



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
HEALTH.

PROPER CLOTHING ADEQUATE REST
AMPLE EXERCISE

CLEANLINESS NEXT TO GODLINESS.
TEMPERANCE IN ALL THINGS.

PAGE.

General Articles.—Nervous People, 193
Malaria, the Medical Scape-goat, 194
How to Kill the Baby, 195
The Houses of Japan, 196
Rip Van Winkle, M. D. (poetry), 197
Smoking, 199

Seasonable Hints.—Hot Water to
Relieve Thirst—The Back Yard, 199

The Happy Fireside.—Cheerful-
ness Taught by reason (poetry), 200
The Lost Interventions, 200
A Visit to the Topics, 202
The Merry Summer Months (poetry), 203
The Shadoof, 204
Novel-Killed, 204

Temperance Notes,

Popular Science.—As Slow as a
Snail—Lightning Rods, 205

Social Purity.—Canon Wilberforce
on bad books, 206
Mrs. Livermore on the Education of Girls, 206
Reformatory Influence of Women, 207
Knowledge the Best Safeguard, 207
Medical License, 207

Bible Hygiene.—Oriental Customs, 208
Health Bible Reading, 209

Editorial.—The Feminine Fashion of
Breathing, 210
Poisoning from Intestinal Decomposition, 211
Mineral-Water Guzzling, 212
The Bad Effects of Worry, 212
Hygiene of Lighting, 213
A Wicked Freak of Fashion, 213
Vitality of Typhoid Fever Germs, 214
A "Christian Science" Anecdote, 214
Poisoning from Eggs, 214
A Cure for Earthquakes, 215

Domestic Medicine.—Rain-Water
Cholera Diet—Gaseous Treatment of
Pulmonary Consumption, 216, 217

Hygiene for Young Folks.—
The Crooked Tree, 218, 219

Question Box, 220, 221

Literary Notices, 221

Science in the Household.—
Picnic Dinners—Concerning Cereals, 222, 223

Publisher's Page, 224

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GOING EAST.						GOING WEST.					
Mail.	Day	N. Y.	Ad'm	Nig't	STATIONS	Pa'te	Fr'e	Day	Ch'l'o	Mail.	
Exp's	Exp.	Exp.	Exp.	Exp.	Ar. Dep.	Exp.	Exp.	Exp.	Exp.	Exp.	
p. m.	p. m.	p. m.	a. m.	a. m.	Ar. Dep.	p. m.	p. m.	a. m.	p. m.	a. m.	
8.00	8.45	10.45	6.00	7.30	Detroit	9.15	9.50	9.10	1.30	7.00	
4.33	5.30	9.45	4.35	6.08	Ann Arbor	11.48	9.12	10.25	2.32	8.16	
3.15	4.20	8.40	3.15	4.50	Jackson	12.03	10.52	11.36	3.32	9.35	
2.00	3.10	7.54	1.68	3.43	Marshall	1.04	11.47	12.50	4.22	10.85	
1.12	2.27	7.38	1.30	3.20	Battle Creek	1.75	12.12	1.12	4.40	11.03	
12.17	1.50	6.58	12.33	2.55	Kalamazoo	2.5	1.29	1.50	5.15	11.32	
11.38	12.15	6.49	11.13	1.55	Niles	4.18	3.03	3.22	6.27	1.41	
9.18	11.11	4.55	10.18	11.27	Mich. City	5.4	4.32	4.35	7.32	2.58	
6.50	9.00	3.10	8.15	9.10	Chicago	8.05	7.00	6.40	9.8	5.15	
a. m.	a. m.	p. m.	p. m.	p. m.	Dep.	Ar. a. m.	a. m.	p. m.	p. m.	p. m.	

Gr. Rap & Kal. Ex. vs. Kal'm'zoo 6.45 a. m., Bat. Creek 7.81, Marshall 7.37, Jackson 9.15, Ann Arbor 10.30, ar. Detroit 11.50 a. m. Returning, leaves Detroit 4.00 p. m., Ann Arbor 5.30, Jackson 7.10, Marshall 8.20, Battle Creek 8.52, ar. Kalamazoo 9.45.

All trains run by Ninetieth Meridian, or Central Standard Time. Day Express, Grand Rapids and Detroit Express, and Grand Rapids and Kalamazoo Express daily except Sunday. Paetic, Evening, and Chicago Expresses west, and Atlantic, New York, and Night Expresses east, daily.
June 5, 1887. O. W. RUGGLES, Gen. Pass. Agt., Chicago.

CHICAGO & GRAND TRUNK R. R.

Time Table, in effect May 15, 1887.

GOING WEST.					STATIONS.		GOING EAST.				
Chgo	Mail.	Day	Pa'cto	S. Cr'e	Dep.	Arr.	Mail.	Int'd	At'te	Sus.	Pa't'n
Pass.	Exp.	Exp.	Exp.	Pass.	Dep.	Arr.	Exp.	Exp.	Exp.	Pass.	Pass.
.....	am	am	pm	pm	pm	am	am	am
.....	5.55	7.15	8.05	4.10	Port Huron	10.20	1.15	7.35	10.50
.....	7.25	8.31	9.34	5.40	Lapeer	8.42	11.57	6.17	9.17
.....	8.05	9.10	10.15	6.20	Flint	7.55	11.27	5.40	8.40
.....	8.45	9.35	10.58	7.20	Durand	7.05	10.58	6.05	9.15
.....	10.00	10.30	11.53	8.25	Lansing	5.20	10.07	4.00	6.45
.....	10.37	11.00	12.25	9.03	Charlotte	4.42	9.37	3.25	6.15
.....	11.30	11.45	1.15	10.05	A & B BATTLE CREEK	3.45	8.55	2.35	5.30
.....	6.30	am	12.05	1.50	D	3.40	8.50	2.30	am
.....	7.18	12.45	2.31	Vicksburg	2.41	8.11	1.42
.....	7.30	12.55	2.52	Schoolcraft	2.41	Val.
.....	8.17	Stux.	1.45	3.19	Cassopolis	1.45	7.26	12.43	Acc.
.....	9.00	Pass.	2.28	4.07	South Bend	1.05	6.50	12.01
.....	10.15	am	3.43	Haskell's	11.47	pm
.....	10.30	7.35	4.05	5.22	Vulparaiso	11.35	5.30	10.29	3.40	8.03
.....	12.40	10.00	6.25	9.10	Chicago	9.05	3.25	8.15	1.15	5.25
.....	pm	am	pm	am	Dep.	am	pm	pm	pm	pm

†Stops only on signal. Where no time is given, train does not stop. Trains run by Central Standard Time. Vulparaiso Accommodation, Battle Creek Passenger, Chicago Passenger, Ft. Huron Passenger, and Mail trains, daily except Sunday. Pacific, Limited, Day, and Atlantic Expresses, daily. Sunday Passenger, Sunday only.
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A SUMMER SCENE.

GOOD HEALTH

A JOURNAL OF HYGIENE.

MENS SANA IN CORPORE SANO.

Volume XXII.

BATTLE CREEK, MICH., JULY, 1887.

Number 7.

NERVOUS PEOPLE.

PEOPLE prostrated with typhoid fever or with broken bones get plenty of sympathy, but who pities anybody that is nervous? The doctors say, and the family friends all say, "Oh, she is only a little nervous, that's all." The sound of a heavy foot, the harsh clearing of a throat, a discord in music, an inharmony between the shawl and the glove on the same person, a curt reply, a passing slight, a breath of the east wind, upsets them. Oh, how many are going down under this process of life? It is the accumulation of the small troubles that are doing you more damage than the stroke of great troubles. The fact is, that in America the vast majority of people are overworked, and the first thing that gives out is the nervous system; and many of you are feeling such a stress as was felt by Leyden, the philosopher, who, when his physician told him that he must quit intellectual work while his bodily health was so poor, or else die, replied, "Doctor, live or die, the wheels have got to keep going round!" Sir Walter Scott, when told by his physician that he must stop intellectual toil until his physical health was improved, and that he must stop fretting and worrying, said, "Doctor, I might just as well tell Mary, the cook, after she puts a kettle of water over the fire, to keep it from boiling. I have got to boil, and I have got to fret, and I have got to worry."

Sometimes the annoyance comes from friends and acquaintances who are always

saying or doing disagreeable things. You go and sit with some people a half-hour, and you are all cheered up. You scarcely know why, but you come forth with more courage to fight the battle of life. And you cannot be with others five minutes without feeling miserable. They gather up all the yarns spun by gossips, and peddle them. They make your ear the funnel through which they pour adverse criticisms; and you take the most consistent Christian that ever lived, and tell him all the mean things you have heard about him, and you will make him wretched. This principle was illustrated in Bible times in the book of Ruth. You remember Naomi went out into a far country, having been married in great prosperity, and surrounded with wealth, and having all the luxuries of the world; but disaster came, and she returned to her native land, widowed, and sick, and poor; and the Bible tells us that her friends came out to meet her; and what did they do? Give her any common-sense consolation?—No. They came out, and they met her, and they threw up their hands and cried out, "Is this Naomi?" as much as to say, "How bad you do look!"

Just after I entered the ministry, I was very pale, and for four or five years I think that a hundred times a year I was asked if I had not the consumption; and passing through hotel parlors, I often heard people whisper: "Ah! not long for this world." I resolved then that I would never say, in conversation, anything depressing; and by the help of God, I have kept the resolution.

There are enough discouraging things in life without our adding to them. How was it when Henry M. Stanley came back the first time from his magnificent exploit of finding Dr. David Livingstone? Mr. Stanley stood in London before the scientists of England, and, under pretense of wanting to get geographical information, some of his small critics assaulted him with mean, insolent, and absurd questions, until Mr. Stanley folded his arms and stood in silence, refusing to answer one more question. When he first came out from that long search, which would have exhausted the energy of a hundred ordinary men, and sat down on the western coast of Africa, sick nigh unto death, he opened the London papers, and read whole columns of mean attack: Some said he did not find Livingstone, others said he was helped to find Livingstone, and still others said anybody could have found Livingstone. Oh, let us learn the Christian art of avoiding disagreeable things, and say only the agreeable ones. I have seen a man come into a prayer-meeting where there were a thousand souls full of the joy of God, and bright with the anticipation of heaven, and everybody felt like shouting "Hosanna to the Son of David," and in two minutes after that man talked, there was a wet blanket on everything. I like what a little child said. The mother saw her with a spoon trying to dip up something from the carpet. She said, "My darling, what are you doing there?" "Oh," she replied, "I am trying to dip up a spoonful of sunshine." That is what we want—a spoonful of sunshine—ay, a whole bucketful, a hogshead, a whole nature full of sunshine. When I see men who actually rejoice in the worriments of others, I sometimes feel like the man in Philadelphia whom I met on a Monday morning after a Sabbath of exhausting service. I went around to the livery to get a horse, in order to take a ride, and a hostler, in a rough garb and having a look that did not indicate anything like a capacity to say terse things, said: "Mr. Talmage, I see that last night you preached to young men." I said "Yes, I did." Said he, "No use, no use; man's a failure!" Oh, let us scatter sun-

shine on our way. Let us, as far as possible, suppress our own troubles, and let us be living epistles of good cheer to all men.—*Talmage*.

MALARIA, THE MEDICAL SCAPE-GOAT.

THERE seems to be a growing tendency among unscientific medical practitioners to dub every case of obstinate or obscure disease with the mysterious name, "malaria." This mischievous practice is productive of great harm, as it often leads those who are suffering from the results of their own indiscretions or from unsanitary conditions for which they are alone responsible, to suppose that the cause of their afflictions is some mysterious influence wholly beyond their control. The following verses by Mr. Underhill very justly satirize the practice referred to:—

- "Young Sawbones McCancer, he was an M. D.,
With an office in Trinity square;
He could amputate elbows, or legs at the knee,
And analyze handfuls of hair.
- "He could write a prescription in French or Hindoo;
Charge a siphon of vichy with gas;
Or make a small pill out of poison and glue,
Or an inward emetic from glass.
- "He could follow a germ to the end of its term,
And diagnose fidgets and fits;
He could tell you the cut of a roach or a worm,
And vivisect canines and kits.
- "But business was dull, and the dollars were few,
And he longed for a 'beautiful case';
No compound abrasions nor fracturings new
Had happened of late in the place;
- "So he sought Dr. Lightdrug, the great homeopath,
And with him he talked the thing o'er;
'Dear doctor, let's smother our cholera and wrath,
And dwell now in peace evermore.'
- "Said Lightdrug: 'Well said; we must try to invent
Some new and peculiar disease,
Which will be just as sure to come round as the rent,
While we become fat on the fees.
- "When a woman is lazy, or tired, or blue,
Or a man has been out rather late,
We'll say 'tis a malady, something quite new,
And the danger's remarkably great.

"We'll prescribe a bread pill, or molasses and tea,
And give them some technical name.'
Said McCancer: 'Quite good! You're a genius, I
see;
Let us haste to begin with the game.'

"In a month from the time of this ethical talk
The sickness was sad to behold;
For women grew white as a statue of chalk,
And affliction possessed young and old.

"The ladies of wealth were all struck with the
plague;
Because—don't you see?—'twas the style;
And the gentlemen, too, when they felt rather
vague
From too frequent attempts at a 'smile.'

"Thus they raked in the dollars, their bank ac-
counts grew,
And each ran a double-horse chaise:
These doctors gave dinners to nabobs they knew,
And filled their own names with high praise.

"And the medical journals assured the scheme fame,
By discussing each case, great and small,
And called the disease (it needed a name)
'Malaria,' simply,—that's all."

HOW TO KILL THE BABY.

‡ (CONTINUED FROM LAST NUMBER.)

SING to him a great deal. Sing mightily! He has only known, thus far, the music of the spheres. Lay his head upon your shoulder, pat his back, not too lightly; and when you have his ear, sing! How shall his tympanum gain strength but by resistance?

Hand him about a good deal. Let each visitor, as well as every member of the family, take him and trot him. Some of the more dexterous might toss him a little. If anybody calls while he is sleeping, awake him, unhesitatingly. Life is short, and he cannot too early make his impression upon the world. Then feed him, trot him to sleep again, and lay him down, head toward the fire, well loaded with coverings. A safe rule is to put an eight-pound baby under a four-pound pressure. You, weighing one hundred and fifty pounds, would sleep peacefully under a seventy-five pound covering.

Both child and mother will prosper greatly, and the spirits of all concerned will be charmingly buoyant, if the air of the sick-room is rigorously confined, subject to no removal.

Give the mother a good deal of spiritous drink. It will react pleasantly upon the child. Also give her strong tea, and as many drugs as possible. As baby grows older, infinite possibilities open along this line. As an encouraging precedent, note the case of a bereaved mother, who thus unconsciously illustrated cause and effect: "I don't see how in the world my baby came to die, after all we did for her. We gave her every kind of medicine we could get hold of." The earnest seeker after means will not lose sight of this suggestion.

