicious work.

Idleness is an invitation to vice. The street loiterers and corner loafers of the cities are among the most debased, morally, of all classes of boys and young men, and are active recruiting officers for perdition. Keep a lad busy, from the time he is old enough to work, or study, or play, and he will not be very likely to wander into the paths of vice, unless exposed to special temptations. Occupation, to be absorbing, to really engage the mind as well as the body, must be interesting. Irksome employment is in no way conducive to mental or moral growth. The problem of occupation for her sons—employment which shall so exert their physical and mental powers as to leave no time for vicious associations, and shall efface the desire for gross pleasures—is a question which mothers may profitably make the subject of discussion and thought.

Last, but not least, of all the influences which lead boys and young men to lives of impurity, is the early acquirement of disrespect for womanhood. The average mother of to-day is overindulgent in the management of her children; and boys in particular are petted and spoiled. They are veritably spoiled in more senses than one. A boy who is allowed to trample upon maternal authority, soon loses respect not only for his mother,

but for her sex. The discrimination often seen in families in favor of sons, leads them to esteem lightly their sisters, and they soon come to look upon all women as inferior beings. In many families the sisters are made to wait upon their brothers, and defer to their wishes and whims, until the young tyrants come to look upon them as little better than slaves; and they grow up to young manhood with the idea that women are of little account, except as they may be made to minister to man's convenience or pleasure. There needs to be a revolution; and mothers are the agents by whom the change must be wrought in this matter. Boys should be taught from earliest childhood that their sisters have equal rights with themselves. They should be inspired with that genuine respect and sacred regard for woman that will lead them to despise those who delight in her degradation, and will actuate them to noble efforts for the protection of the weak, and the rescue of the erring. If all mothers would join in this reformatory effort in the early training of their sons, it would require but a single generation to abolish from the face of the earth the last stain of social iniquity, and to place woman upon an equal footing with her brothers, intellectually and socially, as well as morally.

READING BAD BOOKS.

THE celebrated Lord Bacon, to whom so many wise sayings are attributed, said, respecting books, "Some are to be tasted, others to be swallowed, and some few to be chewed and digested." The poet Coleridge, though greatly less profound as a philosopher, was able to speak many things from personal experience, and added to the thought of Bacon the idea that some books are to be let alone. The following paragraphs from his pen are well worth regarding:—

"Never, under any circumstances, read a bad book; and never spend a serious hour in reading a second-rate book. No words can overstate the mischief of bad reading.

"A bad book will often haunt a man his whole life. It is often remembered when much that is better is forgotten; it intrudes

itself at the most solemn moments, and contaminates the best feelings and emotions. Reading trashy, second-rate books is a grievous waste of time, also.

"In the first place, there are a great many more first-rate books than ever you can master; and in the second place, you cannot read an inferior book without giving up an opportunity of reading a good one.

"Books, remember, are friends; books affect character; and you can as little neglect your duty in this respect as you can safely neglect any other moral duty that is cast upon you."

Age of Consent Legislation.—Rev. A. H. Lewis, D. D., writes on this subject in an able little tract, as follows:—

"This 'age of consent' legislation is a disgrace to our *Christian Civilization*. One must hang his head in shame while he admits its existence. I suppose we must deal with the problem as it is, and labor to raise the age of consent. Not because such a law can ever be just and right, but because public opinion is too low to go any further at present. The ideal legislation lies far beyond anything we can hope to obtain now. When we reach that, women will be protected at all ages; and the man who dares be first to take away a woman's virtue will suffer sharp penalty, instead of protection. Society is bound to protect women, especially girls, against the blindness of their own passions, the folly of their inexperience, and the temptations to ruin which come through poverty. We forbid physical suicide; much more should we forbid the murder of virtue and purity in womanhood, and hence in the world.

Girls' Industrial School.—New York City proposes to set a good example for the whole country by establishing an industrial school for girls, to which graduates from the public schools of the city may be admitted. The course of instruction is to include phonography, telegraphy, type-writing, book-keeping, cooking, and sewing. Such a school in every large city would save multitudes of young women from want and shame.

 * BIBLE HYGIENE *

WAS IT FERMENTED OR UNFERMENTED WINE?

Much use has been made of the fact that

Saviour very plainly sanctioned the use of wine. If the wine produced on this occasion was fermented and intoxicating, certainly this

remarkable miracle may be looked upon as a divine endorsement of the use of wine. Before accepting this view of the matter, however, it would be well for us to give attention to several considerations.

1. If the wine referred to above was of an intoxicating nature, then the brewer and the distiller have, as they claim, a sufficient apology for their nefarious business; for in manufacturing alcohol with which to poison their fellow-men, ruin their constitutions, squander their property, and render their children homeless, and their wives widows,—in all this work of evil, they are only imitating the example of their divine Master! Such a position is too unreasonable to be tenable; for the work of rum savors more of a satanic than of a divine origin. No; it is impossible for any one but the veriest infidel to regard it consistent for the Saviour of mankind to lend his influence and his example in favor of a practice which even human wisdom can see is an unmitigated curse to the race.



TURNING THE WATER INTO WINE.

at the marriage feast at Cana of Galilee, Christ performed the miracle of changing water into wine, it being claimed that in this act the Saviour wrought? It was simply by a shortening of the natural process by which wine is produced. The grape-vine sucks up water through its root-

lets, and by a slow and mysterious process, continuing through several months, finally converts it into wine in its clusters of luscious fruit. Man obtains it by simply pressing it from the grapes. Christ, by his infinite wisdom, by his knowledge of the intricate processes carried on by the plant—for he made the grapevine—performed the same work in a moment. The product was the same as though it had been produced in the ordinary way. Is the product of the vine—new wine, fresh grape juice—fermented and intoxicating? No; it is unfermented and wholesome. The grapevine cannot produce alcohol. The Creator has not formed it in any plant. In simply shortening the natural process of wine-making, then, Christ produced not fermented but unfermented wine.

3. Again: the governor of the feast pronounced the wine produced by Christ the best, saying, "Thou hast kept the *good* wine until now." If we can ascertain which kind of wine was considered *best* among the Jews, we shall be able to settle this question with absolute certainty. An appeal to recognized authority will do this.

Says Dr. Jacobus, "Those were considered the best wines which were least strong."

Prof. M. Stuart says that the ancients regarded unfermented wine "as of a higher flavor and finer quality than fermented wine."

Kitto says of wine which had been preserved from fermentation by boiling, "Such was esteemed [by the Jews] the richest and the best wine."

There can be no doubt, in view of such testimony, that the wine which Christ made, and which the governor of the feast pronounced the best, was the unfermented kind, which was commonly considered the best among the Jews.

4. Lastly, Dr. Isaacs, an eminent Jewish rabbi, bears the following testimony: "The Jews do not, in their feasts for sacred purposes, including the marriage feasts, ever use any kind of fermented drinks."

BIBLE WINE.

1. Is wine commended in the Bible? Judges 9: 13; Ps. 104: 14, 15.

2. How can this fact be reconciled with the teaching of the Scriptures concerning temperance?—*Two kinds of wine are recognized in the Bible,—one of which is intoxicating, the other unfermenting.*

3. Was the use of unfermenting, or unfermented, wine common among the ancients?—*It was.*

4. What were the principal methods of preservation?—*1. Boiling until the juice acquired the consistency of sirup. 2. Repeated filtration of the juice, after which it was carefully sealed in bottles, and buried in the earth or submerged in water and fumigated with sulphur.*

5. Was this kind of wine held in esteem among the ancients?—*It was.*

6. Have we a description in the Bible of the manufacture of fermented, or intoxicating, wine? Prov. 23: 31. Kitto's translation.

