

DECEMBER, 1891.

GOOD



FAITH

CONDUCTED

BY

J. H. KELLOGG M.D.

PUBLISHED MONTHLY.
\$1.00 A YEAR.

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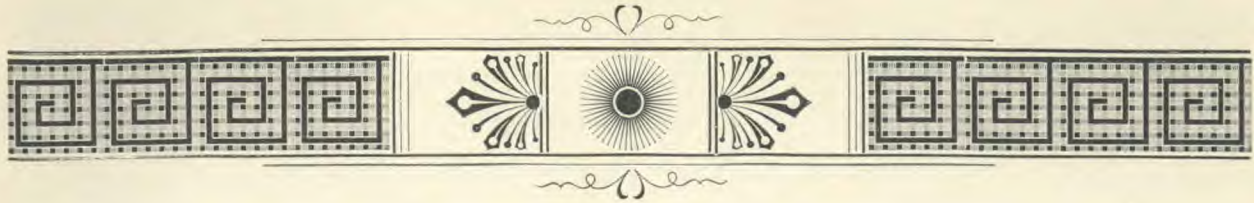
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✿
DR. FELIX L.
OSWALD,
✿

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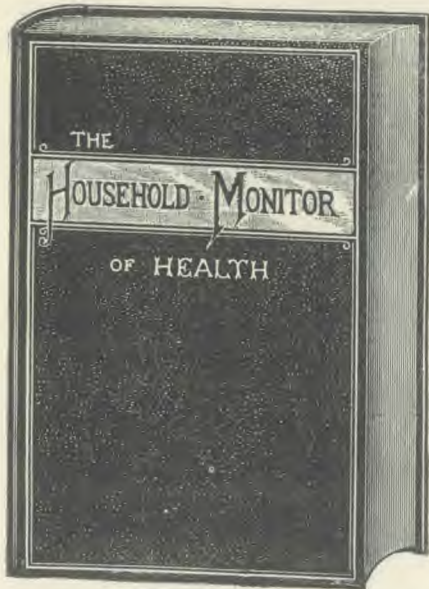
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VOL. XXVI.

NUMBER 12.

BATTLE CREEK MICHIGAN

DECEMBER, 1891.

INTERNATIONAL HEALTH STUDIES.

BY FELIX L. OSWALD, M. D.

"Author of Physical Education," "The Bible of Nature," Etc.

32. — Bolivia.

EVERY continent has some highland sanctuary where remnants of its aboriginal population have survived the deluge of foreign invasion. In Europe, the Basques of the upper Pyrenees seem to be the only living representatives of a race that preceded both the Celts and the Latins; in Hindustan the heights of the Neilgherry Hills shelter tribes that bear no affinity to the dominant Aryans; the upper Atlas is still inhabited by the descendants of the primitive Numidians; our last redskins will probably hold their own in the highlands of New Mexico and western North Carolina.

Of all the numerous tribes of South American Indians, the natives of upper Bolivia have most nearly preserved the characteristics of autochthons. They have kept aloof from the influence of the Spanish colonists, as their forefathers resisted the power of the conquering Incas, and a glance at their faces and forms proves their physical superiority to other native races of the continent.

After the first encounter with the successors of Pizarro, the Indians of Bolivia (then known as upper Peru) retreated to the fastnesses of the eastern Andes, but they have ever since continued to encroach upon the land claims of the indolent Creoles, who lazily admit their superiority as cattle-breeders and agriculturists. In stature, they are above the medium size and remarkably stouter than their neighbors of the Brazilian river forests. The Aymarus, or Highland Antis, are out and out the comeliest race of the American aborigines. Their facial type approaches very closely to that of certain European races, so

much so, indeed, that it would be decidedly difficult to distinguish their untattooed youngsters from the peasant boys of Hungary and Dalmatia.

The degenerating influence of certain stimulant habits which they share with other redskins of the Andes, has in their case been counteracted by the custom of late marriages. An Antis youth remains his father's retainer up to his eighteenth year, and then begins to cultivate a little ranch of his own and collect a stock of *vicunas* and pack *llamas*. At twenty-five, and sometimes at twenty-one, his success in the accumulation of creature comforts is thought to justify matrimonial enterprises. Two or three available females are engaged, on probation, as it were, in the capacity of housekeepers, and within a year one of them becomes the permanent manager of domestic affairs, and in the course of time the mother of three or four — rarely more than five — children. A similar custom prevails among the long-lived natives of Armenia, and it is more than probable that the thrifty Scotchmen owe a good deal of their success in the arena of international competition to their dread of premature marriages.

In Corsica, there is a regular covenant of farmers and artisans visiting social ostracism upon the violators of a rule which about two centuries ago was adopted as the best preventive of over-population, but which practically has been observed for a much longer period. Hence, undoubtedly, the physical and mental superiority of the Corsicans to all other Mediterranean races. "*J'ai un presentiment que la Corse va produire un homme qui étonnera le monde,*"

wrote Jean Jacques Rousseau, long before Europe became familiar with the name of the Bonapartes, and it is certainly a curious fact that the two greatest men of the last fifteen centuries, were Corsicans; for there is, by this time, no reasonable doubt that Cristoforo



MAKING FARINA.

Colombo, though a citizen of Genoa, was a native of Calvi, on the island of Corsica.

Like their kinsmen, the Patagonians, the Antis are passionately fond of athletic sports. Before the introduction of Spanish axes, they used to split their fuel with hard stone wedges and wooden mallets (*masetas*), and these mallets are still used for a trial of strength in a game very similar to the hammer-throwing contests of the Scotch Highlanders. A first-class *masetero* enjoys a prestige quite equal to that of the *traductor*, or missionaries' interpreter, of his native village, and on festive occasions the damsels of the neighborhood compete for the honor of adorning his braided locks with gaudy ribbons. In processions or marriage pageants, he struts at the head of his male contemporaries, after devoting perhaps a whole day to the elaboration of his toilet.