Buoy yourself up by a glance at the statistics. Note the fact that "one-tenth of all the children born, die during the first month"—the average period of Sairey's ministry. But yield not to discouragement though she depart,—bandbox, plethoric umbrella, soothing sirup, paregoric, "drops," and laudanum,—all synonymous—and you are left chief executioner. Again the statistician's table: "Four times as many die during the second month." That is when the mother comes into power, to seek her own lines of labor, or to complete the work begun. Realize that baby is launched, and little remains to be done. When you bathe him, which may be at irregular intervals, if you notice a little abrasion, do not attend to it. Wait till it is worth doctoring. Neglect to swab out his mouth with fresh water. Wait till the canker appears. You will have swabbing enough to do then. If you have gone off altogether to the bottle, let it stand around partially filled; it will get cold, and a little sour. When called for, fill it up with warm water, and let him go to sleep with it. If he draws in "wind," you can trot it up when he awakes. If you do not depend upon a bottle, summon baby to refreshments whenever you are tired, overheated, and above all, mentally agitated. By catching fortune at the flood, in the latter particular, you may have the satisfaction of seeing fatal convulsions immediately ensue.

Should baby belong to the not uncommon type of strong-minded infants, who resolutely refuse solid sustenance, do not despair. The stomach, though important, is by no means the only objective point. Bumps, especially

upon the back of the head, are easily secured, and do great execution; as do buttons, pins, coins, knives, and scissors, left within reach of the little explorer; open windows, and unguarded stairs; the unlimited use of the perambulator, in careless hands, over irregular curbing; incipient bowel complaints; neglected colds; and only space forbids an indefinite list of expedients. It is but a degree less easy to kill the baby than to spoil him. A

THE HOUSES OF JAPAN.

We quote the following interesting description of the Japanese house from a recent work by E. S. Morse, late Professor in the University of Tokio:—

“The first sight of a Japanese house is disappointing; it is unsubstantial in appearance, and there is a meagerness of color. Being unpainted, it suggests poverty; and this ab-



JAPANESE COUNTRY HOME.

person with brains will find the task easy along the lines indicated; the brainless need no assistance.

For the thoughtful consideration of the amateur, we append the words of the great Law-Giver, who set a little child in the midst: “Whoso shall offend one of these little ones which believe in me, it were better for him that a millstone were hanged about his neck, and that he were drowned in the depth of the sea.”—*Geo. A. Peck.*

—Dress according to the *weather*, not the *season*.

sence of paint, with the gray and often rain stained color of the boards, leads one to compare it with similar unpainted buildings at home, which are usually barns and sheds in the country. An American finds it difficult indeed to consider such structures as dwellings, when so many features are absent that go to make up a dwelling at home,—no doors or windows, such as he has been familiar with; no attic or cellar; no chimney; and within, no fire-place, and of course no customary mantle; no permanently inclosed rooms; and as for furniture, no beds or tables, chairs

or similar articles,—at least, so it appears at first sight.

“As a substitute for windows, the outside screens, or shoji, are covered with white paper, allowing the light to enter.

“While most houses of the better class have a definite porch and vestibule, or genka, in houses of the poorer class this entrance is not separate from the living room; and since the interior of the house is accessible from two or three sides, one may enter it from any point. The floor is raised a foot and a half or more from the ground, and is covered with thick straw mats, rectangular in shape, of uniform size, with sharp, square edges.

“The privy is at one corner of the house, at the end of the veranda; sometimes there are two at diagonal corners of the house. In the poorer class of country houses, the privy is an isolated building, with low swinging door, the upper half of the door-space being open.

“Rein complains of the evil odors of the closet arrangements, though his complaints refer more particularly to the crowded inns, which are often in an exceedingly filthy condition as regards these necessary conveniences,—and one is led to inquire what the Japanese would think of similar features in Germany, where in the larger cities the closet may be seen opening directly into the front hall, and in some cases even from the dining-room! Bad as some of these conditions are in Japan, they are mild in comparison with like features in Germany. Indeed, the presence of certain features in every bed-chamber at home are looked upon as surpassingly filthy by every Japanese,—as they truly are.

“I found the Japanese houses extremely cold and uncomfortable in winter; but I question whether their cold rooms are not more conducive to health than are our apartments, with their blistering stoves, hot furnaces, or steam heaters; and as to the odors arising from the closet in certain country inns, who does not recall similar offensive features, in many of our country inns at home, with the addition of slovenly yards and reeking piggeries? I question, too, whether

these odors are more injurious to the health than is the stifling air from a damp and noisome cellar, which not only filters through our floors, but is often served to us hot, through scorching furnaces. Whittier's description of the country house,—

“The best room

Stifling with cellar-damp, shut from the air

In hot midsummer,”—

is only too true of many of our American houses.

RIP VAN WINKLE, M. D.

BY OLIVER W. HOLMES.

AN AFTER-DINNER PRESCRIPTION.

Taken by the Massachusetts Medical Society, at their meeting held May 23, 1870.

CANTO FIRST.

OLD Rip Van Winkle had a grandson Rip.
Of the paternal block a genuine chip,
A lazy, sleepy, curious kind of chap;
He, like his grandsire, took a mighty nap
Whereof the story I propose to tell
In two brief cantos, if you listen well.

The times were hard when Rip to manhood grew;
They always will be when there's work to do;
He tried at farming—found it rather slow—
And then at teaching—what he didn't know;
Then took to hanging round the tavern bars,
Too frequent toddies and long-nine cigars,
Till Dame Van Winkle, out of patience, vexed
With preaching homilies, having for their text
A mop, a broom-stick—ought that might avail
To point a moral or adorn a tale,
Exclaimed—“I have it! Now then, Mr. V.,
He's good for *something*—make him an M. D.!”

The die was cast; the youngster was content;
They packed his shirts and stockings, and he went.
How hard he studied it were vain to tell—
He drowsed through Wistar, nodded over Bell,
Slept sound with Cooper, snored aloud on Good;
Heard heaps of lectures—doubtless understood—
A constant listener, for he did not fail
To carve his name on every bench and rail.

Months grew to years; at last he counted three,
And Rip Van Winkle found himself, M. D.
Illustrious title! in a gilded frame
He set the sheepskin with his Latin name,
RIPUM VAN WINKLUM, QUEM WE—SCIMUS—know
IDONEUM ESSE—to do so and so;
He hired an office; soon its walls displayed
His new diploma and his stock in trade,
A mighty arsenal to subdue disease
Of various names, whereof I mention these:
Lancets and bougies, great and little squirt,
Rhubarb and Senna, Snakeroot, Thoroughwort,

Ant. Tart., Vin. Colch., Pil. Cochiae, and Black Drop,
Tinctures of Opium, Gentian, Henbane, Hop,
Pulv. Ipecacuanha, which for lack
Of breath to utter men call Ipecac,
Camphor and Kino, Turpentine, Tolu,
Cubeb's "Copeevy," Vitriol—white and blue—
Fennel and Flaxseed, Slippery Elm, and Squill,
And roots of Sassafras and "Sassafrill,"
Brandy—for colics—Pinkroot—death on worms—
Valerian, calmer of hysteric squirms,
Musk Assafoetida, the resinous gum
Named from its odor—well, it does smell some—
Jalap, that works not wisely, but too well,
Ten pounds of bark and six of Calomel.

For outward griefs he had an ample store,
Some twenty jars and gallipots, or more ;
Ceratum simplex—housewives oft compile
The same at home, and call it "wax and ile ;"
Unquentum Resinosum—change its name,
The "drawing salve" of many an ancient dame ;
Argentī Nitrus, also Spanish flies,
Whose virtue makes the water-bladders rise—
(Some say that, spread upon a toper's skin,
They draw no water, only rum or gin)—
Leeches, sweet vermine ! don't they charm the sick ?
And sticking-plaster—how it hates to stick !
Empastrum Ferri—ditto *Piceis*, Pitch ;
Washes and Powders, Brimstone for the—which,
Scabies or *Psora*, is thy chosen name
Since Hahnemann's goosequill scratched thee into
fame,

Proved thee the source of every nameless ill,
Whose sole specific is a moonshine pill,
Till saucy science, with a quiet grin,
Held up the *Acarus*, crawling on a pin ?
—Mountains have labored and have brought forth
mice :

The Dutchman's theory hatched a brood of—twice
I've well nigh said them—words unfitting quite
For these fair precincts and for ears polite.

The surest foot may chance at last to slip,
And so at length it proved with Doctor Rip.
One full-sized bottle stood upon the shelf,
Which held the Medicine that he took himself :
Whate'er the reason, it must be confessed
He filled that bottle oftener than the rest ;
What drug it held I don't presume to know—
The gilded label said "Elixir Pro."

One day the Doctor found the bottle full,
And, being thirsty, took a vigorous pull,
Put back the "Elixir" where 'twas always found,
And had old Dobbin saddled and brought round.
—You know those old-time, rhubarb-colored nags
That carried doctors and their saddle-bags ;
Sagacious beasts ! they stopped at every place
Where blinds were shut—knew every patient's case—

Looked up and through—the baby's in a fit—
That won't last long—he'll soon be through with it ;
But shook their heads before the knocked door
Where some old lady told the story o'er,
Whose endless stream of tribulation flows
For gastric griefs and peristaltic woes.
What jack o'lantern led him from his way,
And where it led him, it were hard to say ;
Enough that wandering many a weary mile
Through paths the mountain sheep trod single file,
O'ercome by feelings such as patients know
Who dose too freely with "Elixir Pro."
He tumbled—dismounted, slightly in a heap,
And lay, promiscuous, wrapped in balmy sleep.

Night followed night, and day succeeded day,
But snoring still the slumbering Doctor lay.
Poor Dobbin, starving, thought upon his stall,
And straggled homeward, saddle-bags and all ;
The village people hunted all around,
But Rip was missing—never could be found.
"Drowned," they guessed ;—for more than half a
year

The pouts and eels *did* taste uncommon queer ;
Some said of apple brandy—other some
Found a strong flavor of New England rum.

Why can't a fellow hear the fine things said
About a fellow when a fellow's dead ?
The best of doctors—so the press declared—
A public blessing while his life was spared,
True to his country, bounteous to the poor,
In all things temperate, sober, just, and pure ;
The best of husbands ! echoed Mrs. Van,
And set her cap to catch another man.

So ends this Canto—if it's *quantum suff.*,
We'll just stop here and say we've had enough,
And leave poor Rip to sleep for thirty years ;
I grind the organ—if you lend your ears
To hear my second Canto, after that
We'll send around the monkey with the hat.

(TO BE CONT'D.)

Didn't Know How to Apply It.—Said a lady
to a rheumatic old woman : "I am sorry you
should suffer so ; you should try galvanism."
The old woman replied : "Thank you kindly,
mum. Be I to swallow it or rub it in?"

EARLY to bed, and early to rise,
Makes a man healthy, wealthy, and wise ;
But early to rise, and tardy to bed,
Makes a man's nose turn a cardinal red.

WE live in deeds, not years : in thoughts, not breaths ;
In feelings, not in figures on a dial ;
We should count time by heart throbs. He most lives,
Who thinks most, feels the noblest, acts the best.

Smoking.—Now, don't be frightened, my young friends; I am not going to give a sermon against smoking, that is not my business; but it is my business to point out to you all the various and insidious causes of general paralysis, and smoking is one of them. I know of no single vice which does so much harm as smoking. It is a snare and a delusion. It soothes the excited nervous system at the time, to render it more irritable and feeble ultimately. It is like opium in that respect; and if you want to know all the wretchedness that this drug can produce, you should read the "Confessions of an Opium Eater." I can always distinguish by his complexion a man who smokes much, and the appearance which the *fauces* present is an unerring guide to the habits of such a man. I believe that cases of general paralysis are more frequent in England than they used to be, and I suspect that smoking tobacco is one of the causes of that increase.—*S. Solby, Esq., F. R. S.*

SANITARY ITEM.

Lady. "Have you had much experience as a cook?"

Applicant. "Oh! indeed I have. I was the cook of Mr. and Mrs. Peterby for three years."

L. "Why did you leave them?"

A. "I didn't leave them. They left me. They both died."

L. "What of?"

A. "Dyspepsia."

Seasonable Hints.

—To prevent sun-stroke, keep cool.

—The best remedy for excessive thirst is hot water.

—To avoid summer complaint, let alone green fruits, unripe vegetables, fresh meats, condiments, ice-water, ice-cream, old cheese, and late suppers.

—A simple diet of ripe fruits, well-cooked grains, and boiled milk, eaten in moderation, will keep the digestive organs in as good order during the "heated

term" as during any other season of the year. Most persons do themselves a vast amount of harm during the warm weather by drinking great quantities of ice-water, iced tea, ice-cold lemonade, and other cold drinks, to say nothing of the ice-cream and other cold substances consumed. This abnormal cooling of the digestive organs produces a condition of debility and congestion which readily leads to inflammation. Undoubtedly a great majority of the stomach and bowel troubles incident to this season of the year are due to the unwise use of cold foods and drinks.

Hot Water to Relieve Thirst.—It is a mistake to suppose that cold drinks are necessary to relieve thirst. Very cold drinks as a rule increase the feverish condition of the mouth and stomach, and so create thirst. Experience shows it to be a fact that hot drinks relieve thirst and "cool off" the body when it is in an abnormally-heated condition better than do ice-cold drinks. It is far better and safer to avoid the free use of drinks below 60°; in fact, a higher temperature is to be preferred; and those who are much troubled with thirst will do well to try the advantages to be derived from hot drinks, instead of the cold fluids to which they have been accustomed.

Hot drinks also have the advantage of aiding digestion, instead of causing debility of the stomach and bowels.

The Back Yard.—Do not forget to make a daily examination of the rear premises. Days spent in decorating the front yard with walks, flowers, shade-trees, and keeping the lawn smoothly cropped, are well spent; but it is better far to neglect the front side of the house than to fail to give proper attention to the back side. If flies are getting troublesome, you may be sure that they are attracted by the bountiful crop of germs which are being produced in the garbage barrel, cesspool, vault, or other depositories of filth, which may generally be found about the back door of country and village houses.

Proper disinfection will prevent more disease, suffering, and death than the doctors with all the remedies known to medical science. Keep a good supply of copperas on hand. Purchase twenty-five or fifty pounds at a time. It is the cheapest and one of the best disinfectants known. Put ten or fifteen pounds in a ten-gallon crock, fill the crock with water, and let it stand over night, and it is ready for use. Pour half a gallon of this solution into the kitchen sink every day. With another half gallon rinse out the garbage bucket. Pour a quantity in all the ill-smelling places about the garden. It is very necessary to keep the surrounding air sweet. As the crock becomes empty, replenish by adding more water and copperas as needed. Ten dollars worth of copperas used during the warm weather will save one hundred dollars in doctors' bills, and ten times as much suffer'.

✠ 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.

CHEERFULNESS TAUGHT BY REASON.

I THINK we are too ready with complaint
In this fair world of God's. Had we no hope
Indeed, beyond the zenith and the slope
Of yon grey bank of sky, we might be faint
To muse upon eternity's constraint
Round our aspirant souls. But since the scope
Must widen early, is it well to droop
For a few days consumed in loss and taint?
O pusillanimous heart, be comforted,—
And, like a cheerful traveler, take the road,
Singing beside the hedge. What if the bread
Be bitter in thine inn, and thou unshod
To meet the flints?—At least it may be said,
“Because the way is *short*, I thank thee, God!”

—Mrs. Browning.

THE LOST INTERVENTIONS.

BY ELIZABETH GLOVER.