7. Is the distinction between these two kinds of wine preserved in the common translation of the Bible?—*It is not.*

8. Does such a distinction appear in the original by the use of different terms for the different kinds of wine?—*It does.*

9. What are the three principal words employed for wine in the original Hebrew?—*Yayin, Shekar, and Tirosh.*

10. What is the meaning of *Yayin*?—*Yayin, according to Biblical critics, refers to the juice of the grape in any form. It might be sweet or sour, fermented or unfermented.*

11. What is the meaning of *Shekar*?—*Shekar, or shechar, was the term applied to any sweet juice derived from any other source besides the grape. It is sometimes translated honey. It usually refers to the juice of the palm tree or of its fruit, the date; and, like yayin, it included the fermented as well as the unfermented condition of the juice.*

12. What is the meaning of *Tirosh*?—*New wine*

13. To what is *Tirosh* applied?—*Tirosh was applied to the ripe fruit of the vine, and to the fresh juice of the grape before fermentation had begun.*

14. What does this use of the above terms clearly prove?

15. Is unfermented wine, *Tirosh*, commended or condemned? Judges 9: 13.

16. Is the use of fermented or intoxicating drinks commended or condemned? Prov. 23: 31, 32.

17. This being true, which wine is evidently referred to by the terms employed in those instances in which wine is commended or its use countenanced, without a definite distinction as to the kind of wine?



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

TERMS, \$1.00 A YEAR.

BATTLE CREEK, MICHIGAN, JUNE, 1887.

AN investigation recently made of the milk-supply of San Francisco showed it to be open to grave suspicions of being a potent cause of consumption. Much of the milk was found to be obtained from consumptive cows. An examination of one cow, killed for the purpose, showed the udder, lungs, liver, and blood to be densely infected by germs.

SOME of the most successful and popular patent nostrums are, upon analysis, found to be wholly inert, except as they are made potent by an attractive name or reputed efficiency. A recent analysis of one of the most popular of Russian patent medicines, to which most remarkable virtues have been ascribed, showed the only constituent to be water from the river Neva.

OUR MIND-CURE friends, if their philosophy be a true one, have a noble opportunity for the undertaking of a magnificent philanthropy. They claim that it is immaterial whether or not there is co-operation with the operator, on the part of the patient. They claim to obtain equally as good results with children, who are unable to comprehend their mystic philosophy, as with adults; and to be able to influence, in a curative way, persons who are far distant from them, and who are wholly unconscious of the efforts made in their behalf. Now we suggest that all the different sects of MIND-CURE philosophers, which are getting to be almost as numerous as the "gods of the Pantheon," shall combine their forces in one stupendous effort to remove sickness from

the face of the earth. Let them advertise in newspapers, and send out circulars and special agents for the purpose of obtaining the names of all invalids everywhere; then let them sit down to their silent meditations, and by the exercise of their newly-discovered powers, infuse life and vitality into the sick and afflicted everywhere. Why not? It may occur to our metaphysical friends that the plan suggested offers no pecuniary inducements equal to the running of metaphysical "colleges," and the teaching of classes, in various parts of the country, at from twenty-five to one hundred dollars a head.

NOTWITHSTANDING the recognized injury from the use of tea and coffee, to which attention has been called by many eminent physicians, the use of these beverages seems to be very rapidly increasing. According to the last *Quarterly Report of the Chief of the Bureau of Statistics*, the amount of coffee used *per capita* each year, has risen within the last five years from eight and two-tenths pounds to nine and eleven-hundredths, —an increase of nearly one pound. This includes the entire population, and indicates the consumption of an enormous quantity of these unwholesome beverages.

It would be unsafe to say that half the crimes are due to bad digestion; but certainly some are. There is good historic evidence for the belief that Calvin consigned Servetus to the flames while suffering with a fit of indigestion.

SUMMER COMPLAINTS.

THE season of the year is fast approaching in which disturbances of the stomach and bowels, commonly known as summer complaints, become the predominating class of disorders. Probably but a small proportion of people are wholly exempt from attacks of "looseness of the bowels," or indigestion, during the summer months. Many persons suppose that the disorders mentioned are inconveniences which are necessarily incidental to the summer season. This is quite a mistake. The summer season, so far as the digestive organs are concerned, ought to be the healthiest season of the year, as it affords an abundant supply of fresh, wholesome foods, of the character best adapted to the natural demands of the human digestive apparatus. Most, if not all, of the cases of cholera morbus, cholera infantum, diarrhea, and perhaps also dysentery, are due to indiscretions, or errors, in diet. The researches of Dr. Vaughan have shown it to be very probable that cholera infantum and cholera morbus are due to the use of food which has undergone a peculiar kind of fermentation. It is quite possible that in some instances this dangerous form of fermentation may take place within the body itself. It has recently been determined that the real cause of death in cholera and its allied diseases, is the effect upon the system of powerful poisons formed by the fermentations peculiar to these diseases. When the digestive organs are kept in a healthy condition, the digestive fluids possess the property of preventing the fermentation of the food; but from excessive eating, the use of unwholesome or indigestible foods, drinking of ice-water, eating ice-cream, and other dietetic errors, the digestive organs are weakened, and the process of digestion is so slow, and the digestive fluids formed are so deficient in quality and quantity, that the poison-forming fermentations are set up, by which are induced inflammatory processes, and the other distressing symptoms attendant upon these maladies. Adherence to the following rules will secure immunity from the disorders which

most extensively prevail during the warm months of the year:—

1. Use flesh food very sparingly, or not at all. Especially avoid fat, smoked, and salted meats.
2. Avoid the use of animal fats. At this season of the year, animal fats quickly become rancid, and when in this condition, encourage the kind of fermentations by which bowel disorders are occasioned. It is almost impossible to keep, free from taint, at this season of the year, even the very choicest of dairy butter,—the most commonly used fat.
3. Avoid the use of stale or immature fruits and vegetables. Avoid milk which has a flavor of sourness, or which has been allowed to stand several hours in a close place. Also avoid foods of all sorts which have the slightest musty or moldy flavor. Cheese is unfit for food at any season of the year, but is particularly dangerous during the warm months, as it contains the products of poisonous fermentations, and readily sets up the same sort of fermentation in the stomach.
4. Avoid drinking iced water, iced milk, iced lemonade, and all other iced drinks. Especially avoid the use of ice-cream. Iced water or very cold foods or drinks of any sort, are particularly harmful when taken at meals, or within two or three hours afterward, as they delay the process of digestion, thus creating a favorable opportunity for unwholesome fermentations to occur. It is well to avoid drinking freely of any kind of fluids at meals, with the exception of milk. Milk should be slowly sipped, and eaten with some hard food which requires thorough mastication, such as a bit of dry toast, or a hard cracker.
5. Fruit should enter largely into the dietary. A typical diet for early summer would be made up of fruits, grains, and milk, with a moderate allowance of such vegetables as asparagus and green peas. The fear which many have of combining milk with fruits, is without foundation, provided both milk and fruits are perfectly eaten, by which we mean that they should both be well masticated. Fruits which have a firm flesh, like cherries

and plums, are apt to be swallowed without proper chewing, and when taken in this way, are difficult to digest, and likely to produce fermentation or acidity. It is well to avoid the use of raw milk during the summer season, as by taking boiled milk one may be certain to avoid injury from tyrotoxin and other poisons which are produced by fermentation.

6. The frequent liberal use of hot water as a drink is an excellent means of warding off stomach and bowel disturbances. The disposition to chill from too rapid cooling after profuse perspiration, may be successfully antagonized by drinking half a glass of hot water or hot lemonade. An "all gone" feeling, or a heaviness of the stomach,—a frequent precursor of more serious stomach and bowel trouble—is generally promptly relieved by drinking hot water. When the food seems to lie heavy in the stomach, a few sips of hot water may be taken with advantage just after eating; though, as a rule, hot water drinking should be confined to one or two hours before meals, or just before retiring at night.

7. As a certain precaution against the most serious forms of bowel troubles which are produced by drinking water, one should confine himself to the use of boiled water when in an infected district, or when obliged to use water which is not known to be pure.

8. Keep the bowels in a healthy condition by regular habits. Those persons who are particularly sensitive to cold about the body, as many invalids are, should wear a flannel bandage about the lower half of the trunk, whenever the morning or evening temperature is so low as to produce a tendency to chilliness.

HYGIENE IN AFRICA.