The Antis Highlanders are, indeed, acknowledged dandies. "They paint their cheeks and the part round their eyes," says the traveler Marcoy, "with a red dye, extracted from the roucou plant, and also color those parts of their bodies exposed to the air with the black of Genipa. Their covering consists of a long, sack-shaped frock, woven by the women, as is also the wallet, in the shape of a handbag, carried by them across the shoulders and containing their toilet articles; viz., a comb, made from the thorns of the Chanta palm; some roucou in paste; half a Genipa apple; a bit of looking-glass, framed in wood; a ball

of thread; a scrap of wax; pincers for extracting hairs, formed of two mussel shells; a snuff-box, made from a snail-shell and containing very finely ground tobacco, gathered green; an apparatus for grating the snuff, made of the ends of reeds or two arm bones of a monkey, soldered together with black wax at an acute angle; sometimes a knife, scissors, fishhooks, and needles of European manufacture. Both sexes wear their hair long. For ornaments, they have necklaces of glass beads or cedar and styrax berries, skins of birds of brilliant plumage, tucano's beaks, and even tapir claws."

Tattooing is carried to an excess proportional to the social rank of the victim, and is often repeated till the accumulated pigments can hardly fail to obstruct the pores of the skin,—a result that might prove more serious if the Antis did not go nearly half naked, exposing their untattooed arms and feet to the free air.

Their food, as that of the Bolivian Creoles, varies much with the elevation of the settlements. In the soil of the *yungas*, or lowland valleys, pineapples and yam roots flourish, and half a hundred kinds of tropical tree fruit can be had in abundance, the year round. Higher up, game is in great request, and on the highest *paramos*, or summit plateaus, milk, cheese, and *vicuna* steaks form the staple diet, varied with dried fruit, brought up on *llama*-back from the plantations of the lowlands. The highest peak of the American continent is probably the isolated



ANTIS INDIAN

cone of Mt. Aconcagua in Chili, but the average elevation of the Bolivian Andes exceeds that of any other highland region of South America. Not less than fifteen different summits rise to a height of

more than twenty thousand feet above the level of the Pacific, and the northern Paramos include several plateaus of an altitude varying from twelve to eighteen thousand feet.

From fifteen thousand feet down, nearly all of these tablelands are inhabited, and among their spontaneous products there is a plant that has played a very important part in the dietetic economy of the European races; viz., the *solanum tuberosum*, or common "Irish" potato.

Its favorite habitat is a dry vegetable mold at an elevation of eight or nine thousand feet, and the predicate "Irish" could hardly be a more preposterous misnomer. Bolivian potatoes have been cultivated in Spain and Finland, in Thibet and Tasmania, but the chill, ever dripping climate of the Emerald Isle is perhaps less congenial to their nature than that of any other country of the temperate zone, and abundantly accounts for the frequent failure of a crop that should never have been made the exclusive product of West European bog farms. The tubers of the *solanum* plants found wild at the outskirts of the sunny Bolivian highland forests, rarely exceed a crab-apple in size (like wild onions that weigh about one per cent of the best cultivated varieties), but in the garden of Chuquisaca grow to dimensions attained nowhere else with the same minimum of scientific culture.

The Bolivians use potatoes in stews, and mixed with fat in a sort of porridge, but hardly ever alone; and modern physiologists incline, indeed, to the opinion that the nutritive value of the potato has been considerably overrated. Seventy per cent of the tuber, as taken from the ground, is mere water, and one half of the remaining ingredients is starch, — starch in one of its least nutritious forms. Besides seven per cent of fiber, or woody matter, there remains only two per cent for albumen, gluten, and casein.

The *pucheros de papa*, or potato stews, of the Bolivian Creoles, are mixed with red pepper in quanti-

ties that would prove wholly indigestible to human stomachs, if the pungent spice were not cooked together with the meat, and exposed to the combined effect of heat and moisture for a length of time that may tend to modify its irritating properties. To doubt whether the nutritive qualities of onions outweigh their noxious tendencies, seems to turn on a similar question. Cooked onions can be made about as nourishing, and nearly as harmless, as tur-



SNUFF-TAKING.

nips or asparagus; raw or pickled, they must be almost as irritating as cantharides to the sensitive lining of the human stomach.

No amount of cookery, however, can wholly neutralize that atrocious mixture of *chile colorado* and grease, that enters so largely into the component parts of a Spanish stew. Prof. Renger, who passed a couple of years in the city of Sucre (alias Chuquisaca), tried long in vain to trace the cause of his nervousness and insomnia, which at first made him suspect that the smoked ham of his restaurant must have contained trichinae. Being, however, aware of the fact that injurious items of our daily diet are apt to pall upon the

appetite, he thought it rather strange that he conceived a more and more invincible repugnance—not to pork, but to the potato stews of his boarding house, till he surprised his landlady in the act of mixing her *puchero* with a quart of fluid tallow and a pint of pepper.

Bolivia, the native land of the potato, seems also to be the home of the tobacco habit. The very first Spanish explorers who crossed the ridge of the western Andes, found the Indians of the Tramontane Valleys in possession of elaborate outfits for the grinding of tobacco leaves and the taking of snuff. Tobacco plants were found growing among the cultivated potatoes of the native truck-gardens; and on the wayside rock, groups of the aborigines were seen squatting down and with brotherly kindness blowing a charge of snuff into each other's nostrils. The implement used for the latter purpose was (and still is) a V-shaped tube, with a flat mouth-piece, similar to that of a French horn. The other end being inserted into the snuff-taker's nose, a vigorous puff, seconded by a snuff of the recipient party, will suffice to stimulate the nasal organ of an adult for a couple of hours, when the upper ducts of his proboscis begin to feel dry, and the operation has to be repeated.