THE little dinner in the little dining-room was over at last. The maid-of-all-work, with some clatter and stumbling, cleared the room, and arranged it for the evening. The children had been coaxed and commanded away to bed; and at last little Mrs. Worden was free to sit down by her guest for a confidential talk.

“O Margaret, I am so glad to see you!” she said. “It was so selfish of me to ask you to come now, but I never before wanted you so much.”

“And I never was so glad to come.”

“Do you mean it? I used to take such pleasure in making your vacations pleasant, but everything is so different now. Everything is gone that you used to enjoy,—the nice large room I kept for you, and the library, and the pictures, and the carriage, and even the piano.”

“But, dear Helen, I didn't come to visit you for those.”

“No; but I loved to think you enjoyed them. Now I have brought you to this little, stuffy house, with the children all over it. You can hear their noise from morning till night. There is no Elise to keep them in the nursery, or take them off for an airing. They'll torment the life out of you.”

“No,” said Margaret, “my life will never go that way.”

“No,” said Mrs. Worden, mournfully; “but I can't even give you much of myself this time. I have to be busy every minute till the children are in bed. I ought to be sewing now. We can't have any more nice talks over books and questions, you know. I hardly know such things exist. My mind is full of nothing but housework and children. I've given up the Literary Club and the Charity Union, and I cannot make calls. Those nice people you used to like to meet, I seldom see now. I've just dropped out of their way. I can't give any such nice little reception for you as we had last year.”

“I don't want it; you know I don't.”

“When I think of the change one little year has brought, it seems like a nightmare. Everything that was pleasant went at once. Poor John! think what a year this has been for him! He was so used to the sense of having a fortune to fall back upon. And now I know it fairly frightens him sometimes to think there is only his slender salary between us and want.”

“There is more than that,” said Margaret. “There's God's large, kind Providence.”

"Yes," said Helen, humbly. "I know, but I forget sometimes."

"I want to tell you something," said Margaret. "I mourned over your losses, dear Helen; but since I've been here, I haven't been realizing them as you might think, I've been so happy over the gains."

"What gains?"

"Oh, my dear, you have got rid of the interventions!"

"What do you mean by the interventions?"

"Let me try to tell you. Helen, I was often a hypocrite in the days when you were rich, and I visited you. I pretended to be happy, and I did enjoy a great deal that I knew you wanted me to enjoy. But all the while there were such uneasy fears in my heart! Sometimes I thought I would tell you of them; then I blamed myself for being a worrying, silly old maid, and was ashamed of them."

"But what was it all about, Margaret?"

"About the interventions,—the interventions between you and your children, first of all. The big house with the big rooms seemed one of them. The nursery was so far from your sitting-room. How could you know the children as you do now that they are thrown right about you here? And Elise was another. She marshaled them to airings and meals and bed so irreproachably there seemed hardly a chance for them to get at you. And she was jealous when the baby cried for her 'dear lill mamma,' don't you remember? Mabel fidgeted under her rule, and wanted to play in the veranda near you, instead of walking out with the baby-carriage. And when Maurice had those dreadful outbreaks of temper, and none of you knew what to do with him—forgive me, Helen—it seemed to me sometimes just a protest of his nature against uncongenial companionship. Would not you or I be cross, perhaps, if we had to spend six or eight solid hours of the day with people who did not satisfy our hearts and minds at all? And your children have natures like your own, sensitive to society, and minds like yours, bright and demanding."

"Oh, Margaret! why did you not speak of this?"

"I could not. It seemed meddlesome. I was not even sure I was right. But all that is gone now, and I am so glad."

"Maurice," said Mrs. Worden thoughtfully, "has been the sweetest, best boy this last six months that a mother could ask for."

"And the Literary Club," Margaret resumed, "and the Charity Union, and the calls, and the shopping—yes, and the new books, and the 'questions'—I was half jealous of them all the time, though they were so good and pleasant. They did intervene. They kept you hours and hours away from home, or took up so much time when you were there. All that time the children were among servants—young children, that have such active minds. My dear, I know I'm only a foreboding, anxious old maid; but when I read in the paper the stories that shock us so, about girls who have been reared in wealth and position, eloping with their father's servants, I bethink me that there is a simple reason back of every wonder. If a girl, through many hours of her early life, has found her best comfort and entertainment from some good-natured cook, or coachman, or gardener, why should we think like associations would prove repulsive to her afterward? Don't you remember what a fascination for your Jessie that slim, handsome mulatto, Jim, had?"

"Margaret! O, Margaret!"

"I know; but I shivered to see her hovering about the butler's pantry whenever she could escape Elise. He had some amusing tricks and little songs and stories that appealed to her imagination and delighted her. You yourself told me, laughing, how, when John was to be away one evening, and Jessie heard you say you would be lonely, she replied, 'Send for Jim, mamma; he's real good company. I love him.'"

"But she was only six years old—a little child!"

"Yes; but it seemed to me even a child of six, who had always been her mother's companion, would have felt relationships better than that."

"Why did you not speak, Margaret?"

"I could not then. I can now, for the danger is over. Helen, be thankful with me that your work is right here at home, where your little girls are, where they may learn to help you in it, and be close to you."

Helen drew a long breath, but she did not speak.

"And there are some other suspected interventions that I miss," continued Margaret. "Those two pretty housemaids, with the white caps and the pink cheeks and bright eyes, who swept and dusted and waited so beautifully; and the coachman with the shining carriage and horses, that came so punctually to your door every morning—they stood between you and your health. I felt almost sure of it. Don't you remember the headache and the languor you used to suffer from? And the 'rubbists' that used to visit you, and the doctor's electrical treatments?"

"I couldn't afford them now," said Mrs. Worden. "Such bills would ruin us."

"And now you do not need them. You look so firm and active, and you have such color in your cheeks. Forgive me, dear, but I noticed the mouthfuls you took between waiting upon the children; and I saw that you were hungry."

"I hardly have time to know it, but I *am* really hungry at meal-times. And I have wondered to find how many hours at a time I could be on my feet. Indeed, I *am* thankful for better health. What should I have done without it?"

"And, my dear, where is John's cigar?"

"Oh, he gave it up. Wasn't it good of him? Right in the midst of the trouble, too. I was frightened to have him do it, and yet I was glad. When I married him, I thought I liked the odor of a good cigar; but it was getting to be always in his mouth. I was jealous of it. It seemed to make him indifferent to me. Yes; I will own that that was an intervention between us, Margaret. But oh, how good and kind he is!"

"Dear Helen, I think you have taken it all so nobly!"

The tears came to Helen's eyes, and she

wept a little with her head upon her friend's shoulder. Presently, she said:—

"We have learned to say, 'Give us this day our daily bread,' with some real asking in the prayer."

"There were interventions between you and God, swept away in that loss?"

"Yes; we had to come *near* to him, asking for common things,—shelter and work, and strength and sense to know how to live this new life."

"Then if God has put you in better possession of your health, and your children, and your husband, and Himself, this year, don't you think we ought to have a growing, happy year?"

"Does He always leave the best?" said Helen.

"Always; He only takes what intervenes between us and that."—*Christian Union*.

A VISIT TO THE TROPICS.

(CONTINUED FROM LAST NUMBER.)

THE Hondurians, to use the words of another, are "a poor, weak, syphilitic race." Their pointed shoulders, slender frames, and general "peaked" appearance, plainly show the effects of impurity of life and cigarette smoking. All, girls as well as boys, learn in early life to "roll the cigarette," and then smoke the diabolical things from morning till night. A man who does not smoke would almost be considered a prodigy.

The law of purity is a dead letter among these people. Concubinage is, I am sorry to say, practiced among those who should be examples for the people; and what can we hope from the people when their rulers are licentious?

Persons live together and rear large families, and never marry. The lower classes come the nearest to wearing no clothes, and yet claim to be dressed, of any persons I ever saw. I was reminded of a certain western suit which was said to consist of only "a paper collar and a pair of spurs."

Central America is usually regarded as an unhealthy place; but I feel confident that if healthful habits were adopted by the people,

it would not be far behind our own country, if not equal to it, in point of health.

An abundance of delicious fruit grows everywhere, and is sold very cheap in the markets.

Vegetables do well with little cultivation, but do not seem to meet the taste of the people. I have heard that fat foods were necessary in the far north, but in warm countries were not needed. The people of Honduras, however, do not accept any such doctrine. Fat pork, strong spices, and peppers, are used just as freely, if not more so, as in our country. If I owed my stomach a grudge, and wanted to break it down, I would live just as these people do.

Instead of taking the fruit nice and ripe, they take it green. The children eat green guavas, and consider them far superior to the delicious ripe ones. The bananas are taken green and roasted, or boiled with pork or dried fish. They are seldom, if ever, eaten ripe. Plantains are fried in grease, and considered about as wholesome as any of their foods.

The yam, the cocoa, and the cassava are the principal vegetables, and are very nice when properly prepared.

The yam corresponds to our sweet potato, but is much coarser and larger, weighing sometimes as much as fifteen pounds.

The cocoa is a root much resembling our Irish potato, when cooked.

The cassava is also a root, and when grown, weighs from three to five pounds. It is grated, and after the juice, which is poisonous, is separated from it, is made into bread. This is the root from which tapioca is also made.

Our description of their food would be quite deficient if we failed to mention the Iguana. This belongs to the lizard family, and is about as large as a small dog. I think it is one of the most disgusting, sickening animals I ever saw used for food. How people can ever get their stomachs persuaded it is fit for food is more than I can tell; but they do, and thousands and thousands are caught and devoured every year, and are considered very wholesome.

Two meals a day, with the exception of "coffee" in the morning and at night, is the

daily programme. They usually breakfast about ten thirty, and dine at three. This is the nearest approach to anything hygienic I observed in their habits.

T. H. GIBBS.

(CONCLUDED IN NEXT NUMBER.)

THE MERRY SUMMER MONTHS.

(See *Frontispiece*.)

THEY come! the merry summer months of beauty,
song, and flowers;

They come! the glad months that bring thick
leafiness to bowers.

Up, up, my heart! and walk abroad; fling care and
care aside;

Seek silent hills, or rest thyself where peaceful waters
glide;

Or, underneath the shadow vast of patriarchal tree,
Scan through its leaves the cloudless sky in rapt tranquillity.

The grass is soft, its velvet touch is grateful to the
hand;

And, like the kiss of maiden love, the breeze is sweet
and bland;

The daisy and the buttercup are nodding courteously;
It stirs their blood with kindest love, to bless and
welcome thee;

And mark how with thine own thin locks—they now
are silvery gray—

That blissful breeze is wantoning, and whispering,
"Be gay!"

There is no cloud that sails along the ocean of yon sky
But hath its own winged mariners to give in melody;
Thou seest their glittering fans outspread, all gleaming
like red gold;

And hark! with shrill pipe musical, their merry
course they hold.

God bless them all, those little ones, who, far above
this earth,

Can make a scoff of its mean joys, and vent a noble
mirth.
—Wm. Motherwell.

Formation of Character.—Like flakes of snow that fall unperceived on the earth, the seemingly unimportant events of life succeed one another. As the snow gathers together, so are our habits formed. No single flake that it added to the pile produces a sensible change; no single action creates, however it may exhibit, a man's character.

If character is formed by what a man eats—
And who'll deny it?—

The man who in a car takes up two seats,
Makes pork his diet.

THE SHADOOF.

THE old-fashioned well-sweep, so familiar to all who have traveled in the newly-settled countries of the West, is by no means a modern invention. In Egypt, one of the most remarkable countries of Africa, the very same means of lifting water may be seen, as shown in the accompanying engraving. In Egypt this primitive means of raising water is termed



a shadoof. No description of this simple appliance or of its use is needed, as both may be readily understood by glancing at the picture which the artist has given us.

Sometimes it is necessary to lift the water up a high bank for the purposes of irrigation. The shadoof is used even for this purpose, a number being arranged, one above another, and the water passed up from one bucket to the next higher until the top is reached. Most of the labor of attending to the operation of these rude "water-works" falls to the lot of the wife of the Egyptian laborer, who joins her husband in all his toil, and often excels him in industry and endurance.

NOVEL-KILLED.

SOME years ago a young lady began to visit her pastor's study as a religious inquirer. It was during a revival, and on every hand her young friends were coming to Christ. But there she stood, at the very threshold of the Kingdom, wistfully looking over, as if her feet were chained. She made no advance. Her pastor and her friends were equally puzzled. Prayer was offered for her, and the plainest instructions given; but she remained unmoved, excepting to regret that she could not become a Christian. At last, after three month's labor and anxiety, her pastor said, "I can do nothing with Sophie L—; she is perfectly unmanageable, I doubt if she will ever yield to the claims of the gospel."

"What is the trouble? Can you not discover the obstacle in her way?" was asked.

"I find she is an inveterate novel-reader, and I have come to the conclusion that this will keep her out of the Kingdom."

"Can she not be persuaded to give up her novels?"

"That is not the point entirely. She has wasted her sensibilities over unreal objects so long—so continually reversed right and wrong, looking at vice in the garb of virtue, and of virtue in that of unworthiness and injustice, that she has destroyed her moral sense. She assents to truth, but seems to have no power to grasp it; she knows what is right, but has no energy of will to do it. Her mind is diseased and enervated, and I fear hopelessly so."

When we look at the young people daily flocking to the public libraries for the latest novels, or see them lounging away their best hours over the story-papers and the magazines, when we hear of this or that one who "does nothing but read novels the whole day through," we think of Sophie L—, who is "perfectly unmanageable" on points of truth and duty, and wonder if they too must be given over to mental and moral disease and death.—*Selected.*

Temperance Notes.

—The Massachusetts Constitutional Prohibitory Amendment Bill has been defeated.

—A bill forbidding the use of tobacco to minors passed the Illinois Legislature, June 10.

—Atkinson, N. H., banished the saloons from the town fifty-two years ago, and for the last ten years not a cent has been needed for pauper support.

—An agricultural exchange says that "when land is worth \$20 per acre, one glass of beer at five cents would represent a piece of land nine feet wide and twelve feet long,—room enough to bury the whole family in."

—A recent analysis of forty-seven so-called "temperance drinks" advertised to "invigorate the system" and "free" from alcoholic stimulants, revealed the fact that they contained from seven to fifty per cent of alcohol.

—The question whether it is beneficial, or not, to smoke, was recently worked out in a cricket match at Melbourne, Australia. The innings of the non-smokers closed for 803 runs, while the smokers had 303. The argument was considered conclusive.

—The *California Grocer* mentioned the fact that hundreds of gallons of pure (?) wines are annually manufactured by the aid of a coloring matter (in looks resembling ground mineral or an aniline), soft water, pure spirits, and a little fruit juice for flavoring.

—Dr. B. W. Richardson, at a recent railway temperance meeting in England, is reported as saying that alcohol exercised injurious effects on the sense of sight, and that the range at which a set of figures could be read across a room was shortened by three feet after taking alcohol.

—The evil and listless effect of the continued use of tobacco on nations, is well illustrated in the case of the Turks: Centuries ago they stood high among the powers of Europe; but becoming a race of inveterate smokers, they have lost all strength as a people, and are now the most indolent of Europeans.

—Mr. H. S. Salt, in a recent address before the Vegetarian Society, of Manchester, England, speaking of the tendency an impoverished dietary has toward intemperance, says that "if the poor could be taught the value of wholemeal bread, oatmeal, and lentils, a greater blow would be dealt at intemperance than by a thousand lectures and addresses."