FOR several months GOOD HEALTH has been regularly sent to the missionary station at Monrovia, Liberia, on the west coast of Africa. We have recently received the following letter from the chief of this mission, by which it appears that the principles of hygienic living have been generally adopted

by the workers in this mission, so that this may properly be called the first hygienic missionary station in Africa. We are much interested in the noble work of this and all other missionary enterprises, and believe that the good accomplished by this kind of effort may be greatly enhanced by the teaching of the "gospel of health" in connection with the ordinary religious work which usually receives exclusive attention. We hope to be able to report soon the organization of several other missionary stations; and we feel safe in predicting that not the least good which will result from the adoption of hygienic principles in these foreign missionary fields, will be the augmented health of the missionaries themselves, and their greater capacity for useful work:—

"EDITOR GOOD HEALTH: Your much appreciated journal reaches us promptly. We are grateful for its visits, and now take the opportunity of sending you a vote of thanks. We are well established in our new mission, and our home is conducted, as far as circumstances will permit us, on the hygienic plan.

"We have been here just four months to-day, and are in excellent health, and full of hope and courage for the future. We find that Liberia is no country to be dreaded, and notwithstanding the report that has gone abroad, that it is the 'white man's grave' and 'death sits upon every leaf of the trees,' we find it as healthful as other countries, comparatively speaking. This is the beginning of the 'rainy season.' I should call it more healthful during this part of the year than in the 'dry season.' Lightning purifies the atmosphere, and the floods wash the malaria of earth into the ocean's depths.

"Our business here is to spread the gospel of Jesus Christ, and in order to do this effectively, we must have sound minds and well bodies. This gospel of good health is secondary only to the gospel of the Son of God, so we feel interested in it also, and are ready to point others to a better way of living physically, as well as morally and spiritually, and to walk in the way ourselves.

"We eat very little meat, mostly fish, and

no pork at all. Rice and casada constitute the staff of life. The fruits are delicious. We have mango plums, pawpaws, bananas, plantains, golden plums, butter pears, etc. The vegetables are collards, butter beans, a small kind of corn, and other things in this line.

"Tobacco is the bane of both the Liberians and natives. It was said that no missionary had as yet been able to travel back into the interior unless he carried tobacco, with which to pay his way from town to town. I proved the exception to this rule a few weeks since. Having a call to preach among the 'Pessah' tribes, I carried none with me, though the cry, 'tah,' 'tah,' greeted me from all points of the compass. 'Tah' is the Pessah word for tobacco. They would rather have this weed, that stupifies the conscience, and befogs the *enlightened* mind, and drags their own *darkened* souls into *grosser* darkness, than to have silver and gold. I am now on the eve of returning to America for more missionaries to teach these people to enter the 'better way' to health of body, mind, and soul. The little hygienic mission home at Monrovia, occupied by Sisters Jennie Torrence and Lizzie Cox, will be glad to receive regularly the Good HEALTH. They have a school of 68 pupils, who will also receive benefit from the instruction their teachers receive as to healthful modes of living, etc. With thanks for your kindness, I am, Respectfully,

"ROBT. L. HARRIS.

"*Monrovia, Liberia, W. C. A., April 15, '87.*"

PURE VEGETABLE REMEDIES.

NOT long since, a lady who was advocating the use of a patent medicine, insisted that it must be harmless, because it was "purely vegetable." For those who imagine that a "purely vegetable" remedy is necessarily harmless, we quote the following from the *New York Medical Record*:—

"There is a curious superstition in the lay mind, that all vegetable remedies are comparatively harmless, while mineral substances are much more injurious to the human economy. This superstition, or prejudice, in favor

of the vegetable kingdom, is always skillfully appealed to by the quack, whether he be only an 'Indian doctor,' or represents the supreme development of charlatanism in the person of a 'professor' who gives free lectures to the public, on 'nervous debility,' suborning the daily press for his purposes. The prejudice, perhaps, originated some fifty years ago, when the public and the profession began to realize that there was too much giving of antimony and mercury. It always received moral support from the old women, who only knew how to brew herbs, and feared what they did not understand. Besides, vegetable medication belongs to the childhood of the human race; the use of mineral drugs is the result of the acquirement of scientific knowledge and the general advance of civilization. It is no wonder, therefore, that it has been regarded with suspicion by the ignorant. But the fact is, the prejudice is entirely without foundation. At the present time, a list of the poisons used as drugs will show a great preponderance of the vegetable kingdom. We have, for example, such universally consumed substances as alcohol, tea, coffee, and tobacco. These 'purely vegetable substances,' alone, do a hundred-fold more to poison and deteriorate the human system than does the whole mineral pharmacopœia. But, besides these, we have opium, Indian hemp, and the whole seductive list of 'purely vegetable' narcotics. By far the most powerful poisons to the system are of purely vegetable origin. Such, for example, is curarine, which, in doses of a hundred thousandth of a grain, produces its effects; and strophanthim, of which a solution containing one part to ten million of water will kill the exposed heart of a frog. The most subtle and evasive of poisons is the active principle of the 'purely vegetable' digitalis purpurea, while strychnia has probably poisoned more animals and human beings than any other drug but arsenic.

"Taken as a rule, therefore, the most violent poisons, and the substances that produce the most deleterious effects on the human system, are from the vegetable kingdom. The mineral drugs which may cause

harm are few in number, and, if we except arsenic, are not especially violent poisons. There is a considerable amount of poisoning from lead, but not through its medicinal use; and the same may be said at the present time of mercury.

"In fine, it is the purely vegetable drugs which are the most dangerous, because it is these which stimulate the brain or benumb the senses, induce morbid habits, and eventually establish physical degeneration.

"We wish that the public could be made to understand this, when it is confronted with alluring notices of the perfect safety and harmlessness of 'purely vegetable' drugs."

LIQUOR STATISTICS.

THE Chief of the Bureau of Statisticians, in his recent *Quarterly Report*, furnishes the following, among other facts, respecting the use of alcoholic liquors in the country:—

"In round numbers, the consumption of distilled spirits, domestic and imported, in this country, is shown to have increased from 43,000,000 gallons in 1840, to 72,000,000 in 1886; of wine, from 4,800,000 gallons to 22,000,000; and of malt liquors, from 23,000,000 to 642,000,000. The consumption *per capita* during the same period decreased, as regards distilled spirits, from about $2\frac{1}{2}$ gallons to about $1\frac{1}{4}$ gallons; while it increased as regards wines, from .29 to .38 gallons, and of malt liquors, from less than $1\frac{1}{2}$ to more than 11 gallons.

"An elaborate statement is given, made by F. N. Barrett, editor of the *New York Grocer*, by request of the chief of the bureau, which sets forth, among other things, that the present average expenditure in this country per annum for malt and spirituous liquors and beer at retail, is \$700,000,000. The drinking population is estimated to be (in 1886) 14,925,417, making the average expenditure *per capita* \$45.90.

"Mr. Barrett says the wholesale cost of the liquor, for which the retailers receive \$700,000,000, is not more more than \$300,000,000. He makes a brief calculation of the cost of liquors as compared with that of

food, clothing, and shelter,—reaching the conclusion that the American people expend from \$12 to \$17 for the 'necessaries' named, to every dollar paid out for liquor.

"James A. Webb, of New York, furnishes a statement to the effect that only 10 per cent of distilled spirits consumed by this country is used for medicine and manufacturing purposes, 90 per cent being used as a beverage."

TOBACCO PROHIBITION.

THE following bill is before the present Legislature of the State of Illinois, and will probably become a law:—

"SEC. 1. *Be it enacted by the people of the State of Illinois represented in the General Assembly:* That hereafter no person or persons in this State shall sell, buy for, or furnish, any cigar, cigarette, or tobacco, in any of its forms, to any minor under 16 years of age, unless upon the written order of parent or guardian.

"SEC. 2. That if any person or persons in this State shall violate the provisions of this act, he, she, or they, shall, on conviction thereof, forfeit and pay for each and every offense the sum of \$20."

This is certainly a good law so far as it goes. A similar law has been enacted in several States, as well as in France, Switzerland, and other European countries, and ought to be made universal; but why not go a little further, as did the half-civilized African potentate recently, who, finding that his subjects were being injured by the weed, forbade its use by any person, whether under sixteen years of age or not? The reasons which justify the prohibition of the use of tobacco by boys, apply with equal force to its use by older persons.

—"Deviled Crabs" is one of those French mixtures, the exact composition of which "no feller ever could find out;" but this is certainly known, that the man who eats them is pretty certain to feel as though there was some desperately wicked thing inside of his stomach.