The first alcohol drinker was probably an avaricious housekeeper, who kept a saccharine fluid—must, or hydromel—till it began to ferment; but how shall we account for the origin of the much more unnatural nicotine habit? The influence of imitiveness, the

aping instinct of two-legged monkeys, is incalculable; and if a dozen well-dressed fops should have been seen promenading the streets, smoking a mixture of sulphur and guano, a hundred would-be dudes would deem it an honor to emulate their example, and continue to revolt their organism till the repulsive practices had acquired the strength of a second nature.

In just that way the nicotine vice spread from America to England and Spain, and on to Germany, Turkey, and Egypt; but the question occurs, What can have been the origin of the strange habit? The most plausible solution of the problem can probably be found in the circumstance that tobacco smoke is a most effective mosquito-bane. A light cloud of nicotine fume will rout insects that would defy any other fetor. The occupants of gnat-infested cabins found relief in the plan of burning the dried leaves of the *nicotiana tabacum*, and from the habit of breathing nicotine-saturated bedroom air, there was only a step to the practice of inhaling tobacco fumes for the special purpose of stimulation; for every poison habit is progressive. The first taste of lager beer is unspeakably disagreeable; but the first half-pint drunk with anything like a relish, secures the brewer a customer for scores of quarts a week; and after the insect-routing fumes had once been breathed with a pleasure indicating the perversion of long outraged instincts, the lesser evil was rapidly promoted to the rank of an unmitigated international curse.

(To be continued.)

MENTAL HYGIENE FOR THE AGED.

DR. B. W. RICHARDSON, one of the foremost writers on hygiene for the aged, gives the readers of his journal, the *Asclepiad*, the following excellent suggestions upon this subject, under the title of "Memory as a Test of Age:"—

"Memory is often a good test of age. When a person begins to find the recollection of current and recent work failing, and when he finds the recollection of events of the early part of his life acutely perceptible, and by a kind of spontaneity recurrent, the evidence is certain that the mind of that person is aging. The fact is still further emphasized if, with the remembrance of past days, there is a sympathetic response calling forth a sentimental feeling either of pleasure or of pain. There probably is a physiological reason for these phenomena. In early life certain centers of the brain are filled with impressions

and images which have become fixed, and for a time quiescent. They sleep. While they sleep, other parts of the brain are charged with new impressions, which remain in activity, provoking the physical body to new and continued actions, and constituting the life of the individual as it is seen at work, nay, as it really is. But time goes on, and under the active life the brain centers receiving the later impressions tire, wear out, and for working purposes, suspend function and die. Their suspension is not, however, the suspension of the whole of the cerebral organism. The parts first impressed and imprinted—the parts that carry the latent impressions—remain intact, and, no longer oppressed and obscured by that which has accumulated upon them, begin once more to live and display their activities. So aged people who forget the names of those who are staring them in the face, who

forget the details of the last ride, or walk, or work, and who forget engagements, letters, and hours of meals, remember with the freshness of youth the friends of their youth; the places, habits, conversations, events that have long since passed, and have been long in oblivion.

"The study of memory in relation to age is full of practical as well as of philosophical importance. It bears on the value of evidence of observed facts and phenomena at different stages of life. There are thousands of persons who could give no evidence worthy of credence respecting the sayings and events of today, who could still give the most accurate and reliable evidence about the sayings and events of fifty years ago; and if sympathies change with memories, there is an explanation, clear enough, why with age likes and dislikes should undergo the astonishing modifications we so often witness. I was called once to see a dying man who was advanced in life. He was muttering something strange.

"'What is it he says?' I asked.

"'I do not know, sir,' replied the nurse, 'but it's all about Monday, and see how curiously he moves his hands.' I listened attentively, and soon caught the words, repeated many times: '*O Jesu, Agnus Dei, qui tollis peccata mundi. Miserere nobis.*' I observed thereupon to my medical brother, whom I had been called to meet in consultation, 'He' (the patient) 'is saying part of a Romish litany. He is a Roman Catholic.'

"'Impossible! I have known him for thirty years, and he has been a man of the freest thought, good

in every way, but allied to no creed whatever, and opposed to the Roman Catholic faith.'

"'That may be, but in his early life, I warrant you, he was brought up in that faith, and learned its services.' On inquiry, my conjectures proved correct. In the first five years of life he was trained in the Catholic ceremonial, since which age he had come under influences that had changed the whole tenor of his thoughts.

"The point I wish to make in concluding this *opusculum* is, in the strictest sense, practical and medical. Whenever a patient who has passed the fifties, or is fairly into them, reports that current memory is fading, and past memory is reviving, and when he reports also that his sympathies are running with his memories, his current sympathies declining, his old ones re-awakening, he is in an indifferent condition. He requires immediate mental rest of those faculties that are becoming impaired, and is in want of pursuits and scenes that will bring new faculties into play. Fortunately, we never use up a tithe of our brain surface. There is always ample uncharged surface to work upon even late in life, and if the brain be not physically diseased, new memories may be called forth which open up new activities and cover over the old. William Harvey, in his latter days, took to mathematics, and for the first time followed them with ease, much to his quiet. I knew an aged man who took, under the same circumstances, to music, and became quite a fair violinist; from all of which comes a lesson —

"In second childishness child life revive;
Learn something new each day, and so re-live."

INVESTIGATING SWINE'S FLESH.

THE United States Government has appropriated \$200,000 for inspecting pork under the microscope, in Chicago and other great pork-packing centers. The object of this is to see if the pork is infested with trichinæ, or, in other words, to be able to certify that the carcass of an inspected hog can be eaten without the eater's running the risk of having every inch of his flesh perforated by myriads of little curling, wriggling worms, which will cause unspeakable torment, and destroy health and life.