Popular Science.

—Bicycles and tricycles are being introduced into military service. In Italy several bicycles are attached to each regiment. The tricycle is being introduced into military service in France.

—It has been discovered that hydrogen can be successfully used as a blasting agent. The cartridges are made from zinc and sulphuric acid. When ready to fire the charge, the partition separating the ingredients is broken by a convenient arrangement, and a pressure of 37,000 atmospheres is produced, which is more than seven times the force developed in the use of gun-powder.

—A curious application has recently been made of electricity to condense dusts and fumes. If air filled with smoke is charged with electricity, the smoke at once flies to the sides of the containing vessel, in a way that appears almost magical. In the same way, electricity will cause fine dusts, which are in suspension, and which are often very difficult to remove from the air, to condense, or coagulate, so as to be easily removable.

As Slow as a Snail.—"As slow as a snail" is a trite remark supposed to be indicative of great slowness, but very recent investigation has shown the snail to have a pretty good locomotion, after taking into consideration the facilities with which nature has provided it. An experiment made by the *Terre-haute Polytechnic* determined that the snail traveled with an average pace of one mile in two weeks.

Lightning Rods.—The question of protection of buildings by means of lightning-rods was recently submitted to the French Academy of Science by the French Minister of Public Instruction.

"The committee to whom the question was referred have reported to the effect that it is indispensable for the perfect protection of buildings from lightning that the conductors should be well connected with all important metallic masses inside. The case applies not only to iron in roofs, partitions, or staircases, but also to gas and water pipes, heating apparatus, and similar metallic fittings. It is laid down also that where there are many lightning-conductors attached to a building, the nearest of them should be placed in connection with the metallic masses in question. It is understood on the part of the committee that the lightning-conductors themselves are always properly 'grounded,' by being put in perfect connection with the earth by means of a well which is never dry."



SOCIAL PURITY.

"Blessed are the Pure in Heart."

CANON WILBERFORCE ON BAD BOOKS.

THE following paragraphs from the pen of an eminent philanthropist and reformer, are well worthy of the serious consideration of every parent:—

"When once the amount of impurity that shelters itself under the trashy inflammatory fiction that pours from the modern printing-press, has been recognized, it is obvious that any attempt on the part of society for self-purification will include a searching censorship over books. If you would shrink from subjecting your daughter to the companionship of a man of coarse mind, wisdom would suggest the same compunction at subjecting her mind to the foal saturation of some of the popular novels of the day, and you will choose her books with as much discrimination as you would choose her friends.

"It is impossible to speak too emphatically of the terrible danger to intellect, heart, and spirit, of the bad book. Of such an one did an eminent Christian man speak, but recently, when he declared that for a quarter of an hour, when he was a boy, a book was placed in his hand, the evil impression of which had never left him, though his hair was gray in the service of Christ. In such books there are serpent's fangs.

"Many a ruined life and broken heart has owed its destruction to literary poison. Courvoisier attributed his assassination of Lord William Russell to a state of morbid sympathy with crime, induced by reading the popular romance, "Jack Sheppard." And many a girl has fallen an easy prey to the seducer, from inflated notions, sentimental ideas, and poisonous thoughts, instilled into

her mind through novels, *feuilletons* and suggestive poetry. Thus far, at least, may we fairly look to the instinct of self-protection in society to check corruption, resist injustice, spread information, and generally to elevate the moral standard."

Mrs. Livermore on the Education of Girls.—

Naturalists tell us that "a lobster, left high and dry among the rocks, has not instinct and energy enough to work his way back to the sea, but waits for the sea to come to him. If it does not come, he remains where he is, and dies; although the slightest effort would enable him to reach the waves, which are, perhaps, tossing and tumbling within a yard of him." Is it not pitiful that we rear young girls as if they were "human lobsters," which, when stranded on the rocks or the shore, must wait for some friendly wave to float them again?

Lack of technical and industrial training not only makes dependent and inefficient women of our daughters, but it puts them in fearful peril morally. Indolence is always demoralizing. It ruins health, destroys beauty, and enfeebles the will. When temptation comes, in the prospect of a life of ease, although coupled with dishonor, it is potent to allure an indolent, light-hearted, frivolous young woman, unless nature has endowed her with superior moral instinct. She yields to the lure; and instead of the freedom and happiness promised, she enters into abject slavery and remediless woe. From the earthly hell into which she has fallen, society allows no escape. It calls her a "lost woman," and with unchristian treatment aims to make its atheistic statement true.

“Out of two thousand fallen women in the city of New York, eighteen hundred and eighty had been brought up ‘to do nothing;’ five hundred and twenty five pleaded destitution as the cause of their sad life; and all but fifty-one had been religiously educated.”

Reformatory Influence of Women.—We want the whole moral force of women organized to uphold the demand that the purity which is theoretically the groundwork of virtue in women, should be possible to all women, and that this virtue should be founded on *knowledge*, not on ignorance of life; that all women should work in their own way; that feebleness and inefficiency should be discreditable in women as in men; and that the education of girls should no longer be so well adapted to develop these sources of weakness.

Classes, like individuals, are apt to be taken at their own estimate. When women form and uphold a higher estimate of themselves as a body, men will also learn to respect them. The moral force which women could thus exert, would be immense, and might bring about a change in the tone of both men and women, which would raise the relations between them to a higher level than is conceivable, so long as, at present, men mistake the predominance of their lowest instincts for manliness, and women seek the basis of charm in weakness and narrow personality.—*Dr. Emily Blackwell.*

Knowledge the Best Safeguard.—Unchastity being a secret sin is all the more dangerous, and calls for the utmost vigilance from parents and teachers. The poison is passed on and on from generation to generation, by inheritance of weakened will and vitiated tastes; and more directly in lessons in solitary and in social vice handed from youth to youth, in ways and places that unwary parents dream not of. Children are scarcely beyond the primary-school age when sexual precocity begins to show itself, and often becomes an actual hinderance to the mental progress of pupils.

The infection is so subtle and so all-pervading, that no child is absolutely secure against

the contagion; and no father or mother should dare to rest in the assurance that his household is safe, and so excuse himself from the perplexing duty of fortifying it against danger. Knowledge is the great safeguard. Do you say, “I wish my children to have the innocence and purity of ignorance”? They cannot remain ignorant, they ought not to remain ignorant; and it is to father and mother—the authors of their being—that they have a right to look for the instruction that, wisely and lovingly imparted, will save them from physical and moral ruin. To that father or mother who stands in awe before the mystery of being, who feels the sanctity of life and its relations, the way will open clear and bright, when in loving sympathy with the innocent ignorance of his little one, he seeks to give him such knowledge of himself as will secure the truest manhood or womanhood.—*Elizabeth Powell Bond.*

Medical License.—Thousands of young men are led to ruin by the advice of unwise or unprincipled physicians, who either recommend or neglect to discourage sexual immorality. There is no possible excuse for immorality, and the fact should be made known to all men. So eminent a surgeon as Sir James Paget has said that “the continent man is the strong man,” and that he “would as readily recommend a patient to steal as to commit the sin of fornication.”

—The Legislature of Michigan has recently passed a bill fixing the age of consent at fourteen years. An assault upon a female under that age is punishable by imprisonment for life or for a term of years. The Legislature of New York has also passed a bill raising the age of consent in that State from ten to fifteen years.

—Mrs. Mary Clement Leavitt, the W. C. T. U. round-the-world missionary, writes from Siam that an extensive immoral traffic in American girls is carried on between San Francisco and several Chinese cities; and she begs that steps be taken to put a stop to it.

* BIBLE HYGIENE *

ORIENTAL CUSTOMS.

ALL travelers in oriental lands remark with great unanimity upon the remarkable permanence of the manners and customs among the natives of these ancient lands. Generation after generation follows, even in the most minute detail, the habits and customs of those which have gone before.

The Arab of to-day is, in language, in dress, and in dietetic customs, essentially identi-



WASHING HANDS.

cal with the children of Esau, who wandered over the deserts of Arabia four thousand years ago. He wears garments made in the same style and of the same kind of material, and eats the same kinds of food cooked in the same manner, as his wandering ancestors, who occupied the same territory while the children of his brother Jacob were making brick for the pyramids, and digging irrigating canals for Sesostris II., king of Egypt; and it is wholly probable that the Arab's home-life of to-day presents, in many points, a fairly correct picture of what might have been seen inside of the tent of one of the patriarchs of olden times.

With these facts in mind, one cannot but read with much interest the following sketch of the eating-customs of the East, as written by that eminent oriental scholar, the author of "The Land and the Book:"—

"Orientals are far behind the day in almost every branch of domestic economy, especially in table furniture and in their mode of eating. The general custom, even of the better classes, is to bring a polygonal stool, about fourteen inches high, into the common sitting-room. On this is placed a tray of basket-work or of metal, generally copper, upon which the food is arranged. The bread lies on the mat beneath the tray, and a cruse of water stands near by, of which all participate as they have need. On formal occasions the cruse is held in the hand by a servant, who waits upon the guests. Around this stool and tray the guests gather, sitting on the floor. The dishes are most generally stews of rice, beans, *burgul* (cracked wheat), with soups or sauces, as the case may be, in deep dishes or bowls. Some use wooden or metal spoons for their stews and thick soups, but the most common way is to double up bits of their thin bread, spoon fashion, and dip them into the dish. There is frequent reference to this custom in some of the most interesting and solemn scenes of the Bible. The richer sort use silver spoons; but they have neither knives nor forks, nor do they know how to use them. This is a very meager set-out, certainly; but they will tell you that it is all they want, and is every way more convenient than our custom, and immeasurably less expensive. High tables and chairs would not only be out of place at the time, but in the way at all times. They do not have a separate dining-room, and hence they want an apparatus that can be easily

brought in and removed, and this they have. They all eat out of the same dish; and why not? It is within reach, and it gives a better relish to dip their thin bread into the general hot mess, than to take out a portion on separate plates and use spoons. As their meat is always cut up into stews, or else cooked until it is ready to fall to pieces, knives and forks are useless; and when they have chicken, it is easily torn into pieces with their fingers. Nor do they see any vulgarity in this. The *very* polite *a la mode* Oriental will tear up the best bits, and either lay them next to you or insist on putting them into your mouth. I have had this done for me by digits not particularly fair, or even clean. You observe that things correspond with each other. And there is this great economic advantage in their way, that it demands much less labor than ours. If our system were introduced at once, and the females of the family (who do all the work) were required to carry it out correctly and decently, their labor would be increased tenfold. Not only must an entirely new apparatus be procured, and kept clean and bright, but also the table, table-linen, chairs, and the separate room must be provided. Indeed, an entirely new and foreign department must be instituted and maintained under every disadvantage. Where this has been attempted in the families of native consuls, and others aping European manners, it has generally proved a miserable failure. The knives, forks, and spoons are rusty; the plates, dishes, and glasses ill-assorted, dirty, badly arranged, and not in sufficient quantity; the chairs are rickety, and the table stands on legs spasmodic and perilous. The whole thing, in short, is an uncomfortable burlesque or a provoking caricature. Then, worst of all, the cookery must be Frank as well as the furniture. I have stood in terror before some of these compounds of dyspepsia and nightmare. No, no; let the Arabs retain their own commissary and dietetic regulations, at least until things are better prepared for a change than at present. In their own way their cooking is good, and their set-out respectable.

"Of course, after such a meal as we have described, washing the hands and mouth is indispensable (it ought to be before, but is not), and the *ibriek* and *tusht*—their pitcher and ewer—are always brought, and the servant, with a napkin over his shoulder, pours water on your hands.

"If there is no servant, they perform this office for each other. Great men have those about them whose special business is to pour water on their hands. Thus it was in ancient times. One of the servants said to Jehoshaphat, 'Here is Elisha, the son of Shaphat, which poured water on the hands of Elijah.' It was an apparatus somewhat like this *tusht* and *ibriek* that our Lord used at the close of his last supper with his disciples, when he girded himself with a napkin, and washed, not their hands, but their feet, and thus gave the most affecting lesson in humility the world has ever seen or heard."

HEALTH BIBLE READING.

CLEANLINESS.

1. WHAT shows that God regards the health of his people? 3 John 2.
2. Is cleanliness of person, clothing, and premises, essential to health?—*It is*.
3. Is cleanliness of person and clothing anywhere enjoined in the Bible? Ex. 19: 10; Num. 8: 7; Ex. 29: 4; Gen. 25: 2.
4. Is the washing of the entire surface of the body considered necessary? John 13: 10; Heb. 10: 22.
5. The washing of the hands and feet, both much exposed to dust, and the latter only sandal-clad, is frequently alluded to in the Scriptures. Mark 7: 3; Gen. 18: 4; Judges 19: 21.
6. Where does the Bible indirectly praise the cleanliness of teeth? Amos 4: 6.
7. Was the cleansing of the Temple considered important? 2 Chron. 29: 16.
8. Does the Bible encourage the cleanliness of household utensils? Mark 7: 4.
9. Cleanliness of house, and disinfection of clothing, bedding, etc., after sickness, are especially enjoined in Lev. 15.
10. Can holiness be attained without cleanliness of person? 2 Cor. 7: 1.

—"Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil." Isa. 1: 16.



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THE FEMININE FASHION OF BREATHING.

FOR many years the medical writers have maintained that the act of breathing in men and women differs, as being abdominal in men, and costal, or chiefly of the upper part of the chest, in women. For many years we have held that this difference in the mode of breathing is not natural, but is the result of the common fashion among civilized women of wearing their clothing so restricted about the waist as necessarily to limit the freedom of movement in the abdomen, and thus affect the abdominal respiration. We have frequently expressed the belief that Indian women, if not perverted by the customs of civilized life, would be found to breathe after the male fashion; but until recently the positive evidence on this subject has been lacking.

A short time ago Dr. Thomas J. Mays, of Philadelphia, visited the Lincoln Institution for the education of young Indians, and made a careful examination of the respiratory movement in eighty-two girls and young women. The following is his own statement of the result:—

“The girls were partly pure Indian, and partly mixed with white blood; and their ages ranged from ten to twenty years. There were thirty-three full-blooded Indians; five, one-fourth; thirty-five, one-half; and two were three-fourths white. Seventy-five showed a decided abdominal type of breathing; three, a costal type; and three, in which both were about even. Those who showed

the costal type, or a divergence from the abdominal type, came from the more civilized tribes, like the Mohawks and Chippewas, and were either one-half or three-fourths white; while in no single instance did a full-blooded Indian girl possess this type of breathing.

* * * * *

“From these observations it obviously follows that, so far as the Indian is concerned, the abdominal is the original type of respiration in both male and female, and that the costal type in the civilized female is developed through the constricting influence of clothing around the abdomen. This is shown in a marked degree in the greater prominence of the costal movements in those girls who were either one-half or three-fourths white, and who were hence dominated to a greater or less extent by the influence of civilized blood. While some tracings were being taken, an incident occurred which demonstrated that abdominal constriction could modify the movements of the thorax during respiration. At my first visit to the institution, I obtained an exceptional costal type of respiration from a full-blooded Indian girl. At my next visit I concluded to repeat this observation, and found that, contrary to my instructions concerning loose clothing, etc., this girl at my first visit had worn three tight belts around her abdomen. After these were removed, she gave the abdominal type of breathing, which is characteristic of nearly all Indian girls.”