The Fried-Oyster Cure.—A mind-cure doctress, calling herself a clairvoyant doctor, told a poor dyspeptic that his real trouble was an ulcer of the stomach, and that the only thing that would cure him was a diet of fried oysters. He was very glad to try the remedy, as it was quite in accordance with the dictates of his palate; and so strong was his faith that the oysters would exactly "hit the spot," that he really did improve for some days, gain in flesh, and pronounce himself on the high road to health. Just then the charm broke, and he was down in the old ruts again.

One of the suspicious features of the mind-cure method is that it not only disregards and ignores the virtues of all external agents and remedies, as well as medicines of whatever sort or name, but positively forbids their use, and says to its votaries, "No attention to diet or other hygienic matters is needed." Their philosophy seems to be open to the inference that what we are accustomed to consider indigestible foods are really so only as we hold them thus in our imagination; and the same of all other matters pertaining to personal hygiene. Getting one's feet wet will not give him a cold, unless he adds to the exposure the malign influence of a diseased or metaphysically uneducated imagination. A system so unreasonable and so potently absurd, cannot long receive the support of any but the densely ignorant, or the irreclaimably mercenary.

A Strange Condiment.—One of the best illustrations of the influence of habit in the formation of tastes in matters of diet, and a most excellent evidence of the artificial character of the relish for condiments of all sorts, is found in the fact that *asafoetida*, a drug which to an English nose or palate is most loathsome and disgusting, is in some countries much esteemed as a condiment. This drug is chiefly produced in Persia and the Punjab. It is carried from the sea-ports of the Persian Gulf to Bombay. So powerful is the odor, it is necessary to use special ships for its transportation. The Germans call this bitter, ill-smelling drug by the term *teufelsdröck*, a

word too loathsomely significant to bear translation.

Notwithstanding the repugnance with which we regard this medicinal substance, it is highly esteemed, and much used as a condiment in Persia and India, and is even in demand in France for use in cookery.

A wholly unsophisticated palate will reject pepper and mustard, pepper-sauce and cayenne, as promptly as *asafoetida*; and the use of the last-named drug is no more absurd or harmful than the use of the hot and irritating condiments in such common use in this and other English-speaking countries, and it is no more necessary.

The Cost of Patent Medicines.—The *Medical Record* thus compares the cost of education and patent medicines:—

"In the year 1882-3 there were expended for educational purposes upward of \$76,000,000.

"The amount paid for patent medicines annually in this country is about \$22,000,000, and between five and eight millions are paid annually to newspapers for advertising them. In England the tax alone on patent medicines amounts to \$600,000 annually

"It will be seen that the people of this country pay annually nearly one-third as much for drugs, with which to poison their stomachs, as for the enlightenment for their minds."

If to the above estimate were added the cost of the sickness arising from the use of the vile decoctions sold as patent medicines, the figures would be found to amount to many times the original cost of the nostrums themselves.

—*Confectioner.*—"Remember that all the French candy is in this case."

New Clerk.—"How do you get it fresh?"

"Fresh! why, we make it, of course."

"But I thought French candy was imported."

"Oh no; we make it ourselves."

"But, then, why is it called French candy? Do the ingredients come from France?"

"Well, I don't know; may be the plaster of Paris does."



DOMESTIC MEDICINE.



FEEDING OF INFANTS.

At this season of the year, this subject is one of great importance. The following from the *American Journal of the Medical Sciences*, presents in a concise manner the best knowledge on this subject possessed by the Medical Profession at the present time:—

“Dr. Henry Ashby states that it has been shown by recent researches that cow’s milk is about four times as rich in caseine as human milk, while the amount of salts is some three or four times as much, and the amount of sugar in human milk is half as much again as in cow’s milk. The addition to cow’s milk of water and sugar, with the object of approximating the various constituents to those of human milk, must necessarily fail as regards one or more of them. Moreover, the addition to cow’s milk of lime-water, barley water, or a fluid containing dextrine or some other gelatinous substance, does not, as is generally supposed, prevent the bulky coagulation *provided the fluid be left at rest*. On this account, Dr. Ashby advocates peptonized milk. This may be readily prepared for infants by pouring four ounces of boiling water on four ounces of milk, adding one-fourth of one of Benger’s peptonizing powders, two tea-spoonfuls of cream, and allowing it to stand for ten or twenty minutes, according to the amount of peptonizing desired, then adding a tea-spoonful of sugar or milk sugar, and letting the infant take at once. When this form of food is administered, though some curd may appear in the stools, it is always soft and passed without difficulty.

“Another less expensive artificial human milk may be prepared by mixing one-quarter pint of cream with three-quarters pint of warm water, and adding one-half ounce of

milk sugar. To this, two to ten ounces or more of milk may be added, according to the age or the infant’s capacity for the digestion of curd.

“Another artificial human milk may be prepared according to Meigs’s formula, by taking two table-spoonfuls of cream of medium quality, one of milk, two of lime-water, and three of water to which sugar of milk has been added in the proportion of seventeen and three-quarters drachms to the pint, which saccharine solution must be kept in a cool place, and prepared fresh every day or two. An infant may take from half a pint to three pints of this mixture, according to age. In round numbers, this artificial human milk may be said to contain eleven to twelve per cent of solids, of which three or four per cent is fat, one per cent curd, and six to seven per cent sugar.

“Any one of the above forms of food will generally be found to agree well with a healthy infant, or when it is suffering from dyspepsia or intestinal catarrh.”

HOW TO MOVE A SICK PERSON IN BED.

VERY feeble patients, and those suffering with painful diseases, are often moved in bed with great difficulty, especially if the attending nurse happens to be deficient in strength or skill. Dr. Roche, writing to a contemporary, suggests the following simple device for facilitating the handling of patients in bed:—

“Fasten smoothly to the mattress, with strong safety-pins, a rubber blanket or piece of enamelled cloth, rubber or enamel side up. Upon this, place, with enamel surface down, a similar rubber or enamelled cloth, if possible somewhat wider, so as *always* to keep the under one covered. Cover with a sheet, and make up the bed as usual. Between the rub-

ber or enamelled surfaces, sprinkle soap-stone powder, kept by all shoe-dealers, or glove powder; or, if nothing better can be had, the common graphite, known as stove polish, will do. Now, by grasping the edge of the under sheet and upper enamelled cloth at the same time, it will be found easy to *roll over* or move the heaviest person with slight effort and little pain or straining, either to nurse or patient.

"If the device prove too slippery when not wanted, a few strong pins fastening it to the bedding beneath will prove sufficient to prevent it."

Sick-Headache.—Any one who has ever had a sick-headache, remembers the experience. Perhaps, if his memory is good, he can also remember the cause of it. He has a recollection about a plum-pudding, a Thanksgiving turkey, a "boiled dinner," or a late supper with ice-cream and cake, or a big piece of mother's mince pie, or some other dietetic abuse or abomination. He went to bed feeling well contented with having satisfied his appetite, but awoke in the morning with a splitting headache, feeling as though he never wanted to eat again, but as a little girl said, would "like to unswallow himself."

Sick-headache is always the result of stomach disturbance. Generally there has been gross violation of dietetic laws. Too many sweetmeats, dainties, fats, or other indigestible things are eaten. (Any quantity of these things is too much.) The sick-headache is Nature's punishment for the transgression of her laws.

But what shall one do who has incurred the penalty, and is suffering for his sins? Doubtless the repentance is genuine for the time being. So we may help him out for this time, exacting a promise that he will sin no more against his much-abused stomach. On this condition, tell him to swallow at once a quart of hot water. If he vomits, well and good; let him swallow another quart. Also take a copious enema to free the bowels, which are generally loaded. He must take no food for twenty-four hours. When the

stomach feels empty or bad, fill it up with hot water. A hot fomentation over the stomach, a hot foot-bath, and sponging the head with hot water, are simple measures which generally afford relief. A hot full-bath, when it can be taken, is also useful in many cases.