The process of inspection had not gone on long before an exchange said: "The best way is to come out plainly and admit that the microscopists at Chicago, officials employed by the agricultural department, have found trichinæ to a considerable extent in pork slaughtered in that city. The professor in charge of the examinations says plainly: 'The in-

spection of pork under the microscope has revealed more trichinæ than I expected to find.'"

The object of all this expense and investigation is to give the American hog a clean bill of health, that he may be sold in foreign countries. If, instead of this, the United States Government should learn that Moses knew what he was talking about when he denounced swine's flesh as an abomination, and *prohibited the use of it* by legal enactment, and if sensible people should conclude to let the unclean beasts alone, the \$200,000 will be money well spent; though the same end might have been more cheaply attained by the study of the Bible, if men had a little more respect for its teachings.

We well remember a friend, a teacher, years ago, who by tasting a single mouthful of raw sausage, became infested with trichinæ, and was brought from

robust health down to a condition of misery, helplessness, and death; and shall not soon forget how, when suffering untold distress, and panting for breath, she said, "*Warn the people not to eat pork.*"

Swine are useful as scavengers, to clean streets and eat garbage, but the Lord did not intend that when they had done their work, men should turn around and eat the swine. When the legion of demons begged that they might enter the *swine*, the Lord told them to go. If there had been a flock of two thousand sheep feeding there, would the Saviour have permitted their destruction? But swine and demons went well together, and we want nothing to do with either.

The hog devours milk, grain, grass, fruit, vegetables, and garbage, eating up some trash that other creatures will not eat, though everything fit to be eaten will be consumed by other animals; but aside from all the trash and garbage, a hog probably eats

ten times his weight of other and useful food; so that we use up ten pounds of good, healthy, life-sustaining food, to make one pound of measly, wormy pork; and then no one would eat the pork if it was not for the salt with which it is pickled and flavored, and that inflames the stomach, injures the health, and creates a thirst which the rum-seller well knows how to utilize for his own advantage.

Christians are not under the law, and may eat hogs, dogs, cats, and rats, rather than starve to death; but so long as the death-rate among the Jews in this country is only about half what it is among the people generally, it is possible that public policy might suggest the propriety of inspecting *all meats*, as the Jews have done for ages, and also of leaving alone the "swine's flesh, and broth of abominable things," which the law of Moses prohibited, and which the prophets so unsparingly denounced.—*H. L. Hastings, in The Christian.*

HEALTH THE TRUE NOBILITY.

(Concluded.)

WHAT are these simple laws of health? The first and greatest, and that which comprehends all others, is Hygeia's mandate to be clean. It is not an idle saying that cleanliness is next to godliness. It is its nearest kin, as filth is the parent of disease and sinfulness. Let us see what it means to be clean, and first realize that one half the mortality of the very centers of civilization, the great cities of the world, wherein are gathered the wise and learned, is due to preventable disease. One half the deaths that are at this moment being mourned throughout the land need not, ought not, would not have happened had this law of cleanliness been obeyed; for preventable diseases are expressively, if coarsely, named "filth diseases," and filth is all that which defiles, not merely the outward surface, the person and attire, the dwelling place and sleeping apartment, but penetrates within, entering the body as food and drink, and befouling the air, which fills the lungs, poisons the blood, permeates the tissues, and carries its noxious influences to the minutest cell in the remotest organs. The unclean skin, the unkempt hair, the sordid garment, the bestial den and disgusting viands, offend the senses of all but those whom ignorance and want have made lower than brutes. But the foulest of all foul things, and that which is more insidiously deadly than them all—foul air—because unseen, is breathed by gentle lady and learned pundit without a shudder and without fear. The clean and the unclean sit side by side, the delicate woman drawing into her lungs

the disease-laden emanations of some unfortunate, honeycombed by disease. Could these curling clouds of noxious fumes be made visible, what horror would we have of them! An idea of it may be obtained in a public conveyance on a frosty winter's day, when the condensed vapor of the passengers' breaths may be seen circling out of one's mouth and nostrils to be drawn into another's; and what is there feebly illustrated, takes place in every badly ventilated theater, church, and school-house. Go upon the densely populated berth-deck of a passenger ship or man-of-war, and what the eye cannot distinguish is soon made manifest by the other senses, by the sickening odor, the mawkish taste, which indicates the saturation of the air with the products of human waste, the poison of Ochlesis, the poison of overcrowding, which, intensified, destroys life quickly, and which in every railroad car, in every crowded vessel, in every place where human beings are congregated, is present in a more or less diluted, but always dangerous form.

Among the myriads of travelers who are hourly being transported about this country, how seldom will one be found to scan the ventilators and other air apertures provided in our railway cars! and if one there be hardy enough to open the window beside him to feed his famished blood with fresh air, how general will be the malediction of his neighbors at his endangering their lives by draughts! Through fear of draughts, every window of the confined apartment is closed, and the would-be guardian of his