Upon these facts it appears that the deficiency in the action of the abdominal muscles

and the consequent insufficient expansion of the chests of women, is due to no natural defect of constitution, unless it be inherited, but to the wicked and destructive practice of tight-lacing.

POISONING FROM INTESTINAL DECOMPOSITION.

For more than fifteen years it has been known that the body is sometimes infected with poisonous matters which are formed by decomposition in the alimentary canal. One of the most important functions of the gastric juice and the bile is the prevention of decomposition. In other words, these fluids act as antiseptics, or preservatives, of food substances, while they are undergoing digestion. This quality of the gastric juice and the bile is a highly important one, as conditions present in the alimentary canal are highly favorable to the setting up of the processes of decomposition. The conditions of heat and moisture present are those which occasion rapid decay outside of the body. In addition to this, contact with animal membranes, the presence of mucus, and also the presence of saliva and some other of the digestive fluids, very greatly favor the setting up of processes of decay. These processes are directly the result of germs which are constantly swallowed in foods and drinks in considerable quantities. More or less decomposition and formation of poisonous substances is constantly taking place. Among these substances are acetic acid, alcohol, leucine, tyrosin, phenol, indol, ptomaines, etc. With the exception of the first two named, all of these substances are poisons in very small quantities. Ordinarily, however, their quantity is so minute that they are eliminated by the liver and kidneys with sufficient rapidity to prevent their doing any harm. The case is different, however, under various conditions of disease. When the gastric juice is deficient in quantity or quality, which is the case in many forms of dyspepsia, gastro-intestinal catarrh, and in various febrile diseases, especially in such diseases as cholera, cholera morbus, and cholera infantum, the quantity of

these poisonous substances formed is so great that the elimination through the liver and kidneys is not sufficiently rapid to prevent general poisoning of the system. The effect of these poisons upon the body is undoubtedly the cause of many of the symptoms which attend the diseases mentioned. It is the opinion of the writer that many of the symptoms present in various forms of dyspepsia are due to this same cause.

The fact of interest in this connection is that the decomposition by which the poisonous substances are produced is much more likely to occur in animal food substances than in those of a vegetable character. Such foods as the various forms of flesh, cheese, eggs, and milk are most conducive. Old cheese, and flesh which has acquired a *high* flavor by being kept for some time after the death of the animal, most readily take on putrefactive decomposition with the formation of poisonous substances in the alimentary canal. From these facts, important practical inferences may be drawn, which may be made of very great service in the dietetic management of numerous disorders. For example, the facts stated suggest that in those forms of dyspepsia accompanied by vile smelling stools, and in gastro-intestinal catarrh, flesh foods should be discarded from the dietary. In many instances even milk must be withheld, and the diet restricted to fruits, grains, and a few of the most readily digested vegetables. In cholera and cholera morbus, milk and all food of animal origin must be avoided. The same principle applies in the treatment of cholera infantum.

Tyrotaxicon Poisoning.—A case of tyrotaxicon poisoning, from eating cream puffs, was recently reported by the health officer of Cincinnati. Some thirteen persons were poisoned by the use of the puffs, which were found to contain the poison discovered and named by Prof. Vaughan, *tyrotaxicon*. At this season of the year, stale milk, cream, and ice-cream, are most dangerous food substances, and should be most carefully avoided.

MINERAL-WATER GUZZLING.

UNDOUBTEDLY a vast deal of harm is done by the growing practice of drinking great quantities of mineral waters of every description and every grade of strength, from pure soft water to a compound aptly described as having a "taste of sea-water and a smell of perdition." There seems to be a growing liking among civilized people for things that have a bad smell and a bad taste.

Cheese, with a flavor strong enough to attract the notice of a carrion-crow or a turkey-buzzard at a mile's distance, is frequently found upon hotel bills of fare, and fashionable dinner tables. We have heard of the *haut gout*, which the Frenchman so much relishes in his roast beef, but it is doubtful whether even a Frenchman would relish the half putrid beef which the Chicago aristocrat eats for his Christmas dinner, after keeping for two or three months to allow it to become sufficiently tender to be eaten without the use of teeth. Even so bad a smelling thing as asafetida is slowly creeping into cookery as a condiment, while other bad smelling and tasting things, which burn as they go down the gullet, have occupied for many years a prominent place upon almost every dinner table.

This same liking for things that are disgusting and nauseous, leads to the growing consumption of vast quantities of mineral waters, which no prudent farmer would allow his cattle to drink. Indeed, in more than one instance the discovery of now famous mineral springs was due to the fact that when the water was taken by cattle, it made them sick, so that the farmers or cattle-men of the vicinity found it necessary to fence the springs.

A short time ago we noticed the advertisement of a recent candidate for mineral-water fame, which was headed in bold letters "It Stinks." The forcible Anglo-Saxon word was the only really truthful statement in the advertisement, and that very feebly expresses the horrible and disgusting character of the water referred to, which was possessed of an odor that one could perceptibly feel as

well as smell, and which one might readily imagine was a direct importation from that place so graphically described by Dante. It is well enough known that sulphureted hydrogen is an extremely poisonous gas, and we can hardly conceive how any one can be made to believe that water so impregnated with this disgusting and poisonous gas as to even out-rival a very ancient egg in its malodorousness, could be in any way superior to pure water for any purpose whatever. It is not improbable that within a few years it will be discovered that a whole new line of diseases have arisen as the result of this astonishing mania,—mineral-water guzzling,—which seems at the present time to be growing into proportions almost past belief.

THE BAD EFFECTS OF WORRY.

A PERSON who constantly frets and worries is never in good health. In some cases a disposition to worry is the result of disease, and is a symptom of disordered brain and nerves, or the result of some physical disability or reflex irritation. In other cases it may be the result of an hereditary tendency or of vicious habits formed in early life; in either case it is certain to produce a diseased state of the body. So we may say with truth that a person who always frets and worries is a diseased person.

The *Alienist and Neurologist* makes the following excellent remarks upon this subject, which we fully indorse:—

"People fall into the habit of worrying about those little mishaps that of necessity come up in the life of every one; and the habit once formed is a difficult one to overcome. Worry, above all things, consumes vitality, and disarranges the harmonious working of the functions. It leads to loss of appetite, to sleepless nights, to irritable nerves, to impaired nutrition. It robs the disposition of attractive qualities, it lessens the mental vigor, and it not infrequently is a father in the production of nervous disorder. Sensitive people, those who are easily wounded and discouraged, are most apt to worry when affairs go wrong, and yet

they are just the ones whom worry will harm the most, and who will lose the most in life by indulging in it. Trials and reverses may destroy the oversensitive or the weak, unless such persons prepare for them by the cultivation of patience and courage. Those, however, who are not fretted and depressed by the small mishaps and adversities of life, are the better for encountering them, for they are a part of the necessary and kindly discipline of experience that helps us to build up character, and strengthens it as the storm that bends the vigorous tree strengthens and consolidates its health fiber."

HYGIENE OF LIGHTING.

THE introduction of the electric light has given rise to careful study of the effects of different forms of light upon the eye. It has been found that exposure of the eye to intense light often produces most disastrous effects upon the eye. In one case a scientific man, in making an experiment, gazed steadily at the sun for twenty seconds. Inflammation resulted, which ended in total blindness. The same has several times occurred in persons who gazed steadily at the sun in observing an eclipse. The effect of the arc light is found to be much the same as that of the sun. Inflammation of the eye has been found to be produced by looking at an ordinary arc light for one minute. The general result of the numerous experiments and observations which have been made, is summed up as follows: "Of all forms of artificial illumination, the incandescent electric light, so far as facts now go, is the best. Among 1,100 persons who worked by this light, Dr. Andrews found not a single case of injury. On the other hand, many persons testified to the fact that they could work longer by it with less fatigue than with the gas or oil light. This is due, it is found, to the steadiness, absence of heat, and perhaps the greater proportion of violet rays. Short-sighted persons are, in particular, benefited by the use of the incandescent lamp."

"Health is the foundation of all our physical happiness."

A WICKED FREAK OF FASHION.

THE latest exhibition of that wicked foolishness which presides at the birth of most fashions which originate in Paris, is seen in what are termed "Mourning Dinners," which are thus described by a newspaper correspondent:—

"Twelve young ladies, dressed in the deepest mourning and heavily veiled, compose the party. The dining-room is draped in black; silver wreaths and tombstones take the place of pictures. The chairs are shaped like coffins set on end, and are hung with *immortelles*; knives and forks have bones for handles, and the champagne is served in skulls. The dinner is eaten in silence, accompanied by slow music. What at first was a poor joke has become a fashionable craze."

Such monstrous folly as the above is more shocking to one's moral sensibilities, but, in some respects at least, less damaging to physical health, and possibly even less injurious to morals than some of the fashions relating to dress which have emanated from this wicked city. Will not our fashion-loving friends pause in their mad race after the latest novelties in dress and manners, to consider whether those who are guilty of creating a spectacle which would be scarcely tolerated by the most depraved and ignorant barbarians, is worthy of being imitated by intelligent and civilized human beings?

Diet in the East.—Simplicity of diet is the characteristic of the Orient, as luxury and multitudinous dishes are of the western nations of the Old World, and particularly of this more prosperous and less frugal country. According to Niebuhr, the sheikh of the desert wants only a dish of *pillau*, or boiled rice, which he eats without fork or spoon. If a number eat together, they all help themselves with their hands, out of the same dish. Notwithstanding their frugal fare, these "sons of the desert" are among the most hardy and enduring of all members of the human family. A traveler tells of seeing one of them run up to the top of the tallest pyramid and back in six minutes, a feat which no meat-fed Englishman would want to undertake.

Vitality of Typhoid-Fever Germs.—Dr. Sternberg of Washington has recently made some experiments in order to ascertain the degree of heat required to destroy typhoid-fever germs. It was found that the temperature required was 133° Fah.

These experiments suggest the propriety of boiling water, the character of which is not known, or which is open to suspicion, and also demonstrate the value of this simple means as a precautionary measure against this grave disease.

It has long been well known to travelers that many of the ignorant tribes of Central Africa habitually boil the water which they drink. So common is this custom among them that to drink unboiled water is considered very strange and reckless conduct on the part of any individual. This fact explains how these people can live together in their villages, where great numbers of them are herded together, and are on the most intimate terms with the grossest forms of filth, and yet suffer but little from the disorders which might be expected to prevail under these circumstances.

A "Christian Science" Anecdote.—An agent of this Journal, while introducing GOOD HEALTH in a mining town in Colorado, was stopping with a private family, the mistress of which had recently graduated from a course of instruction in the so-called "Christian Science," and was sharply looking out for an opportunity to begin business as a mind-healer. The gentleman, having had the misfortune some years ago to lose one of his eyes, wore a glass eye, which happened to be a little smaller than the natural eye. Noticing the difference in size, the lady one day said to him: "Mr. — what is the matter with your eye?"

The gentleman replied, "I am blind in one eye."

Said the mind-healer, "No, you are not; it is only your imagination. I can cure you."

Turning his head a moment, Mr. — removed his glass eye. When he presented the eyeless socket for the mind-healer's in-

spection, she exclaimed, "Oh! I guess you are really blind," and troubled him no farther about the matter of treatment.

This incident well exposes the sham and foolishness of the mind-healing business. Their philosophy claims that cures are induced by the same Power that created the worlds and made man in the first place. If this be true, why not undertake to grow in a new eye, as well as to restore a paralyzed nerve, to heal up a cavity in a lung, to absorb a tumor or a cancer, or to heal up a diseased kidney or an inflamed joint? It is just as easy to make a whole eye as a part of one. When our mind-healers will produce a few cases in which they have succeeded in growing off visible excrescences, or growing in lost eyes, or growing on of severed limbs, we will begin to have some faith in their claims; but so long as they are not able to cure anything but the diseases of the imagination, their pretensions are no more worthy of respect than the liver-pads, magnetic-belts, magnetized papers, and other rubbish which have for years been working wonders among sufferers from imaginary ills.

Poisoning from Eggs.—The *New York Medical Record*, in a number of recent date, reports a case of poisoning from stale eggs. The symptoms closely resemble those of tyrotoxicon poisoning, and the researches of Prof. Vaughan indicate the probability that in cases of this sort the poisoning is the same as that in case of poisoning by ice-cream or the use of milk which has undergone decomposition. We quote the following account of the poisoning, from the *Record*:—

"On April 16th the family of Mr. S. had supper at 7 P. M. The meal consisted principally of eggs which had been boiled that morning, and allowed to remain all day in the warm kitchen. Although it was noticed at the time that the eggs had a bad odor, still they were eaten by the father, and four of the children between two and twelve years of age. The mother and the remaining two boys did not partake of them. Within an hour every one of the five who had eaten the eggs, be-

came sick. I was sent for at eleven P. M., and found them suffering from symptoms evidently due to acute irritant poisoning. Prostration was very marked. Retching was present, and there was frequent vomiting. The matter vomited consisted of bad-smelling food and mucus, in one case strongly tinged with blood. Cramps of the stomach caused several of the children to cry out with pain from time to time. Thirst was extreme, but the water taken to quench it, at once excited vomiting. Diarrhea, with yellow, watery movements having a strong odor of rotten eggs, was present in all cases. Stupor, with a desire to be left alone, was also a prominent symptom. After a while the father and two of the children passed into a condition of collapse, and it looked as if they might die at any moment. They lay with their eyes half closed, showing the white of the eye-balls. The pupils in some were contracted, in others dilated. The extremities were cold, and the skin was covered with a clammy sweat. The pulse of the father beat at the rate of about seventy per minute, but was extremely soft and compressible, and at one time almost imperceptible. In the children the pulse varied between a hundred and twenty and a hundred and eighty per minute. The temperature in most of the cases was abnormal. After several hours, improvement set in, and next day they were all out of danger."

A Cure for Earthquakes.—Some time ago it was noted that residents of Charleston suffering with chronic ailments, had been cured by the shaking up to which they were subjected in the great earthquake. It was suggested that perhaps earthquakes might be used for remedial purposes. It has lately been discovered that at the time of the Lisbon earthquake, a Spanish quack undertook to cure earthquakes, advertising pills to be taken for the purpose of counteracting the disturbance of *terra firma*. This branch of the patent-medicine business seems to have been neglected in this country, probably on account of the constitutional lack of faith,—a conspicuous trait among the American peo-

ple. Gullibility seems to be growing, however, under the fostering care of the various species of MIND CURE; and we should not be surprised to see announced soon a metaphysical method of combating earthquakes, cyclones, and water-spouts.

Liver-Poisoning.—A case of liver-poisoning has been recently reported, in which nine persons who "ate of the apparently healthy liver of a calf" were made very sick with cholera morbus. Investigation showed that the flesh was not putrid, and that it had been well cooked, from which it would appear that the cause of the illness existed in the liver itself, and was not due to any changes which took place after death. It would seem as though the natural instincts would be sufficient to deter one from the dietetic use of an organ engaged in such business as the liver.