A New Method of Treating In-growing Toe-Nails.—A correspondent of the *British Medical Journal* says of the treatment of in-growing toe-nails: "I have for many years used tannin for the purpose, and do not find rest necessary. A concentrated solution (an ounce of perfectly fresh tannic acid dissolved in six drachms of pure water, with a gentle heat) must be painted on the tender parts twice a day. Two cases recently had no pain or lameness after the first application, and went about their work immediately, which they could not before. After about three weeks of this treatment, the nail had grown to its proper length and breadth, and the cure was complete. No other treatment of any kind was used, though formerly I introduced lint under the in-growing edge in such cases. One of the patients was a mill-girl, and the other a housemaid, and both were on their feet many hours a day."

New Treatment of Burns.—Dr. Copeland, of Alabama, condemns the common method of treating burns by frequent change of dressings, and advocates the employment of no dressing at all. He covers, or surrounds, the affected part by means of a pasteboard box, or a frame of some kind, over which he throws mosquito netting to keep away flies, allowing a scab to form over the burn, underneath which, according to his experience, healing progresses with very much greater rapidity than when the injured surface is dressed daily. He claims that the secretions thrown out upon the burned surface are intended to aid in the work of forming new tissues, and that the frequent dressings which are applied, destroy the new and delicate tissues which are formed, thus greatly delaying the healing work.

HYGIENE FOR YOUNG FOLKS.

A BOY'S SAD CHANGE.

LITTLE JAMIE GREEN, when a very small boy, was thought by his parents and all who saw him, to be a very nice and very promising little boy; but as he grew older, he began to show some traits which were



by no means so pleasant as one loves to see in a little boy.

Whenever he saw anything which he thought he would like, he insisted that he must have it, whether it was right that he should have it or not.

When he went to visit his little cousins, and saw their playthings and little presents, which their parents and other kind friends had given them, he would ask to take their toys in his hands, and then, instead of giving them back, would put them in his pocket, or keep fast hold of them, and insist on taking them home with him.

When any nice present was given to him, he kept it all to himself, and would not allow any one to share it with him, because he was a very selfish boy. When he went to the table, he would not be satisfied unless his mother helped him to everything on the table. If there was pie, or cake, or rich sauce of any sort, he would not eat anything else, but would insist on making a whole meal of unwholesome dainties, which were likely to make him sick. One day his mother had

been making some rich cake (a very unwise thing to do), as she was expecting some visitors the next day. When the cake was done, she placed it away in the cupboard, and the next day, when her friends came to dinner, she went to the cupboard to get it to put upon the table. To her astonishment, there were only a few crumbs and broken pieces left. She thought at first that the cat, or perhaps some mischievous rats,

had eaten the cake; but presently she heard a noise in the bedroom, and when she went in, she found Jamie stretched out on the bed looking very pale and sick, and sobbing as though he felt very bad. She asked him what was the matter; but at first he would say nothing. After a while, he confessed that he had eaten the cake, and that he felt dreadfully sick at his stomach. His mother ought perhaps to have punished him for stealing the cake, and making such a pig of himself, but she was very indulgent, so she gave him some hot water and placed some hot cloths over his stomach, and did all she could to make him feel better.

This ought to have been a lesson to Jamie, so that he would not make a glutton of himself again; but it seemed to do him no good, for a few days after, he stole into the pantry, and ate a large quantity of rich preserves; and was sicker than before.

Did you ever see a lot of pigs eating out of the same trough? If you did, you noticed how each one tried to get more than the others. When people act this way, we sometimes say they are "piggish."

Jamie kept getting worse and worse as he grew older, until he came to behave so much like the animals referred to, that people called him a little pig. He not only made himself disagreeable to everybody, but injured himself by his foolish conduct.

His father tried many times to correct him of his evil ways, but all of his efforts were in vain. At last, he got an artist to make the pictures which you see on this page, and hung them on the wall in Jamie's bedroom. The picture at the top represents Jamie. The pictures below it are intended to show how Jamie was gradually changed from a nice little boy to a very ugly-looking pig. Of course this change did not actually occur in Jamie's face, although some of his friends thought his face had begun to look a little piggish; but the picture represented the change that had taken place in Jamie's character.

You will be glad to know that the picture had the desired effect, and that Jamie in time got his old face back again; and when he came to be a man was much loved and respected by all who knew him.

—"What makes that girl walk so funny?" inquired De Smythe of Browne. "Is she intoxicated?" "Oh, no; she is not intoxicated," responded Browne. "It's only her shoes that are tight."

A HEALTHY CHANGE.

A SMALL boy of Detroit was observed bringing home a wheelbarrow full of empty oyster cans.

A gentleman accosted him, "Bob, what are you going to do with those oyster cans?"

"Scatter them around the back yard," said Bob. "You see my folks 'aint got much, and we are goin' to have some cousins come down from the country to see us; so we are goin' to scatter these things around, so they will think we are dieting for a 'healthy change.'"

We cannot commend the hypocrisy of the small boy and his family, but it is interesting to note that the small boy was aware that high living was not healthy, and that there were real advantages to be found in a "healthy change" as regards diet.

The small boy whose parents are so wise as to give their children a "healthy change" all the time, is highly fortunate.

Most of the great men of the present day were reared from childhood upon food which the majority of the boys of the present generation would consider very hard fare, and not to be submitted to except as a "healthy change," by the doctor's orders.

A HOMEOPATHIC PRESCRIPTION.

SOME of you know what a homeopathic doctor is. He is a man who gives a person such medicine as would make him sick in the same way if he were well.

Dr. Lyman Beecher tells a story about his aunt, who undertook to cure him in very much the same way.

He had made himself very sick one day by eating freely of a rich pound cake. His aunt noticed his pale, dejected countenance, and said to him, "Lyman, you look sick. You will find a nice piece of cake in the pantry. You would better eat it."

The cake was not eaten, nevertheless, as the boy's instincts told him that his stomach was already wrestling with a larger quantity of cake than it was well able to manage.

THE "FOULS OF THE AIR."

A SUNDAY-SCHOOL teacher had been reading to her class that passage of Scripture which includes the expression, "the fowls of the air came and lodged in its branches," etc. She called for an explanation of the expression, "the fowls of the air." All were silent, until a little girl looked up with an animated countenance, confidently thinking she had solved the mystery, and exclaimed,—

"Please ma'am, the 'fowls of the air' means bad smells."

At this time of the year the species of "fowls" referred to are exceedingly numerous. Their nests and breeding places are found about many dwellings.

Everybody knows that this kind of "foul" is more dangerous to human life than any bird that flies in the air. One should flee away from bad smells as he would avoid the vicinity of the most venomous and loathsome reptile. A better way is to keep the bad smell away from one's dwelling by keeping everything clean about it. Young people may use their keen sense of smell to good advantage in hunting out the sources of the foul odors; and when found, these "fowls of the air" should be at once exterminated.

"HYGINNICKS."

QUITE a good many years ago a health officer was asked "Is disease very prevalent in your district?"

He replied that there had been a few cases of mumps, several cases of measles, and one case of small-pox, the latter in the family of "hyginricks." Another health officer was asked if he had any "hyginricks" in his district. He said there had been two or three cases of the disease, but none fatal. The next man was asked if he knew the meaning of "hyginricks."

He scratched his head a moment, then said, "Yes, 'hyginricks' is a bad smell arising from dirty water."

Probably there are, at the present time, very few people who have not a better idea of hygiene and hygienic matters, than those who gave the above answers; nevertheless, there is quite too much ignorance in relation to hygiene, or the science of health; notwithstanding, there is no subject more worthy of careful and thorough study than this.

It is fortunate for the boys and girls of the rising generation, that a large number of the States of the Union have passed laws requiring the teaching of hygiene and temperance in the public schools.

Queer Bath-Tubs.—The natives of some of the South-Sea Islands use huge shells as bath-tubs for their children. In Africa mothers often use palm blossoms as bath-tubs for their little ones. Some of these huge blossoms are one or two yards long, and capable of containing an ample supply of water for an excellent bath for a little boy or girl.

One ought to have a nice bath every day of his life; and we have in this land everything convenient for frequent bathing. Birds and many other animals take a bath every morning. How many of our boys and girls ever saw an elephant taking a bath? This large animal makes great sport for himself and for those who see him. He draws up a lot of water into his trunk, and by forcing it up into the air, makes a fine shower, which falls upon him just like rain. The elephant seems to enjoy his bath as much as any of you, perhaps more so.