health deliberately poisons himself and his neighbors, befouling them with an indescribable nastiness that the stomach resents until it becomes paralyzed into insensibility, and against which the aching head makes indignant and persistent protest. Few of us would care to enter the bath which has already served a predecessor, yet the water possibly were less offensively soiled than the air of the apartment into which we plunge with reckless indifference. The nausea which assails you in the confined cabin below the water-line, or in the musty, pestiferous sleeping holes of a Pullman car, disappears when you have access to the free air, as does the drowsiness which possesses you in church, and which you have ascribed to the prosy sermon. When the public can be made to realize that one half the men, women, and children who are falling dead around us, have died before their time from preventable diseases, and that most of these are directly or indirectly due to impure air, they will appreciate how momentous is this problem of keeping clean the atmosphere we breathe. Yet air as deadly may be found in the sumptuous palaces of princes and millionaires. Men build costly mansions and heedlessly fit them with contrivances designed to aid that indolence of luxury which spares the flaccid muscles the slightest effort, and which, through their unsanitary construction, destroy their children and themselves. The victims of typhoid and diphtheria sleep without waking on satin cushions in rosewood coffins. Our own children go to ill-ventilated schools by day, and sleep in ill-ventilated rooms by night. The invalid teacher, fretted by the cares of her vocation, enfeebled by her sedentary life and cheerless solitude, tries to supplant her failing heat-producing power by closing windows and doors and building fires, until the crimson which the sunlight had stamped on the child's cheek fades, and he, too, shivers at the fresh air's touch. You, too, suffer headache from foul air, you are tired and listless from foul air, you sleep disturbed and awaken unrefreshed from foul air,—ten in every thousand of you die yearly from foul air. Happier by far to sleep on a rude pallet in a garret, through the thatched roof of which the stars twinkle, than on the downiest couch in the alcoved recess of a palace chamber, whose heavy hangings stifle the still air which curtained windows have imprisoned, and fire and sewer have poisoned! Better shiver, as they do in Europe, around a porcelain calorifere than drowse in lethargic stupor from breathing the mephitic atmosphere of an apartment overheated by the furnaces and flues by which modern ingenuity contributes to the defilement of the air, accomplished by coal gas, illuminating gas, sewer gas, and human

exhalations. The one gift of which nature has been so munificent that peasant and prince alike can boast a boundless wealth of it, the one whose purity she has so carefully provided that it can only be polluted by confining it, that of all others most essential to the healthy maintenance of the body, is fresh air. Chief food of the well! most potent of remedies for the sick! Place the convalescent where the bright, sun-warmed air can kiss her pallid cheeks; lead the careworn man from the murky recesses of his office to the sea-shore, where the fresh breeze comes skipping over the waves; send the swarms of feeble, emaciated children from the dark, damp courts and cellars of the city, into the green fields, with the air perfumed by wild flowers,—if you would witness the magic that can be wrought by this invisible agent. But is health only possible in the sunshine, on the sea-shore, or upon the open fields?—No! The air of the city may be as pure as that of the mountain top if it be given scope to free itself of impurities. The nursery and school-room, the chamber and office, the court room, the theater, the church, can all be habitable, if human intelligence will lend itself to this one problem of cleansing the air,—if the masses will realize that invisible, impalpable filth is as noxious as that filth which offends the sight, and infinitely more to be dreaded. Learn to shun this, and the great victory of sanitary science will have been won.

It is almost supererogatory to do more than suggest that the law of cleanliness involves cleanliness of the body itself, as of the habiliments with which it is clothed and the domicile it inhabits. One need not be a physiologist to understand what wondrous influence a clean skin has upon the harmony of the functions, how many pounds of effete material are cast off by it during the day, and how necessary that this human refuse should be removed. The dry and grimy skin is neither healthful, comfortable, nor beautiful. If the prize of health be not incentive enough, nor the sense of comfort an inducement to frequent bathing, the clear complexion, and soft, smooth, velvety surface of the clean man and clean woman should induce every human being to avail himself or herself of this cheap balm of beauty. Man breathes through skin as well as lungs, and if I have succeeded in convincing you that the airy aliment with which the inner man is fed must be innocuous, I would have you not forget that the outer man cannot wallow indolently in the human waste, which the processes of life accumulate about and upon him, without falling from that high caste of physical manhood to which his superior development entitles him. Time will not permit me to enter into the details of

the toilet, beyond insisting that a matutinal washing of the face and hands, and an occasional ablution of the feet, are not all the care of person that health requires. The undergarments, freighted with their load of organic *debris*, must be changed and cleansed, and the porous surface of the body freed from the dry, horn-like coating of epithelial scales, which neglect allows to form and interfere with the cutaneous exhalation. Man is pre-eminently the creature of habit. The child trained to be clean from birth will look upon sponge and bath and tooth-brush as indispensable, and will walk all its days in the cleanly path in which its mother first taught it to pick its footsteps. The sordid teeth and fetor-tainted breath are not only disfigurements of the fairest face, but shameful evidences of maternal neglect and incapacity.

With this I might cease to claim your attention. When the lungs are hourly filled with pure air, and the clean body is bathed in its sun-lit ocean, the enlivened blood will crave its proper food, and the awakened appetite may be safely trusted to select it. . . . The gaunt-eyed gaze of the poor, underfed shop girl is a sadder sight than her scantily-clad form; but the saddest sight of all is the spectacle of the poverty-stricken mother spending her little stock of hard-earned pennies for drugs for the feeble child, which, like herself, needs only abundant food to be well. . . . The eccentricities of the palate of later life are often the result of caprices gratified during childhood. Let the food be good and wholesome, plentiful in quantity, and not ruined by the cooking. National and sectional habits become idiocratic, and are not easily eradicated. The Yankee stomach delights in pies and baked beans, while hog and hominy are in equal favor in Dixie. Banish the pie-board from the North, and the frying-pan from the South, and thousands will live who now perish. The cook is a mighty power. Amid the smoke and vermin of the kitchen, he wages war on the people who despise him. He sugars the venomed pill and sweetens the poisoned draught, and with disdainful contumely bids you, Eat, drink, and die. Dignify his calling and expound its mysteries to the ruler of the drawing-room. Let the young mistress of the house know that culinary chemistry is as elevated a study as the physiological chemistry of her brother, and that the changes to be rung in flour and butter and sugar and milk and eggs are not mere panderings to taste, but the foundations on which are reared races of valiant men and lovely women.