—We are frequently asked: "What do you think of chocolate as a beverage?" The following statement from the *National Druggist* respecting the character of commercial chocolate, answers this question without further comment: "An exchange says it is no secret that chocolate is one of the most commonly adulterated articles of trade. The many small producers, and the unscrupulous among the larger manufacturers, who make a practice of adulterating the article, have increased their illegitimate profits for years, at the expense of the health of the consumers. A very small quantity of the cacao bean imparts a natural taste and perfume to the fraudulent mixtures, and conceals the introduction into the paste, of flour of such ingredients as ground corn and beans, also of coffee grounds tallow (which imparts the necessary oily matter), and the pulp of pea-nuts from which the oil has been expressed."

—Dr. Mary Walker suggests that an effort should be made to induce wealthy people to contribute in their wills for the formation of a fund for the suppression of the use of tobacco.



DOMESTIC MEDICINE.



RAIN-WATER.

MANY persons employ rain-water for drinking purposes, with the idea that in so doing they are availing themselves of one of the purest sources of water. The following from the *Royal Commission*, on the Domestic Water-Supply of Great Britain, is sufficient to lessen confidence in rain or cistern water for domestic purposes, and it renders very evident the necessity for filtering cistern water before using it:—

“The atmosphere is the recipient of vast aggregate quantities of impurity, derived partly from the respiration of animals, partly from the combustion of enormous quantities of fuel, and partly from excremental dust, the fine particles of which, in dry weather, become suspended in the air to the extent, over the area of this country, of hundreds of tons, and remain there for weeks until washed out by rain. Thus rain is in reality water which has washed a more or less dirty atmosphere. It is laden with mineral and excrementitious dust, zymotic germs, and the products of animal and vegetable decay and putrefaction. A half pint of rain-water condenses out of about 3,373 cubic feet of air, and thus in drinking a tumbler of water, impurities which would only gain access to the lungs in about eight days, may be swallowed at once. On the roofs of dwellings this rain-water, which is, after all, the only source of our water-supply, meets with soot and dust; and on the fields, manure and all sorts of impurities, which it carries down into wells, streams, and rivers. These sources in their turn are liable to be further contaminated by soakings or infiltrations from cesspools and privies, by dead fish, animals, and decompos-

ing weeds, and also on a larger scale by the land drainage, sewage, and refuse of towns, which flow into our rivers.

Cholera Diet.—It is now pretty well known that the Asiatic scourge is a germ disease. A certain germ has been found which is always present in the discharges of cholera patients, and is not present in any other disease or in a state of health. It has been ascertained, also, that cholera germs are apparently harmless when introduced into a healthy alimentary canal. It seems to be necessary that the stomach or intestines should be in a disordered state in order for the germs, when introduced, to develop and induce the well-known symptoms of the disease. This makes very clear the relation between diet and this formidable malady. Anything which tends to produce indigestion may be regarded as a predisposing cause of this malady. Fortunately, it seems to be necessary that the specific germs of the disease should be imported from some warm country in which they are always present, in order that the malady shall appear in an epidemic form; so there is not much danger to be apprehended from this source. Rigid quarantine laws, and careful inspection of newly-arrived ships, seem to be effective means of preventing the disease from gaining a foot-hold in this country, although it is almost always to be found at the quarantine stations of the principal seaport cities, at this season of the year.

But during the summer we always have with us a disease known as cholera morbus, which is in many respects allied to Asiatic cholera. Thousands of adults die of this disease annually, as many more thousands of infants die of cholera infantum. Recent researches seem to show that these diseases are

also germ diseases, and that the real cause of the violent symptoms which they present is the effects upon the system of a very poisonous substance formed by a particular kind of fermentation. This substance is likely to develop in milk and stale meats, and is always present in small quantities in cheese. Sometimes it is present in cheese in such large quantities that violently poisonous effects are at once produced. Cases of this sort are known as "cheese poisoning." The fermentation which takes place in cheese during the process of maturing, or ripening, seems to be accompanied by the production of this poison. Is not this a probable reason for the notorious fact that nothing is so apt to cause an attack of cholera morbus as eating heartily of cheese? Certainly it would be a matter of prudence to abstain from the use of this article of food during the warm season, if not altogether.

For the benefit of those who will insist upon using what we regard as a very poor article of diet, really not fit for food, we might add that the digestibility of cheese and the safety of its use is greatly enhanced by cooking it and by the addition of a small amount of carbonate of soda. Heat destroys both the germs and the poison produced by them.

Gaseous Treatment of Pulmonary Consumption.—Some months ago a French physician, Dr. Bergeon, announced the discovery of a new and successful method of treating pulmonary consumption. His method consists in the employment of gaseous enemata, consisting of sulphureted-hydrogen gas, mingled in small quantities with carbonic-acid gas, which is administered by means of a special apparatus for the purpose. It is found that these gases, when injected into the rectum, are eliminated through the lungs, without entering the arterial circulation; and the good results claimed for the treatment are supposed to be due to the influence of the sulphureted hydrogen upon the diseased surface in the lungs. The amount of gas used at each treatment is very small, amounting generally to less than a cubic inch, but the results claimed are cer-

tainly remarkable, and have induced many physicians to undertake this mode of treatment. There is great danger that the gas may be used in too large quantities, as it is very poisonous, and fatal effects might be easily induced by using it too freely. We are making a trial of this new remedy, and shall test its merits thoroughly, though at present our faith in its virtues is very small. We certainly should not think of employing it to the exclusion of other rational means, the benefits of which, in the treatment of this disease, are well sustained by practical experience.

Buttermilk.—Buttermilk obtained from sweet cream is often found of great service in the treatment of the diseases of children, and is often useful as a food for dyspeptics and persons suffering with the diseases incident to the warm season. The writer was informed, not long since, by an eminent physician, that he had succeeded in curing a large number of cases of dysentery during an epidemic of the disease in a southern State, by feeding his patients upon buttermilk. Little or no other treatment was employed.

Danger in Ice.—The popular notion that water is purified by freezing has been proved by scientific experiments to be a mistake. Ice from bad water is as likely to communicate disease as the water itself, hence no ice should be used in drinking-water unless known to have been gathered from a pure source.

Water-Drinking.—According to Dr. L. Brunton, in the *Practitioner*, there is no diuretic so good as water. Water does not merely stimulate the kidneys, but it facilitates their work by preparing the waste substances for elimination, and by aiding in their removal. The majority of persons drink too little water. Persons who have a gouty or rheumatic state of the system, will find great relief in copious water-drinking. A bad taste in the mouth in the morning, may often be prevented by taking a glass or two of water late in the previous evening. Water is most effective when taken hot.

HYGIENE FOR YOUNG FOLKS.

THE CROOKED TREE.

HERBERT and Bertha were two bright little folks, who, with their father and mother, lived in a beauti-

in the summer time. Herbert and Bertha were very observing children; and they had noticed that while most of the trees that grew upon the grounds were straight and graceful, there was one that was very



ful home on the shore of Lake Ontario. The house, which was a large one, was surrounded by fine grounds, shaded by rows of maple-trees, that afforded a delightful playground for the children, who, like most little folks, dearly loved to be out of doors

crooked; and they had often asked their father why he did not have something done to straighten it, for they thought it looked very ugly.

One morning, just as they had finished breakfast, their father said to the workmen who took care of

the grounds, "You may get a rope this morning, and we will try to straighten the crooked tree."

"Oh, papa! may we go and see it done?" asked Bertha.

"Yes; get your hats, and as soon as I have finished my writing, I will go with you," said her papa.

When Herbert and Bertha and their father reached the place where the men were at work, they found that the men had driven two strong stakes,—one on each side of the tree,—and with a stout rope attached to these were pushing and pulling with all their strength to straighten the tree, as you see in the picture. Although they tried very hard, and worked till the perspiration fell in drops from their faces, they were able to straighten the tree only the least bit; and at last one of the workmen said to Mr. Brown: "Indeed, it is no use to try any longer, the tree will not yield."

"No;" said Mr. Brown, "the tree has been crooked so long that it can never be made straight, and we shall have to cut it down, and plant another in its place. If when the tree was young and slender, we had tried to straighten it, we might easily have done so; but it has been allowed to grow crooked so long that it cannot now be changed." Then turning to the children, he said, "This tree is like a great many people."

"Why papa! how can a person be like a tree?" asked Herbert.

"I know," said Bertha, "for I once saw a boy with a hump on his back, who looked almost as crooked as this tree."

"Oh!" said Herbert, "papa did not mean in that way, did you, papa?"

"No," said Mr. Brown, "I was not thinking of outward looks, but of their actions and habits."

"What are habits, papa?" asked Bertha, who, not being quite five years old, did not understand the meaning of all words.

"Habits," answered her papa, "are good or bad things that we do and keep on doing, until after a while we get so we do them without thinking about them. The crooked tree is like a person who has formed bad habits; for when a person has got into the habit of doing anything wrong, it is almost as impossible for him to stop doing it as it is for us to straighten the crooked tree. Bad habits, too, are very apt to make people appear ugly, like the crooked tree. Herbert, can you tell of some bad habits that make people resemble the crooked tree?"

"I think you mean the use of liquors and tobacco," replied Herbert.

"Yes," said his father, "but cannot you think of some other bad habits which boys and girls often form when they are small, and which they find it hard work to break off when they grow older?"

"Is eating cake and candy one of them?" inquired Bertha, who was very fond of sweets, and was in the

habit of spending all her pennies for such things.

"Yes; that is a bad habit; and what may seem strange to you, it is a habit which is very apt to lead to other bad habits. Children who get in the habit of eating candy are very likely to forget that they ought not to eat anything except at meal-time, and to form the bad habit of eating between meals. They are also quite apt to get such a love for sweet things that they will eat too much of what they like, and so form the bad habit of gluttony. These habits are all very hard to break; and any one of them is apt to do a great deal of harm to the stomach, and make little children feel so nearly sick that they become cross and ill-tempered, and wear frowns and pouts on their faces so often that they grow to look quite ugly."

"Drinking tea and coffee is another bad habit, isn't it, papa?" asked Herbert.

"Yes; eating or drinking anything that is harmful, eating too much, eating too fast, and eating between meals, are all bad habits; and if little boys and girls have formed these habits, they ought to correct them at once; because if they indulge in bad habits until they grow to be men and women, they will find that the habits, like the tree, have grown so strong they cannot straighten them. The tree at first was just as straight and pretty as any of the others; but something bent it just a little; and every time the wind blew, it bent it a little more, until it became very crooked; but if we had tried to straighten it when it was small and first bent, we could have done so. It is just so with our bad habits; if we try to break them off when we are young, we will find we can do so far more easily than if we wait until we become older."

One Little Girl's Idea.—"Why didn't you take some of the cherry-pie at dinner?" asked Mamie of her little cousin Nellie, who was visiting her.

"Because I had already eaten all I cared for," answered Nellie.

"Oh! but cherry-pie is so nice I can always find room for that, even if I have eaten enough."

"Why Mamie Brown! I should think it would make you sick to do that way. I don't eat things just because they taste good. Mamma says we must not live to eat, but eat to live; and I would rather eat things that will make me grow, and keep me well and strong."

—A little girl's mother wanted her to go to bed before she felt sleepy. "But the moon hasn't sent her children to bed yet," objected the little astronomer, petulantly. It so happened that a storm was brewing, and heavy clouds were gathering in the heavens. "Go and see if she hasn't," said her mother. The little head was popped out of the window, and the sky was scanned eagerly. "Well, I guess I've got to go to bed now," she said, after the survey; "the moon is covering up her children and tucking them in."

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.]

Periostitis.—W. S. C., Ind., inquires for a remedy for this disease. *Periostitis* is an inflammation of the *periosteum*, or the covering of the bones. This disease is of a serious character, and a skillful surgeon should always be consulted at once. If treated thoroughly at the outset, much suffering and great damage of the affected part, may generally be prevented.

Long or Short Hair.—H. M. S., Iowa, writes as follows: I have a little girl twelve years old, who is not very strong, especially in the summer. She has long, thick hair, very fine and easily tangled, and therefore hard to keep combed. Would it not be better to have it cut moderately short?

Ans. Yes; it would be more easily cared for and less burdensome.

J. V. G., of Ga., says: I have recently met with a magnetic, or dry, battery. Is it of as much value as the galvanic battery? If so, where could one be purchased.

Ans. We are not familiar with the particular make of battery referred to. The magnetic battery is very different in its effects from the galvanic, and in the treatment of disease is used for very different purposes.

Chronic Diarrhea.—A. N. W., of New York, wishes a diet prescription for chronic diarrhea. From her letter it appears that she has tried almost everything reasonable in the line of dietetic treatment of this disease without success, and wishes some other suggestion. We know of nothing to suggest except that she consult a competent physician, as it is probable that something more than dietetic treatment is required.

Sour Milk.—J. A. D. inquires: 1. Is sour milk healthful? 2. Is cheese made of sour milk healthful?

Ans. 1. Sour milk, if it has been subjected to boiling so as to destroy the germs which it contains, may be eaten without bad effects; but we prefer sweet milk.

2. We do not recommend any kind of cheese; but what is known as cottage cheese, is, we think, as healthful as any kind.

S. R. S., Dakota Territory, asks if the appearance of small bunches in the mucous membrane of the mouth is due to a bad condition of the blood.

Ans. No; not necessarily.

Obesity.—Mrs. J. D., Mo., inquires: What is the best home method for reducing flesh?

Ans. 1. Sufficient vigorous exercise out of doors to produce thorough fatigue every day.

2. Avoid the use of sugar, fats, and an excess of starchy foods. It is not necessary to restrict the use of water, as is sometimes recommended. We think a very liberal use of water is an advantageous method of reducing flesh.

Consumption.—Mrs. E. F., of Mass., inquires: What can a nurse do to assist a physician in the treatment of a patient suffering from consumption?

Ans. Our space is too limited to enumerate the numerous things that can be done by an intelligent nurse for the relief and possible recovery of a patient suffering from pulmonary consumption; and we are obliged to refer our correspondent to the "Home Hand-Book of Domestic Hygiene and Rational Medicine," which gives full information on this subject. It is published by the Health Pub. Co., Battle Creek, Mich.

To Remove Warts.—H. M. S., of New Jersey, asks for the most approved method of removing warts.

Ans. Warts may be successfully removed in a variety of ways. Strong acetic acid, or what is known as glacial acetic acid, may be applied daily, or every other day. This will gradually soften the wart, so it may be rubbed off. Care must be taken to continue the acid long enough to destroy the last vestige of the growth. A more efficacious method is clipping off the wart close to the skin, and then applying strong nitric acid, or a strong solution of acid nitrate of mercury.

Electrical Belts—Care of the Hair—Neuralgia of the Joints—Lime Juice.—T. W., of England, inquires:—

1. Do you think the German Galvanic Belt a genuine article? and will the wearing of it cure disease?

2. Does frequent bathing of the head with cold water cause the hair to fall out?

3. What is the best remedy for pains in the knees and general weariness?

4. Has lime juice any effect as an anaphrodisiac?

Ans. 1. We have no faith in electrical and galvanic belts of any sort. We have investigated many of these contrivances, and always found them worthless or of but little value. As to their intrinsic value, they are not worth the metal of which they are composed.

2. No; it has been our custom to bathe the head several times a day for the past twenty years, and the effect seems to have been beneficial rather than otherwise.

3. The pains and "general weariness" referred to are probably due to general debility of the nerves, or neurasthenia. Permanent relief can be secured only

by removing the cause. Sponging the affected parts with hot water and hot infusions of mustard, will afford great relief. Hot sponging of the spine may be used to advantage.