Those who neglect the bath are much more likely to become diseased than are those who attend to this matter of hygiene. In warm weather, one needs to bathe every day.

Question Box.

[All questions must be accompanied by the full name and address of the writer, as it is often necessary to address by letter, the person asking the question.]

Broken Nose.—F. A. B., Mich., inquires:—

"In case of a broken bone in the nose, what is the best mode of treatment?"

Ans. A competent surgeon should be consulted.

Sounds in the Ear.—A patient inquires:—

What is the cause of different sounds in the ear, sometimes a loud sound, followed by a pain in the ear.

Ans. Sounds in the ear of the character referred to are always indicative of disease. A competent aurist should be consulted.

Troches for the Throat.—H. B. H. asks:—

Do you consider —'s troches more injurious than beneficial?

Ans. We have never known a case of throat disease to be permanently cured by the use of the troches named, or any other of this class of remedies. They often give temporary relief; but when used too freely are undoubtedly injurious from their effect upon the stomach.

Harmless Hair Dye.—M. J. F., Louisiana, wishes us to recommend a harmless hair dye.

Ans. We do not usually recommend hair dyes, but there are circumstances under which the use of a hair dye is certainly entirely excusable, as in cases in which the hair becomes white in spots, causing a peculiar and very unnatural appearance. One of the most harmless hair dyes with which we are acquainted is a decoction made from the fresh shells of the common walnut. Almost any shade desired can be produced by applying the decoction in varying strength. The effect may be tested by applying to yarn, or some other woolen fabric.

Alcohol in Consumption.—P. F. G., Illinois, inquires whether we recommend the use of fermented wine or stronger alcoholic liquors, in consumption.

Ans. Many physicians have great faith in the effects of alcoholic remedies in the treatment of consumption, but there has for many years been apparent a growing skepticism as to the permanent value of this class of medicines in this disease. Several eminent London physicians have decided from observation that alcoholic liquors actually cause consumption. Our personal observation has been that what apparent benefits may be derived from the use of alcoholic liquors can be secured more permanently by other and less dangerous remedies.

After-Treatment of Diphtheria.—Mrs. H. C. D. asks for the best way to rid the system of poison, after having diphtheria.

Ans. We do not think the poison of diphtheria remains long in the system after convalescence begins; certainly not after the patient is so far recovered from the disease that it is no longer contagious. The after-treatment of the disease should consist simply of such measures as will improve the patient's strength,—such as daily saline sponge-baths, followed by rubbing with oil; also sun-baths, daily exposure to out-of-door air, and the benefits of nourishing food.

Enlarged Tonsils.—Goitre.—M. B., Ohio, asks:—

1. Please give treatment for enlarged tonsils, the result of diphtheria and quinsy.

2. Also, treatment for goitre.

Ans. 1. The most expeditious manner of curing enlarged tonsils when the condition is chronic, is removal by a surgeon. The popular notion that injury is occasioned by removal of the tonsils is a mistaken one. The writer has removed fully a peck of tonsils, and has yet to hear of a single case in which any other than good results followed the operation.

2. There are so many varieties of goitre, each of which requires a special mode of management, that no general treatment can be prescribed. The patient should consult a skillful surgeon.

Port Wine.—S. T. H., Michigan, asks:—

1. Is it good for an old person to take port-wine three or four times a day, gradually increasing in quantity?

2. Is port-wine good for any person to take when he feels bad?

Ans. 1. Port-wine, as well as alcoholic liquors of every description, is in our estimation of no value whatever, but rather a positive detriment when used, in the manner indicated, by any person, irrespective of age.

2. No habit could be more pernicious in its effects than that of taking wine or stimulants of some form whenever one "feels bad." Alcoholic liquors are rarely to any extent beneficial to the sick, and then only for temporary use, and in our opinion other remedies may be substituted without detriment.

Palpitation of the Heart.—A "Texan reader" asks:—

What are the symptoms and cause of palpitation of the heart? and how may it be cured?

Ans. Palpitation of the heart is a heavy, irregular beating of the heart. The causes are numerous. The most frequent are indigestion and nervous excitement. The only cure is to remove the causes, whatever they are. For temporary relief, if there is fermentation in the stomach, indicated by sourness and bloating of the stomach, drink a few glasses

of hot water, with or without the addition of one-half a tea-spoonful of soda.

The palpitation may often be relieved by the application of a cold compress or a rubber bag filled with ice water, over the part affected.

Fornication.—A correspondent writes:—

For years, at least twelve or fifteen, I have felt the sensation of Fornication across the back of the neck and downward across the shoulders, and a numbness, quite painful, getting worse until I would have to take medicine to relieve, though no cure has been effected. What is the cause? Is there any way I can get rid of this disease?

Ans. The symptoms described are such as indicate the beginning of organic disease of the spine. It may, however, be only the result of an ænemic condition of the spinal cord. In either case, the symptoms are generally much relieved by the daily employment of hot fomentations, applied for fifteen or twenty minutes, together with rest in bed or avoidance of much use of the limbs. An experienced physician, if possible, a specialist in nervous diseases, should be consulted.

Brain Food, etc.—E. V. T., of Iowa, asks the following questions:—

1. Please give me the names of the kinds of food that are the best for the brain, and when to be eaten.

2. Should the hair be worn long or short to give vigor to the brain?

3. Is farm work a healthful form of exercise?

Ans. 1. The food which will best nourish the brain is that which is most easily digested and best for the body in general. There is no food which is specifically good for the brain. The most nourishing of all foods are the grains. Grains, fruits, and milk make a perfect diet.

2. Philosophers sometimes wear their hair long, but wearing hair long does not necessarily make a man wise. We are not aware that the length of the hair has anything to do with the mental capacity.

3. General farm work is one of the healthiest forms of exercise. The only drawback is that farmers generally work too hard and too many hours.

Compound Oxygen.—J. H. B., Cal., writes as follows:—

"In the March number of GOOD HEALTH I read that 'compound oxygen has been proved by analysis to be little more than simple water, and possessed of no curative virtues. When taken as directed, nothing is received into the system but ordinary steam.' This is a rather sweeping condemnation. Much has been published in books and medical journals about the curative virtues of oxygen taken medicinally, and in the *Scientific American* of March 12th, there is a quotation from some foreign medical journal, to the

effect that Semmola, of Naples, advises methodical inhalation of oxygen in Bright's Disease.

"Is it true that there is no such thing as the medicinal use of oxygen, or that it 'possesses no curative virtues?' Are all these learned physicians who have written about it frauds and impostors, deceiving the public and one another, for a little gain? If so, then whom shall we believe? I am interested in this, because I have advised two friends of mine at the East to try the oxygen treatment, and they are likely to take my advice."

Ans. Our correspondent has overlooked the fact that our remark which he has quoted was made solely with reference to "compound oxygen," and not in relation to oxygen. The manufacturers of compound oxygen do not claim that in using it one is using oxygen, but that there is some hidden virtue in it which even the most experienced chemist cannot discover. We suspect that this virtue is chiefly in the mind of the patient, although some benefit is undoubtedly derived from the warm vapor and the forced breathing which the patient practices in taking it. Oxygen is undoubtedly of value as a remedial agent, though its value can hardly be said to be fully determined by experience or scientific experiment.

Literary Notices.

TRIFET'S MONTHLY GALAXY OF MUSIC, is the name of a new periodical filled with selections of vocal and instrumental music. The April number contains eight pieces of vocal music, including songs, choruses, quartets, and anthems; also eight selections of instrumental music. Published by F. Trifet, Boston. Subscription price, \$1.00 per year.

We have received a copy of a new Magazine entitled *Dress*. It is devoted to the practical and the beautiful in woman's and children's clothing; and also to physical culture and kindred subjects. It purposes to help those who are interested in securing a system for clothing their bodies, that will give them freedom of movement, and, at the same time, beauty of form. A practical knowledge on this subject will be given through articles from popular writers, and by a monthly fashion plate of original designs based upon the system of healthful dress. Its editor, Mrs. Annie Jenness Miller, is a lady of high intellectual attainments, a popular and practical lecturer, and has long been before the public as an enthusiastic advocate of correct dress. If the magazine fulfills in its succeeding numbers the high ideal which its first issue seems to promise, we feel sure it will meet with merited success. It is certainly a most commendable undertaking.