The sanitarian who has invaded the *penetralia* of the household, who has fought his way from kitchen to dining-room and *salon*, may pause before he seeks

to peer beyond the curtained entrance of the dressing-room. Though he disclaim a purpose to assail the æsthetics of the *boudoir*, and invoke the womanhood of Hygeia, as his authority for pointing out wherein they have failed to obey her laws, mother and daughter, grandmother and grandchild, will bar the portal against him, and in spite of the goddess's precepts and his warnings, will clothe the future women as they were clothed, and flock around the gaudy shrine where fickle Fashion holds her sway. He may unveil the ample-waisted Venus, but they will turn admiringly to the costumed model in the *modiste's* window. He may point to the index of the spirometer, which proves unerringly that no woman who wears a corset can fully inflate her lungs, and they will contemptuously lift the edge and ask if that be tight. He demonstrates how the loosest stays prevent the rising of the ribs and flatten the bust, and summons the full-formed Andalusian, Moorish Jewess, and Manillian to bear him witness. He shows by diagrams how the French heeled boot paralyzes the muscles of the leg, attenuates the calf, and deforms the foot; and argues in vain that a ring in the nose is no more barbaric than rings piercing the pink-lobed ear, and that a mountain of hair, robbed from some victim of the morgue, and piled on oval, flat, elongated heads, without regard to symmetry, is both hideous and unhealthful. The corset-maker waxes rich, and her hour-glass-shaped abomination, fitly like the grim symbol of Time, the destroyer, continues to distort, deform, and destroy the beautiful outlines of nature's grandest masterpiece.

It is not my purpose to discuss the thousand sinings against the divine Hygeia's laws, which we all commit daily. Our children, as soon as born, are thwarted in their natural instincts by grandams and doting fathers and anxious mothers, who either starve them through fear of overfeeding, or gorge them into dyspeptic surfeits. The breast that should nurture them is unfitted for its office, or denied them, and stalwart boys and girls are sought to be built up of farina and its thousand starchy congeners. The little child toddles to school to have its brain prematurely stimulated by mental aliment as indigestible as the viands put into its stomach; by day cheated of its outdoor life; and, burdened with nightly tasks, sits blurring its eyesight over illegible print by flickering lights. It enters upon adolescence with sallow face, bent form, round shoulders, flat chest, and thin, frail limbs. If a boy, the weakly semblance of a man, he learns to smoke cigars or cigarettes, arresting development, obtunding his brain, and impairing

his vital powers, until he is only fit to be the father of one or two puny, whining, suffering little repetitions of himself. If a girl, her shrunken chest, disguised into an absurd imitation of the shape of woman, her cheeks untinted, save by cosmetic art, defying the elements in midwinter in thin stockings, paper-soled shoes, and phantom underclothing, she lives in the foul, overheated atmosphere of the ballroom, spurring her feeble energies by the stimulus of excitement and beef tea to spurts of muscular effort, or saving herself when about to fall gasping, by rushing to the open windows. She survives by chance, to become a mother,—a mother unfit for maternity. If parents thus idly witness the immolation of their children, they are not more tolerant to themselves. They labor to amass riches, to attain position, to acquire power, spurning to heed health counsels. The man withering and molding under the pleasureless monotony of office routine; the woman bending and breaking beneath the servile drudgery of domestic burdens, her feminine charms and soft attractions vanishing to give place to the slattern's grime and wrinkled coarseness,—they shamble along life's highway to fall before they reach their goal, or reaching it, to find the crown and laurel mirrored on a death's head, the scepter in skeleton hands, and the gaudy trappings shrouding a living corpse.

O men and women! if you would not yourselves, nor have your children, meet this fate, give ear in time to these words of warning. If you would taste the sweets of this bright, beautiful, glorious world, and live happy lives, unmarred by pain and sorrow, see that the greed of gain, the ignorance of the truth, the blindness of unreasoning gratification, do not swerve you from that course of right living which can alone make you hale, hearty, vigorous, godlike men and women. Do not wait until disease stalks into your homes, and then rush to summon the physician, in the hope that he will in a day undo the evil you have wrought in years. O! monstrous incredulity of this enlightened age! The learned lawyer and divine, statesman and merchant prince, are heedless of sanitary teachings till their loved ones are stricken by the scourge they might have prevented. They, as well as their less gifted fellow-beings, hasten

to swallow drugs and nostrums to relieve the bodily afflictions they have deliberately invited. Hamlet and city are ablaze with the colored lights of the apothecary's shop, whose bottle-burdened shelves find eager patrons. Public nuisances exist in the great cities under the very eyes of the magistrates. The noisome refuse of the streets lies decomposing in the sun, sending its poisonous emanations into every house. A few decrepit laborers, with brooms they can scarcely wield, brush off the surface into little heaps, to be scattered by passing vehicles, and the miserable farce is unconcernedly witnessed by the intelligence of the age—the same intelligence which commits to an ignorant mechanic the sanitary construction of a house, whose defects make it a more dangerous habitation than the widely creviced log cabin of the frontiersman. The details of the midnight murder are carefully perused, while the health officer's solemn utterance—thirty, forty, men, women, and children in every thousand have died; fifteen, twenty, of these from preventable disease,—fifteen, twenty, murdered by ignorance that is unpardonable, by indifference that is culpable, by neglect that is criminal—falls on unlistening ears.

Is it a harsh law, "Thou shalt be clean"? Is it an arduous duty for the parent to instruct the child that the nobility of health is that to which it should aspire; that only the cultured body can be fit residence of the sound mind; that though the garb be humble and the station obscure, the manhood of the man and the womanhood of the woman will be manifest in the bright eye, the blood-mantled cheek, the robust form, and the vigorous life shown in every movement? Every woman may not have symmetrical outlines of face and figure, but she need be marred by no sickly hue, emaciated frame, or faltering gait. Her heart should send a current of healthy blood to animate a form that knows no ailing. The center of a bright and joyous existence, she should be fit helpmeet, companion, friend, and lover, equally participating and reciprocating all the joys of sense and understanding of one, who, like herself, without blemish, stands proudly, peer of all his fellows, a nature's nobleman.—*A. L. Gihon, A. M., M. D., in Sanitarian.*

Customer—“Not long ago I came in here and bought a porous plaster to help me get rid of the lumbago.”