4. Lime juice is a food and not a medicine. It has no specific effect of any sort on the genital organs.

Tin, Brass, and Granite-Ware Cooking Utensils.

—A western correspondent inquires: Is it safe and healthful to cook tart fruits and vegetables in dishes made of tin, brass, or granite-ware? If not, why not?

Ans. There are two kinds of tin. One is a cheap kind which is always adulterated with lead, and should never be used for domestic purposes or for holding drinking-water or moist foods.

2. Brass kettles are likely to be attacked by the acids of foods to a sufficient degree to produce unpleasant results.

3. Granite-ware, as now made, is wholly free from objection, and undoubtedly is the best available material to use for cooking utensils, as it is not acted upon by any acids found in wholesome foods and drinks.

Bathing in Summer.—A mother inquires: "How do you think it would affect the health of a boy of fourteen to go into the water in summer?"

Ans. Daily bathing in summer is conducive to health. Swimming is a very healthful sport, not wholly unattended by danger, but one in which, with proper precautions to safety, boys should be allowed to indulge, as there is no form of exercise in which expertness is acquired by practice which is likely to prove more serviceable to the individual or to others in the saving of life than swimming. Small boys should never be allowed to go in swimming alone. A larger person capable of rescuing a person who might be in danger of drowning from cramp or other mishap, should always be close at hand. Boys are apt to remain in the water too long at a time. Half an hour or an hour is long enough.

Treatment of Measles—Sty—Shoulder-Braces.

—B. E. N., Iowa, inquires: What is the proper treatment of measles? Is whisky a useful remedy?

2. Can anything be done for a sty on the eye? If so, what?

3. What do you think of the wearing of shoulder-braces?

Ans. 1. We would refer our correspondent to the "Home Hand-Book of Domestic Hygiene and Rational Medicine," in which he will find full instructions for the management of measles. In treating a large number of cases of this disease, we have never found it necessary to use whisky or alcoholic liquors of any kind. Good nursing is the chief thing required.

2. Sty of the eye is often very painful. The best way to relieve the pain and cure the sty is to apply fomentations to the eye.

3. Shoulder-braces are very rarely needed. The best braces for the shoulders are the muscles of the back. A person who is round shouldered should correct the deformity by strengthening the muscles which hold the shoulders back. Full explanation respecting the exercises necessary to accomplish this, are given in "Man the Master Piece," published by the Health Publishing Co., Battle Creek, Mich.

Eczema.—Mrs. E. J. H., of Michigan, wishes a prescription for chronic eczema, or salt-rheum.

Ans. This disease is due to a variety of causes, which must be removed before the disease can be permanently cured, no matter what local application be employed. We have generally found a diet chiefly composed of fruits, grains, and milk sufficiently eliminative treatment to keep the skin active. The itching may generally be relieved by cloths wet in a solution of soda, one dram to a pint of water. The parts should be bathed in hot water two or three times a day. The hot spray seems to be most effective. Once or twice a day an ointment composed of equal parts of tar ointment and zinc ointment, should be applied to the parts and rubbed in thoroughly.

The Use of Graham Flour.—C. E., of Württemberg, Germany, writes that by our advice he has been using graham flour, but does not seem to be able to digest it. His method of cooking has been simply boiling in water one hour. He wishes to know what he can do to render the article more digestible.

Ans. We would recommend the use of graham flour from which the bran has been removed by sifting with a coarse sieve. Grains of all kinds are more digestible if eaten in the form of unleavened bread well baked than in the form of gruel or mush. Our friend will find in the "Cooking School," a copy of which we send him, a large number of excellent recipes for the wholesome preparation of various grains and other foods.

Literary Notices.

Two additional eight-page leaflets of the Philanthropist series have been received,—No. 14, "NEED OF COMBINATION AMONG WOMEN FOR SELF-PROTECTION," by *Emily Blackwell, M. D.*; and No. 15, "THE SIN OF IMPURITY," by *Rev. Canon Wilberforce, M. A.* The first is a striking presentation of social and economic disabilities of unprotected women and young girls; the second, of the great sin, impurity, and the duty of individuals and society in relation thereto. They are especially valuable for use in meetings in the interest of Social Purity, and merit the widest possible distribution. Price, twenty cents per dozen; one dollar per hundred. Address, THE PHILANTHROPIST, Post Office Box 2554, New York.



SCIENCE IN THE HOUSEHOLD.

CONDUCTED BY MRS. E. E. KELLOGG.

PICNIC DINNERS.

A PICNIC, to serve its true end, ought to be a season of healthful recreation; but seemingly, in the general acceptance of the term, a picnic means an occasion for a big dinner composed of sweets and dainties, wines and ices, and other delectable delicacies, which tempt to surfeiting and excess. The preparation necessary for such a dinner usually requires a great amount of extra and wearisome labor on the part of some member of each family represented; while the eating of it is very apt to leave the participants with dull and aching heads and other unpleasant symptoms, which quite overshadow any benefit they may have derived from the recreative features of the occasion. It is generally supposed that a picnic is something greatly conducive to health; but where everything is thus made subservient to appetite, it is one of the most unhygienic things imaginable.

The picnic lunch-basket should contain ample provision for fresh-air-sharpened appetites, but the food should be as simple in character as possible, and of not too great variety. Good whole-wheat bread in some form, with milk cream, or some vegetable soup, which can, with the aid of a small alcohol or kerosene stove, be readily heated, and plenty of fruit of seasonable variety, will constitute a very good bill of fare. If cake is desirable, let it be of a very simple kind, like the buns for which we give directions below. Lunch biscuits and rolls, recipes for which were given in the January number, are serviceable for picnic dinners. Fruit sandwiches prepared by spreading slices of light whole-wheat bread with a little whipped cream and then with a fresh fruit jam, sweetened only sufficiently to be palatable, are most relishable. These, however, should be prepared on the ground, just before serving.

Plain Buns.—Dissolve half a small cake of compressed yeast in a cupful of thin cream which has been previously warmed to blood heat, add two cupfuls of warm flour, and beat thoroughly together. Put in a warm place, and let it rise till very light. Add three table-spoonfuls of sugar mixed well with a half cup of warm flour, one-half cup of zante currants, and sufficient flour to make of the consistency

of dough. Buns should be kneaded just as soft as possible, and from fifteen to twenty minutes. Shape into biscuit a little larger than a walnut, place them on tins far enough apart so they will not touch each other when risen. Put in a warm place till they have risen to twice their first size, then bake in a moderately quick oven. If desired, the currants may be omitted, and a little grated lemon rind added for flavoring at the same time with the sugar, or a bit of citron may be placed in the top of each bun when shaping it. When taken from the oven, sprinkle the top of each with moist sugar, if desired. E. E. K.

CONCERNING CEREALS.

MRS. EMMA P. EWING, in an article upon this subject, in a recent number of *Good Housekeeping*, says that the ordinary directions for cooking cereals, specifying so much liquid for a *cupful* of grain, is very misleading, and apt to result in an inferior food, since there is such a great variation in the size of cups. "It is therefore very desirable in cooking cereals that the same vessel used for measuring the grain should be used for measuring the liquid in which the grain is to be cooked, so that the quantity of liquid be just sufficient to make the mush or porridge the proper consistency, and perfectly develop the flavor of the grain. If liquid has to be added during the process of cooking, or has to be drained off after the grain is thoroughly cooked, some of the fine flavor is lost, and the result is an insipid mess, instead of a savory and appetizing dish.

"The main secret in the preparation of cereals is *thorough cooking*; and this necessitates cooking them slowly in the proper quantity of liquid for a considerable length of time. A great deal has been written about preparing mushes for the table in from two to twenty minutes, and many cooks serve them prepared in that length of time; but all cereals are more digestible and much finer flavored when thoroughly cooked.

"The amount of liquid necessary for cooking cereals properly, and also the length of time required, depends greatly on the nature of the cereal, and the method in which it has been ground, or milled. The table given below will be found approximately accurate as regards the proportions of grain and liquid to

be used, and the length of time required to perfectly cook the following grains and grain products :—

“PEARLED WHEAT.—Five measures of liquid to each measure of wheat. Cook from four to six hours.

“PEARLED BARLEY.—Five measures of liquid to each measure of barley. Cook from four to six hours.

“COARSE HOMINY.—Five measures of liquid to each measure of hominy. Cook from six to ten hours.

“FINE HOMINY.—Four measures of liquid to each measure of hominy. Cook from four to six hours.

“COARSE OATMEAL.—Four measures of liquid to each measure of oatmeal. Cook from four to six hours.

“ROLLED WHEAT.—Three measures of liquid to each measure of wheat. Cook two hours.

“ROLLED BARLEY.—Three measures of liquid to each measure of barley. Cook two hours.

“ROLLED OATS (Avena).—Three measures of liquid to each measure of oats. Cook an hour.

“RICE.—Three measures of liquid to each measure of rice. Cook an hour.

“FARINA.—Six measures of liquid to each measure of farina. Cook from half an hour to an hour.

“CEREALINE FLAKES.—One measure of liquid to each measure of cerealine. Cook half an hour.

“Water alone can be used for cooking any of the cereals, but most of them are richer and finer flavored when the liquid used is milk and water, mixed in about equal proportions. Especially is this the case with barley, rice, hominy, and farina.”

To Clean Kitchen Tables, wet a soft cloth, leaving *plenty* of water in it, then so thoroughly wet the table or surface you are scrubbing, that water enough will remain to make a lather; now with the brush scrub the way of the grain of the wood, paying extra attention to all gray spots. Now rinse the cloth, wring it very little, for you don't want to *wipe* off, but to *rinse* off, the dirt you have just scrubbed out; if wiped off, the dirty water is only smeared over the surface again. Sop up the soapy lather, then rinse a second time with the water; wring your cloth as dry as possible, and go over it again, wringing the cloth dry as often as it absorbs water. Last of all, rub as dry as you can with a dry rubber; this removes the last of the soiled water, and helps the wood to dry quickly, which is a great point in making boards white.

Tables that have been neglected may be bleached by spreading on them a layer of wood ashes made into a mortar-like paste with water, and allowing it to remain over night; the next day brush it off and scrub. The same paste may be laid on floors when spotted with grease.—*Good Housekeeping.*

—Willow furniture is best cleaned with boiling water made strong with ammonia and applied with a whisk broom.

Deodorants.—The popular idea that foul drains or plumbing fixtures can be made sweet and wholesome by pouring disinfectants into them has been exploded. Disinfectants should never be used as a substitute for cleanliness and ventilation. Beau Brummell and his contemporaries had recourse to perfumery, where we now use baths and clean linen. Disinfection is the revived substitute for fresh air. It may do very well where plumbing is sound; but where there are leaks or other defects, it is just as well not to neutralize the offensive odors, which are nature's danger signals, and which may induce proper precautions. Hiding a dangerous smell under a more powerful odor, will not destroy the germs of disease, any more than wearing an overcoat will prevent a small-pox patient from infecting those who come in contact with him.—*Chas. F. Wingate.*

The Kitchen Sink.—If you put in it a lump of soda weighing half a pound or more every day or two, you will have no trouble with the drain pipe becoming clogged with grease. So large a piece will dissolve very slowly, but all the water that goes down will help to cleanse instead of soiling the pipe. Whenever you have a kettle of boiling water that you do not need at once, pour it into the sink.

—A writer in a recent number of the *Chautauquan* goes to the root of the matter respecting the mooted servant question when he says: “Half the trouble between mistresses and maids arise from the disagreeable surroundings to which servants are confined. There is no place more dismal than the ordinary kitchen in city dwellings. It is half underground, ill-lighted, and unwholesome.” What wonder, then, that in the absence of sunlight there is a lack of sunny temper and cheerful service! An ill-lighted kitchen is almost sure to be a dirty one, where germs will thrive and multiply. Let sanitary kitchens be provided, and we shall have more patient mistresses and more willing servants.

—The building of the unsystematic housekeeper is the heaping together of boulders with crevices between, through which the winds of disappointment sharply whistle. System is not a talent, still less is it genius, it is a *duty*! She who shirks it, does herself and her household irreparable wrong.—*Marion Harland.*

—An exchange says that lamp-burners that have become dim and sticky, can be renovated by boiling them in strong soda-water, using a tin can for this purpose; then scour the burner with sapollo, and they will be as good as new.

—Kerosene in cooked starch—a tea-spoonful to the quart—is said to prevent clothes sticking to the irons, and to give a gloss. The scent evaporates in the drying.

Publisher's Page.

Dr. Kate Lindsay, of the Sanitarium, who has been absent for a few weeks, visiting friends on the Pacific Coast, is now on her way home, and is expected daily.

We trust our readers will appreciate the artistic frontispiece which appears in the present number. The publishers are constantly adding to their stock of fine engravings, with which to embellish the pages of the Journal, and add to its attractive, as well as its useful, features.

Among the recent arrivals at the Sanitarium are Mr. and Miss Roth, of Bale, Switzerland, and Miss Yersin, formerly of Bale, but recently from Liverpool. The young ladies have been sent by their friends this long distance to enjoy the advantages of the Sanitarium as an aid in the recovery of their health, which has in both cases been impaired for many years. The young man comes for the purpose of studying hygiene to fit himself for labor as a sanitary missionary in his native land.

Professor Brigham of our city, who has spent several years in traveling through South America, and who has, probably, rendered himself more conversant with the remote parts of the southern half of this continent than almost any other man in this country, has consented to furnish for GOOD HEALTH a series of three articles descriptive of the habits and manners of the people who inhabit this little-known region of the world. These articles will be well illustrated by engravings made from photographs taken on the spot by Mr. Brigham.

We have recently received a letter from a lad of fourteen, of Vineland, N. J., who is canvassing for GOOD HEALTH in Conn., which shows what can be done by a boy who possesses the requisite energy and enterprise in the circulation of sanitary literature.

In the first eight days of his canvass, this lad secured thirty-nine subscriptions for GOOD HEALTH. In the first three weeks of his work he obtained sixty names.

We would like to hear if any of the older boys have done any better work than this.

During the month, the editor has made flying missionary trips to Salamanca, N. Y.; Beaver Dam, Wis.; and St. Paul, Minn. At each of these places he gave three lectures on hygiene and temperance reform, to audiences varying in size from four or five hundred to one thousand persons.

The lectures were given in connection with camp-meetings held at the places named. The interest manifested in the subjects presented was excellent. It is hoped that much good will result from this effort in each of the places visited. The people seemed ready to be instructed upon subjects of vital importance in relation to preservation of health and the prevention of disease.

The recent meeting of the American Medical Association at Chicago, Ill., was very largely attended, and was one of the most successful meetings of this Body which has recently been held. A large number of able papers were presented by eminent medical gentlemen. The discussions were interesting and profitable. The evidence of advance in the science of rational medicine was such as to encourage the most progressive. The growing liberality of scientific medical men, as regards the employment of rational remedies of every sort, no matter from what source derived, ought effectually to remove the prejudice which has existed in the minds of some against scientific medical men.

We take pleasure in again calling attention to the notice in our advertising columns, of Heap's Patent Earth Closet. This sanitary appliance is coming to be recognized as a vast improvement over anything that has preceded it, and its merits are rapidly securing for it the recognition which it deserves.