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SCIENCE IN THE HOUSEHOLD.

CONDUCTED BY MRS. E. E. KELLOGG.

HINTS FROM PRACTICAL HOUSEKEEPERS.

[We are glad to offer our readers the following interesting items on various household topics, which have been sent us by members of the GOOD HEALTH family, and would invite others who may be able to offer some especially helpful suggestion upon subjects of interest in this Department, to contribute to our columns. Ed.]

TO REPAIR THE TOPS OF CHILDREN'S HOSE.
—Knitted goods may be separated at will, in the following manner. Break one stitch. By pulling the goods apart at that point, the loose ends to the thread will appear, and can readily be picked out with a pin or needle point, and separated to any desired extent, the loops, or stitches, appearing in a row on either side of the opening made in the goods. To sew these together, put the needle down through one, and up through another, on the same side of the opening; then, down through one loop and up through the next, on the opposite row. Remembering that the thread should always be put through each loop twice, *down* through the *old* loop, and *up* through the *new* one on the same side, alternating thus from side to side.

Before the "top" is too much worn, the "foot" may be removed as above, at the ankle, and the top reversed, putting the sound half of the stocking to the knee, and prolonging the wear materially. Or, taking a piece from the better part of a worn stocking as above, it may be made, by a little persevering practice, to fill the worn place in the knee or heel of a child's hose. It is best, where material is at hand, to let the "patch" extend entirely out at the top, commencing below the worn space. The seams on each side may be united by using the threads of the "rounds," or, "bouts," as stitches, alternating from the top to the patch, as with the loops. A seam by hand, or machine, is easier for the novice, though less smooth. The piece should be half the width of the top, with seam at each side. When the colors are not the same, they may be dyed black very cheaply, and without serious inconvenience.

L. C. H.

Fennville, Allegan Co., Mich.

HOW TO AVOID CARPET BUGS.—I would like to tell the housewives how I fought "carpet bugs," with which I suppose you are all acquainted by experience.

I was told a great deal about carpet bugs, and at last I heard how many ladies were dealing with them. I tried it, and found it successful. As carpet bugs only eat around the edge, it is only necessary to make a border; but some even do the whole floor, and have rugs instead of carpets. If you have border, the following is the way:—

1. Fill all cracks with putty.
2. Have any size of border wished, and cover with medium-weight manilla paper, pasted down smoothly.
3. Put on two or three coats of paint.
4. Two coats of coach varnish.

My floor is so highly polished, or rather varnished, that it reflects the legs of the furniture on it. It is easy to keep clean, and does *not* scratch, as it is very hard.

Mrs. H.

Watertown, N. Y.

DRAIN YOUR DISHES.—Draining dishes, instead of wiping, has unmistakable advantages, saving much time and labor. Fold an old table cloth to about four thicknesses, and spread upon a table. Wash, the dishes and rinse in hot water. Place a bowl or large dish with the bottom upwards, lay a plate on each side, then one between and above them, with two others on the outer side of it, and so on, not permitting them to touch more than is necessary. Other crockery dispose of similarly. While disposing of iron ware, tins, etc., your dishes are drying. Should a drop of water adhere where they have touched one another, a brush with the towel removes it with little trouble, and there is no hint of lint on the glossy surface. Try it.

GRANDMOTHER.

—In putting in a new supply of groceries, always empty out what may be left of the old supply, and wipe the box or bucket with a clean, dry cloth; or, if not quite sweet, scald and dry thoroughly. Let what you had first be put on the top of the new; then that will be used first, and there will be no danger of waste through spoiling.

—The oftener carpets are shaken, the longer they wear; the dirt that collects under them grinds out the thread.

SPINACH.

THIS plant is supposed to be a native of western Arabia. There are several varieties of it grown, which are prepared and served at this season of the year as "greens." Spinach is largely composed of water. A small amount of nitrogenous elements also enters into its composition.

It is easily prepared for the table, and is generally considered a wholesome vegetable. One must, however, always take the precaution to obtain a sufficient quantity, since spinach shrinks very greatly. A peck of uncooked spinach is not too much for a family of four or five.

Pick it over carefully, trim off all roots and decayed leaves; wash in several waters, lifting it from one pan of water to another, that all sand and grit may be left in the water. Lift out with the hands, shaking each bunch well, and put it into a large granite-ware kettle with but a very small quantity, if any, of boiling water. Spinach is far better cooked in its own juices. If placed in a kettle and slowly heated, it will in a very short time yield sufficient juice to cook itself. It must, however, be stirred very frequently at first to prevent burning. Cover closely, and boil till tender. The time required will vary from twenty minutes to an hour or more. When tender, drain in a colander, press with the back of a plate to extract all water; chop very fine, and serve either with lemon juice as a dressing, or add a half cup of sweet cream, with or without a tea-spoonful of sugar, as preferred, boil up once, stirring constantly, and serve.

FLOWERS BY MAIL.

VICK'S *Illustrated Magazine* says that "flowers to be sent by mail should be cut in the morning, before the sun has had much effect on them. The best packing material is their own foliage, or instead of that, any good foliage. The best package is a tin box or case. Place a bit of moist brown paper at the bottom, lay in the flowers so that they will snugly fill the box, put another piece of damp paper over all, and inclose with the cover. If oiled paper is at hand, the box can be lined with that, and no damp paper will then be needed. A paper wrapper about the box, securely tied, completes the package. Damp cotton is often tied about the stems of the flowers, but usually this supply of moisture is too great for them when closed from the air, and causes decay. It is unnecessary when packed as before described. Dry cotton is often used to protect the flowers, but it is useless for this purpose, and it absorbs the moisture from the flowers and leaves, and they reach their destination quite wilted."

—Sweet-oil and putty powder, followed by soap and water, is one of the best mediums for brightening brass and copper.

Asparagus Soup.—Wash carefully and cut up in small pieces, two bunches of fresh asparagus. Put them to cook in a quart of boiling salted water, and simmer gently till perfectly tender. There should remain about a pint of the liquor, when the asparagus is sufficiently tender. Turn into a colander, and rub all through except the hard portions. To the pint of asparagus mixture, add one cup of thin cream, and a pint of milk, salt, if needed. Let it boil for a few moments, and serve.

—An exchange says to keep flannels as much as possible from shrinking and felting, the following is to be recommended: "Dissolve one ounce of potash in a bucket of water, and leave the fabric in it for twelve hours. Next warm the water with the fabric in it, and wash without rubbing, also draw through repeatedly. Next immerse the flannel in another liquid, consisting of one spoonful of wheat flour to one bucket of water, and wash in a similar manner. Thus treated, the flannel becomes nice and clean, has barely shrunk, and has felted scarcely any."

—A guest chamber should suggest something more than a room at a hotel. There should be many little conveniences for the comfort of the guest, such as pins, matches, thimble, thread, needles, scissors, etc., which are often forgotten in the packing of one's trunk, and which one dislikes to be obliged to ask for.

—An exchange says that iron-rust is readily removed from white fabrics by applying to the stains equal parts of common salt and cream of tartar moistened with water, and then placing in the sunshine. Re-apply the mixture to the spots as they become dry, for two or three hours.

—Towels with handsome bright borders should never be boiled or left to stand in very hot water. It is far better economy to use a larger number of towels than to use but one or two, and get them so badly soiled that very vigorous rubbing is needed to make them clean.

—The thimble was invented in 1684 by a gallant young goldsmith of Amsterdam, who devised the "thumb-bell"—for this was its original name—in order to protect his sweetheart's thumb tops when she was engaged in sewing.—*Good Housekeeping*.

To remove kerosene from a carpet, lay blotters of brown paper over the spot, and press with a warm iron. Repeat with fresh papers till spot is removed.

—Kid gloves may often be cleaned nicely by rubbing them with very slightly-dampened crumbs of bread.

Publisher's Page.

The various editions of Dr. Kellogg's address on "Social Purity" have now reached 30,000. The demand for this work is so great that another edition will have to be printed very soon.