Clerk—“Yes, sir. What can I do for you now?”

Customer—“I want something now to help me get rid of the porous plaster.”—*Life.*

HEALTH is coming into fashion. Now that the country is becoming safe, we must turn our attention to the health of our young people. Unless they are healthy, the country is not safe. The fate of our institutions may yet hang on the precise temperament which our next president shall have inherited from his mother.—*T. W. Higginson.*

THE EARLY EDUCATION OF LAMARTINE.

LAMARTINE, the French statesman and poet, a man of rare refinement of feeling, and holding advanced opinions in relation to many current social and political usages, belonged to the early portion of the nineteenth century. In his work, *La Chute d'un Ange* (The Fall of an Angel), published in 1835, said to be the most remarkable of its kind in any language, he, in the words of his biographer, "discovers to us that he no longer views human institutions, the customs of society, and the consecrated usages of nations through the rose-colored medium of traditional prejudice." It is in this strikingly original poem that, "penetrated with a deep consciousness of the injustice and falsity of a large proportion of those things which are tolerated, and even approved, under the sanction of religion or social law, and with an ardent indignation against all cruelty and selfishness," Lamartine first published to the world his own feeling—a revolt against the barbarisms naturally incidental to flesh-eating. In his private "Memoirs," written later, he allows us to see still further his repugnance to the various excesses of the orthodox table, as well as his decided preferences for simple fare and simple habits of life. In giving a sketch of his childhood and early training, he presents before us a beautiful picture of the humane and gentle mother from whose lofty and noble personal character his own ideas of life were without doubt so largely derived. Writing of his early education, he tells us:—

"Physically, my early education was derived in a great measure from Pythagoras. . . . Thus it was based upon the greatest simplicity of dress and the most vigorous frugality with regard to food. My mother was convinced, as I myself am, that killing animals for the sake of nourishment from their flesh and blood, is one of the infirmities of our human condition; that it is one of those curses imposed upon man either by his fall or by the obduracy of his own perversity. She believed, as I do still, that the habit of hardening the heart towards the most gentle animals, our companions, our helpmates, our brothers in toil and even in affection on this earth, the slaughtering, the appetite for blood, the sight of quivering flesh, are the very things to have the effect to harden and brutalize the instincts of the heart. She believed, as I do still, that such nourishment, although apparently much more succulent and active, contains within itself irritating and putrid principles which embitter the food and shorten the days of man.

"To support these ideas she would instance the numberless refined and pious people of India, who abstain from everything that has life, and the hardy, robust, pastoral race, and even the laboring population of our fields, who work the hardest, live the longest and most simply, and who do not eat meat ten times throughout their whole lives. She never allowed me to eat it until I was thrown into the rough-and-tumble life of the public schools. To wean me from the liking of it, she used no arguments, but availed herself of that instinct in us which reasons better than logic. I had a lamb, which a peasant of Milly had given me, and which I had trained to follow me everywhere, like the most attached and faithful dog. We loved each other with that first love which children and young animals naturally have for each other.

"One day the cook said to my mother in my presence, 'Madame, the lamb is fat, and the butcher has come for it; must I give it to him?' I screamed and threw myself on the lamb, asking what the butcher would do with it, and what was a 'butcher.' The cook replied that he was a man who gained his living by killing lambs, sheep, calves, and cows. I could not believe it. I besought my mother, and readily obtained mercy for my favorite. A few days afterward, my mother took me with her to the town, and led me, as by chance, through the shambles. There I saw men with bared and blood-stained arms felling a bullock. Others were killing calves and sheep, and cutting off their still palpitating limbs. Streams of blood smoked here and there upon the pavement. I was seized with a profound pity, mingled with horror, and asked to be taken away. The idea of these horrible and repulsive scenes, the necessary preliminaries of the dishes I saw served at table, made me hold animal food in disgust, and butchers in horror.

"Although the necessity of conforming to the customs of society has since made me eat what others eat, I shall preserve a rational dislike to flesh dishes, and I have always found it difficult not to consider the trade of a butcher almost on a par with that of the executioner. I lived, till I was twelve years of age, on bread, milk products, vegetables, and fruit. My health was not the less robust, nor my growth the less rapid; and perhaps it is to that regimen that I owed the beauty of feature, the exquisite sensibility, the serene sweetness of character and temper, that I preserved until that date."

HOW TO COOK A HUSBAND.

SOME years ago, the following recipe for cooking a husband, so as to make him tender and good, was presented in the Baltimore Cooking-School, by a lady of experience:—

“A good many husbands are utterly spoiled by mismanagement. Some women go about it as if their husbands were bladders, and blow them up. Others keep them constantly in hot water; others let them freeze by their carelessness and indifference. Some keep them in a stew by irritating ways and words. Others roast them. Some keep them in pickle all their lives. It cannot be supposed that any husband will be tender and good, managed in this way, but they are really delicious when properly treated. In selecting your husband you should not be guided by the silvery appearance, as in buying mackerel, nor by the golden tint, as if you wanted salmon. Be sure and select him yourself, as tastes differ. Do not go to the market for him, as the best are always brought to your door. It is far better to have none unless you will patiently learn how to cook him. A preserving kettle of the finest porcelain is best, but if you have nothing but an earthenware pipkin, it will do,

with care. See that the linen in which you wrap him is nicely washed and mended, with the required number of buttons and strings nicely sewed on. Tie him in the kettle by a strong silk cord called *comfort*, as the one called *duty* is apt to be weak. They are apt to fly out of the kettle and be burned and crusty on the edges, since, like crabs and lobsters, you have to cook them while alive. Make a clear, steady fire out of love, neatness, and cheerfulness. Set him as near this as seems to agree with him. If he sputters and fizzes, do not be anxious; some husbands do this till they are quite done. Add a little sugar in the form of what confectioners call kisses, but no vinegar or pepper on any account. A little spice improves them, but it must be used with judgment. Do not stick any sharp instruments into him to see if he is becoming tender. Stir him gently; watch the while, lest he lie too flat and too close to the kettle, and so become useless. You cannot fail to know when he is done. If thus treated, you will find him very digestible, agreeing nicely with you and the children, and he will keep as long as you want, unless you become careless and set him in too cold a place.”