J. D. Stimson, of Chicago, a man of wealth, owns a street of tenement houses in Muskegon, in which he has made the sanitary improvement of substituting these Earth Closets for the old vaults. The privy vault is a nuisance and disgrace to civilization; and if every one of these hot-beds of disease could be abolished, and the dry-earth system introduced, typhoid fever would disappear from the mortality list.

The Park Commissioners of Detroit have recently set an example for other cities in the important sanitary improvement they have made at Belle Isle. They have made a pavilion, which they have fitted up with ten of Mr. Heap's Earth Closets.

The fame of these closets has extended even to Texas. The city of Waco has erected a court-house, in which they have ordered placed five of Heap's Patent Earth Closets.

These closets are simple in construction; and their use is a practical thing, and only requires a fair trial to insure the highest satisfaction.

The Health Publishing Co. has just issued the fourth edition of Dr. Kellogg's HOME HANDBOOK OF DOMESTIC HYGIENE AND RATIONAL MEDICINE. This work has found its way into many thousands of families, and into all parts of the world. It has been carried by missionaries into the jungles of India, the interior of China, and the wilds of Africa. Copies are to be found in Egypt, Palestine, and Persia, as well as in all of the English-speaking countries of the globe, including most islands of the Pacific. Probably there are very few works in the English language which have traversed the globe so widely and so rapidly as this. This work is quite unlike any other published in any language, and is an encyclopedia of what intelligent people want to know respecting the care of the body in health and disease. The present edition is, in many respects, an improvement upon its predecessors. It is printed on fine toned paper, and though containing the same amount of matter, occupies less bulk than the last edition. It is a work which ought to be in every family. Circulars, with prices, may be obtained by addressing the HEALTH PUBLISHING Co., Battle Creek, Mich. Agents for the Pacific Coast, Australia, New Zealand, and the Sandwich Islands, should address Pacific Press, Oakland, Cal.; agents for England and Ireland, the British Tract Repository, Gimsby, England.

Beautiful Summer Weather.—The summer in Michigan was never more beautiful and healthful than at the present season. Copious rains, cool breezes, and the absence of every epidemic disease have added greatly to the advancement of the rapidly growing reputation of the State as a summer resort for those who reside in hot, malarious, or otherwise unhealthy districts. Probably no other State in the Union offers better conditions for recreation during the summer months than does the Peninsular State. It is a rolling country which has not been so denuded of its natural forests as many of the other States have. Its gravelly soil, its numerous spring-fed lakes and rivers, and its extensive water border, give it elements of salubrity in the summer months which are possessed by only a few other favorite localities upon this continent. Health-seekers from the South have discovered that in passing by the beautiful "peninsula," seeking recreation in the dry, hot, and often dusty and cyclone-haunted regions of the far west, they have committed a serious blunder. At the present time the tide of invalid migration is setting undoubtedly toward Michigan. Its great lake border, and its numerous crystal lakes, nestling among the wooded hills, for the next two months will be peopled with strangers from every part of the Union, seeking invigoration from healthful out-of-door life.



Sanitarium Training School for Nurses.

COURSE OF INSTRUCTION.

TERM FOR 1887-8 WILL BEGIN ABOUT NOV. 2, 1887.



THIS School has now been in operation for several years with constantly increasing patronage and success. A large number of young men and women have been fitted for eminent usefulness and are now engaged in positions in which they are proving the value of the instruction received in the relief of suffering and earning an independent support. There is no field of usefulness in which intelligent and well-trained young men and women can more easily find employment and opportunity for philanthropic effort accompanied by fair remuneration.

COURSE OF INSTRUCTION.

The course of instruction comprises two series of lectures continuing through forty weeks each. The whole period covered by the course is twenty-one months, which includes three months vacation during the months of August, September and October.

METHODS OF INSTRUCTION.

The instruction is both theoretical and practical. Three lectures are given each week, and several recitations are held in addition. Lectures are illustrated by means of charts, models, fine French Manikins showing every organ of the body in a manner closely resembling life, and by numerous experiments. Each student is required to become familiar with the subjects taught by actual practice:—

The following are among the leading topics which are taught:—

Anatomy. Physiology. Elementary Chemistry. Nature and Causes of Disease. Language of Disease. Principles of Cure. Management of Common Diseases. Dressing of Simple Wounds and Injuries. General and Individual Hygiene. Ventilation. Disinfection. Air and Water Contamination. General Nursing. Surgical Nursing. Monthly Nursing. Bandaging. Hydrotherapy--Theoretical and Practical. Electricity--Faradic, Galvanic, Static. Diet for the Sick. Massage. Swedish Movements. Calisthenics. What to Do in Emergencies.

SPECIAL ADVANTAGES.

The advantages offered by this school are in many respects superior to those offered by any other, not excepting the older schools in the large cities. Its special advantages may be briefly stated as follows:—

1. This school is connected with the largest Sanitarium in the world, which affords opportunities for practical observation not to be found elsewhere.

2. The methods, appliances and facilities which are utilized here far surpass in extent what can be found anywhere else, affording a better opportunity for gaining familiarity with scientific methods than any other school.

3. Students in this school have an opportunity to acquire a practical knowledge of much that is only taught theoretically in other schools, or is omitted altogether.

4. A pleasant home and agreeable social surroundings instead of the prison-like atmosphere of the ordinary hospital.

5. Permanent employment will be given to those who prove themselves competent and worthy of encouragement.

QUALIFICATIONS REQUIRED.

Persons who desire to enter this school must possess the following qualifications:—

1. A good moral character, with satisfactory recommendations.
2. Ability to become first-class nurses.
3. Good health.
4. Sufficient intelligence and education to enable them to enter upon the course of training with a fair prospect of success.

Those who pass a satisfactory examination at the close of the course will receive a diploma.

TERMS.

As regards expenses, there are two classes of students, those who are well-to-do and take the course simply for the information received, and are able to pay for board and tuition in cash, and those who are in limited circumstances and desire to meet expenses by labor, so far as possible. Terms to the two classes are respectively as follows:—

1. Those who pay tuition in cash, for board and tuition for forty weeks, \$200.00.

2. Those who are able to put in full time in work can pay board and tuition in work the first term, and will be paid something in addition the second term, according to the value of their services. There will also be an opportunity for such to earn wages during the summer vacation.

Members of the training school will be expected to conform to the same rules as regular employes.

For any further information desired, address,

SANITARIUM,

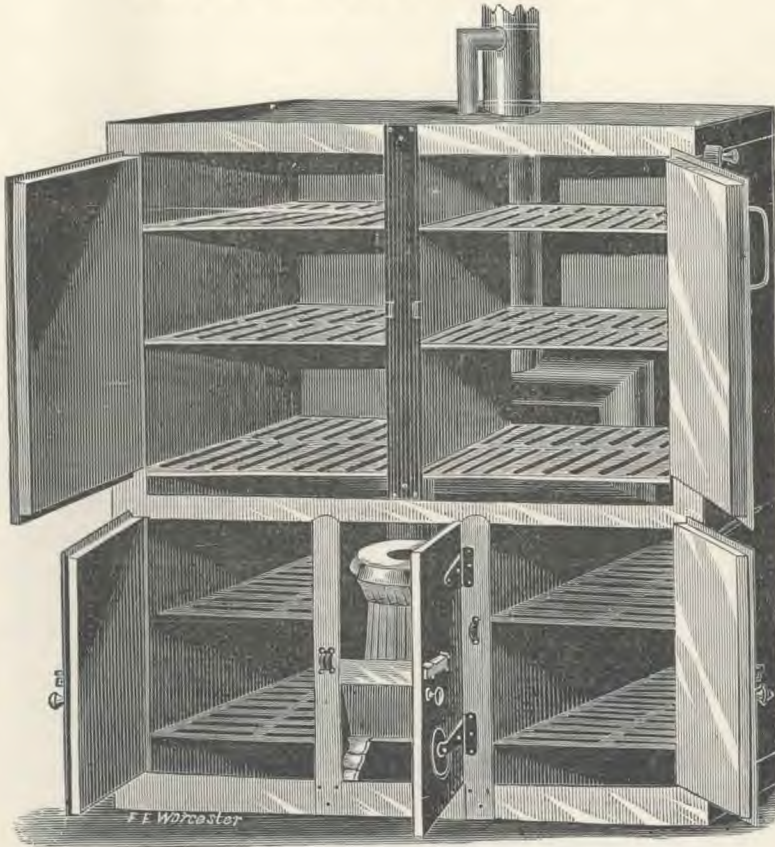
Battle Creek, Michigan.

FIVE CENTS' WORTH OF FUEL WILL BAKE A BARREL OF FLOUR INTO BREAD.

To All Interested in Steel Portable Ovens!

SEND FOR 13-PAGE PAMPHLET AND CIRCULARS.

They cost 70 per cent less than Brick. Do not get out of order. Do the work better and at one-fifth the cost of fuel.



Five cents' worth of fuel will bake a barrel of flour into bread, and roast meat in proportion.

THIS FROM A PRACTICAL BAKER.

LeRoy, N. Y., May 20, 1887.

To Whom it May Concern:—

I bought a No. 70 Oven from Mr. Reid about a year ago. About six weeks ago I bought another No. 70. I am using them in preference to brick. I like them. I have seen all the kinds. This "takes the cake."
J. W. BROWNELL.

School of Domestic Economy, Iowa Agricultural College, Ames, Iowa, April 3, 1885.

Adam Reid, Esq.,—

(LETTER NO. 1.)—It is nearly a year since I first used your Bake Oven (No. 60), and I can say now what I have repeatedly said, that in all my experience I have never seen better work than that which your oven turns out. The one in use here works just as well as the one I first used at Chautauqua, N. Y., last year.
Yours respectfully,
EMMA P. EWING.

May 2, 1887.

(LETTER NO. 2.)—The oven in use here is still in "good shape," and continues to give satisfaction.

EMMA P. EWING.

I have recently sent them to the New Osborne House, and the new Powers Hotel, Rochester, N. Y.; the Central House, Reading, Pa.; the Forest City House, Cleveland, O.; H. C. Austin, Binghamton, N. Y.; James Dick, Dansville, N. Y.; A. A. Alvord, Elmira, N. Y.; W. W. Whittaker, Lockport, N. Y.; W. W. Clemmons, Geneva, O.; Mansion House, Buffalo, N. Y.; Montegale House and DeVeaux College, Niagara Falls, N. Y.; Geo. Davis, Mohawk, N. Y.; B. F. Simmons, Castle, N. Y.; A. E. Potter, Mansfield, N. Y.; S. K. Kimball, Alexandria, N. Y.; I. G. Corbett, Austin, Pa.; E. E. Proud, Saegerstown; Geo. Truscott, Mackinac, Mich.; Louis Bach, Wellsburgh, N. Y.; Joseph Mecklinberger, Suspension Bridge, N. Y.; Avery & Miller, Kalamazoo, Mich.; H. T. Williamson, Waterford, Pa. Here is a copy of an order for three after the fullest inquiry had been made:—
St. Teresa's Academy, Kansas City, Mo., June 3, 1886.

Mr. Adam Reid,—

DEAR SIR,—Yours received in due time. You may send three ovens as soon as you possibly can. Address one to "Mother Clemence, St. Mary's Orphan Asylum, St. Joseph, Mo."; address the second to "Mother Liquori, St. Joseph's Hospital, Seventh and Penn Streets, Kansas City, Mo."; and a third you may send to the Academy, as also the bill for the three, and I will forward amount.
Yours respectfully,
SISTER MARY FIDELIA.

THIS FROM THE PROPRIETOR OF THE WHITCOMB HOUSE, ROCHESTER, N. Y.

Rochester, N. Y., December 7, 1886.

Mr. Adam Reid,—

DEAR SIR,—Your oven is such a success, both as a baker and roaster, that you can write out something good and strong—you cannot make it strong enough—and put my name to it. I will honor your draft at any time. [Signed,]
RUSSELL COATS,
Prop. Whitcomb House.

THREE SIZES, NOS. 50, 60, 70. Baking from 50 to 150 loaves. The readers of this magazine will please communicate with the undersigned. Shipping them in all directions; ride as easy as a packing trunk. OVER 2,600 IN USE.

ADAM REID, Patentee and Manfr,
119 Main St., BUFFALO, N. Y.

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In the effort to meet the necessities of a large Sanitarium with its great variety of patients, we have produced a number of food preparations adapted to different diseased conditions, the merits of which are such as to secure for them a very large and increasing sale, not only to persons belonging to the invalid class, but to those who wish by "good living" to avoid disease. The following are the leading preparations:—

	cts. per lb.		cts. per lb.		cts. per lb.
Oatmeal Biscuit.....	12	White Crackers.....	10	Wheatena.....	12
Medium Oatmeal Crackers.....	10	Whole-Wheat Wafers.....	12	Avenola.....	13
Plain Oatmeal Crackers.....	10	Gluten Wafers.....	30	Granola.....	12
No. 1 Graham Crackers.....	10	Rye Wafers.....	20	Gluten Food.....	40
No. 2 Graham Crackers.....	10	Fruit Crackers.....	20	Infant's Food.....	40
Plain Graham Crackers [Dyspeptic] 10		Carbon Crackers.....	[net] 15	White Gluten Food.....	25

Sample packages containing specimens of each of our foods sent post-paid for 50c. Selected Samples, 25c.

All grain preparations can be supplied in large or small lots, as we keep a fresh supply constantly on hand of goods which are largely made expressly for us, of a superior quality of grain. Address

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which gives the latest scientific knowledge regarding the uses of water as a remedy for disease. The instruction which it imparts is

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By **J. H. KELLOGG, M. D.**

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TEN COLORED PLATES,

which depict in the most graphic manner possible, the ravages of alcohol among the delicate structures of the human body. **NOTHING** so complete in this line has ever been attempted before. These ten charts constitute a most powerful temperance lecture, the impressions of which will not be easily forgotten.

A manual giving complete explanation accompanies each set. Size 24x34 inches, prices \$10 to \$15 according to style of mounting.

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It will ever be uncompromisingly opposed to anything tending toward a union of Church and State, either in name or in fact.

It is well known that there is a large and influential association in the United States bearing the name of the "National Reform Association," which is endeavoring to secure such a religious amendment to the Constitution of the United States as will "place all Christian laws, institutions, and usages on an undeniable legal basis in the fundamental law of the land."

While there are many persons in this country who are opposed to, or look with suspicion upon, this movement, there are few, outside of the party, who realize what the influence of this Amendment would be. The object of the *American Sentinel* will be to vindicate the rights of American citizens, which, we believe, are threatened by this association. It will appeal to the very fundamental principles of our Government, and point out the consequences which would be sure to follow should they secure the desired Amendment to the Constitution.

Every position taken will be carefully guarded and fortified by sound argument. Due respect will always be paid to the opinions of others, but the rights of conscience will be fearlessly maintained.

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Extensive Poultry Yards,

Furnished with all the modern improvements. As our fowls produce in the spring of the year more eggs than are required for our own use, we shall be able for the next two or three months to furnish setting eggs of any of the following choice varieties:—

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Freshly laid eggs of the first three varieties named, in settings of thirteen eggs, will be sent by express, securely packed, at \$1 each. Settings of Langshans, \$1.50 each. Settings of Wyandottes, \$2 each. The varieties named are all pure blood.

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