Our readers will doubtless be greatly interested in the frontispiece which we present them this month. The engravings were specially imported from Germany, and, taken in connection with the article entitled, "The Finding of Pharaoh," can scarcely fail to interest all students of history. To gaze upon a face which still retains so much of its life-like appearance as does that of the mummy of Rameses II., readily carries one back in imagination to the days when the enslaved Israelites were digging the irrigating canals, and building memorial pyramids, for their hard-hearted task-masters, the Egyptians.

Improvements at the Battle Creek College are progressing rapidly. The frame for the College Boarding-Hall is already erected, and it is expected that the building, which will accommodate about one hundred and fifty students, will be ready for occupancy at the beginning of the fall term. The prosperity of the school during the last two years is unexampled in its history. The president of the College, Prof. Prescott, is thoroughly conversant with the physical as well as the mental and moral needs of students, and this matter will receive, during the future history of the school, much greater attention than in the past.

Elders D. A. Robinson and C. L. Boyd, with their wives and several co-laborers, sailed May 14, for Cape Town, South Africa, where they expect to open a mission, one of the chief features of which will be the promulgation of the principles of rational hygiene. The missionaries took with them a large supply of health literature, and we look for very great results from their labors in the direction of hygienic reform in this new field, in a remote corner of the world.

The same ship carried to England Eld. S. N. Haskell, whose influence as a missionary has been felt for years in nearly every quarter of the globe. Eld. Haskell will spend some months in Great Britain, for the purpose of establishing upon a more substantial and extended basis the work of the International Missionary Society, which has been developed in that country within the last few years. We hope to receive from these visitors to foreign lands some accounts of experiences and observations which will be of interest to our readers.

Personal.—For some years the editor of this Journal has been subjected to a series of petty persecutions from parties who were under obligations to him, which ought to have inspired them with life-long gratitude, and which had no other basis than envy and jealousy, or natural depravity. Unpleasant as these attacks have been, he has never deigned to notice them in any way until compelled to do so by an action of his persecutors, which brought the matter before the Medical Society of his own county in the form of charges against him. The preferring of the charges gave the assaulting parties an opportunity to give to the public through various newspapers the impression that he was guilty of some crime, or violation of the "medical code of ethics," or dishonorable conduct of some sort. He received letters from various parts of the country lamenting the fact that he had been "arrested," and expressing the hope that he "would escape imprisonment," etc. It may be gratifying to the readers of this Journal to know that he was duly tried by his County Medical Society, and acquitted of the charges preferred. His persecutors brought the same charges before the State Medical Society, which recently convened at Lansing. When the time appointed for the trial arrived, they endeavored to evade the issue by asserting that they had accidentally left at

home a book which they needed as evidence. Dr. Kellogg promptly tendered them a copy of the book desired, as he did not care to escape conviction by accident. They still declined to undertake to sustain their charges by evidence, and finally made "a full and unconditional withdrawal of all charges." This termination was not exactly satisfactory to one who had been arraigned as a criminal, and accused of dishonorable and unprofessional conduct, as it gave him no opportunity to expose the animus of those who had labored so industriously to injure his reputation; but it was apparent enough that men who would prefer charges of dishonorable conduct, and, after keeping them before the public for nearly two years, were compelled to make a "full and unconditional withdrawal of all charges," must have been actuated by some other motive than the purification of the medical profession, or patriotic regard for the interests of the general public.

It may be proper to add that the crime with which he was charged, was that of having been the author of a book of which Mrs. Mary Livermore says, "It is certainly a very valuable and much-needed work, and I do not see how its circulation can be productive of any but the best results," and which Byron K. Elliott, Chief Justice of the State of Indiana, pronounced "A good book, a pure book, a brave book, and an able book," and which hundreds of clergymen, physicians, and teachers have purchased and recommended in unqualified terms, and of which more than one hundred thousand copies are already in as many different families in this country.

It is not the custom of this Journal to deal in personalities of any sort, and the above is the first and only public mention of this matter which Dr. Kellogg has allowed. We have felt it our duty to say this much upon the subject from a sense of our obligation to explain what must have been heretofore a mystery to hundreds of the friends of Dr. K. and the Sanitarium, who may have heard something of the persecution referred to, but have had no opportunity to learn of its results. The editor of this Journal feels justified in appropriating to himself the words of the Psalmist, "He made a pit and digged it, and is fallen into the ditch which he made."

International Congress on Inebriety.—Through the kindness of T. D. Crothers, M. D., chairman of the American Committee, we are in receipt of a circular announcing that arrangements have been completed for an International Medical Congress on Inebriety, to be held at Westminster Hall, London, July 5th, 1887. The meeting will be presided over by the eminent Norman Kerr, M. D., F. R. S. Among the presidents of the Society are Dr. Magnus Huss, of Stockholm; Dr. N. S. Davis, of Chicago; Cardinal Manning, of London; Canon Wilberforce, Archbishop of Canterbury; Sir Spenceur Wells; Dr. B. W. Richardson; and numerous other men of world-wide reputation. We expect that great good to the cause of temperance will result from the learned consideration and discussion of the subject for which opportunity will be afforded by this Congress.

A Sanitary Convention.—The editor had the pleasure of spending a day very pleasantly, a short time since, at a Sanitary Convention at Woodstock, Canada. Woodstock is a town of five or six thousand inhabitants, and is located in a wealthy and prosperous portion of the Province of Ontario. Its intelligent and enterprising citizens take a deep interest in sanitary matters, as indicated by the large and intelligent audience which gathered in the court-house at the various sessions of the Convention. Many excellent papers were read upon various practical subjects. The discussions were lively and intelligent. The editor had the pleasure of addressing the convention on "The Dangers of Dirt."

Social Purity Pledges.—About 50,000 of these pledges have been printed and circulated by the American Health and Temperance Association. A new edition of the pledges which is now in preparation, will be smaller in size, and improved in several particulars.



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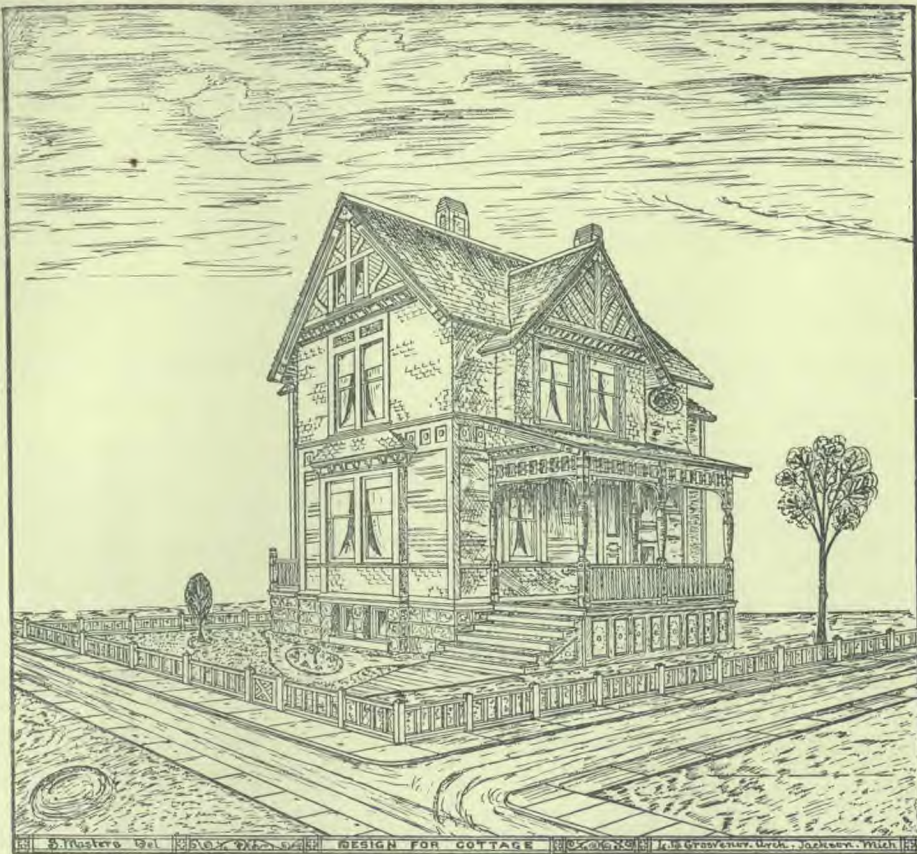
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