VINEGAR EELS.—The following article from the *Washington Star* will be of interest to our readers, when they recall the fact, to which attention was called in a recent number of this journal, that vinegar eels, when taken into the stomach, are not always destroyed by the digestive fluids, but frequently take up their abode in the lower part of the alimentary canal, as parasites.

“It is not very long,” said a scientist the other day, “since it was an accepted belief that living creatures low down in the scale of existence were brought into being under certain conditions by what was called spontaneous generation—in other words, that, like Topsy, they ‘just growed,’ without starting from any germs in particular. This was supposed to happen when flour and water were mixed together, for example, and permitted to stand for a while. Paste so made will quickly develop swarms of little animals, the surface being covered with small wrigglers resembling eels in shape. Not the slightest indication of life can be found in the mixture when freshly made, and yet but a short time elapses before it is filled with active organisms, whose term of being is only brought to a close when the material on which they feed is entirely consumed.

“These little eels are very curious things indeed. They are amazingly prolific, not only laying eggs, but bringing forth their young alive also. It has been discovered that there are four distinct varieties of them developed in paste. How did they get there to begin with, is the question, which has been satisfactorily answered by the very simple explanation that their eggs, set afloat by evaporation, are always blowing about in the air, like the germs of countless species of other *animalculæ*. Some of them fall into the paste, which affords a suitable feeding-ground.

“If you will put a small quantity of good vinegar into a wine-glass, and examine it with the naked eye under a strong light, you will find the fluid filled with slender, thread-like bodies in rapid motion. These are the eels of vinegar, which, when viewed under the microscope, are found to be longer and more active than the paste eels, though not so thick. They can be seen to great advantage by inclosing a drop of the liquid between two pieces of glass, and casting an image of it, magnified by a solar microscope, upon a large screen, when hundreds of eels, each apparently more than a foot in length, will be seen crossing and recrossing the surface, and darting and twisting in every direction.”



THE NATURAL SIZE OF THE WAIST.

(Concluded.)

BY J. H. KELLOGG, M. D.

If, in answer to the question why the civilized woman of to-day has a smaller waist than the beautiful women of ancient Greece, whose figures furnished models for the sculptors, whose masterpieces modern artists have sought in vain to equal, it is said that the change observable is a product of evolution, or a result of civilization, may we not pertinently inquire, Why does the civilized woman require a smaller waist than the civilized man? Certainly no physiological reason can be given, and well-known anatomical facts suggest that if there is any natural difference in proportion, woman requires a larger waist than man. She has a larger liver in proportion to her size and weight than man, and the exigencies of motherhood require provision for an increase in waist capacity to which man is not subject. It is interesting to note, also, in this connection, that the waist proportion of the Venus de Milo, who may be considered as the typical woman of the ancient Greeks, is 47.7 per cent, while that of the average Grecian man is 46.4 per cent.

We can draw but one conclusion from these considerations, namely, that the small waists of the women of modern times are an abnormality. Tables which we have prepared also show the average modern feminine waist to be nearly two per cent larger in proportion to the height than the modern male waist, when it is allowed a chance for natural development.

A second question to which we invite attention is, Why does the waist of the civilized woman cease to grow at the age of 10 or 12 years, while the rest of the body continues to develop? Lungs, liver, stom-

ach, spleen, bowels, pancreas—all the organs which occupy the region of the waist line, continue to grow, but the waist of the civilized woman absolutely refuses to increase in size, notwithstanding the developing force beneath it, after the age of 12 or 14 years. We find the average waist measure of girls from 9 to 12 years of age to be 23.5. We have in some instances found the waist measure in girls of 12 to be 26 inches. The rational answer to this question is the fact that about this age the constricting influence of tight bands, corset waists, or corsets begins. The fashionable dressmaker insists that the young lady's figure must be "*formed*," and so, as she develops, she grows in a mould, like a cucumber in a bottle. And thus it happens that we find the civilized woman with a waist disproportionately small, as we find, among the aristocratic class of Chinese women, dwarfed and misshapen feet. The small-footed woman of China, in consequence of her deformity, is compelled to hobble about in a most ungraceful fashion, requiring usually one or more persons to sustain her in keeping her balance. She cannot run, skip, or dance as can her large-footed sisters. She is willing, however, to endure the inconveniences of being a cripple and the loss of the use of her feet and legs rather than forego the pleasure of being in fashion. If the sacrifices which the civilized woman makes to fashion were no greater, there would be comparatively small ground for complaint, but the constant girding of the waist results in mischiefs of vastly greater magnitude than those which the Chinese woman inflicts upon herself.

THE usual way when coming in, on a rainy day, or in muddy, sloppy weather, with shoes soaked through and through, is at once to set them by the kitchen stove to dry. But this is precisely the way to ruin shoes; for they will dry hard, stiff, and altogether in an unwearable condition. They should

be carefully sponged off with clean water, and then rubbed over lightly with cosmoline, letting them get at least half dry away from the fire. They should be manipulated gently while drying, to get them into shape, and more cosmoline may be rubbed in; they will then be, when dry, very respectable-looking shoes.

A FALSE STANDARD OF BEAUTY.

WE copy the accompanying illustration from the catalogue of Mandel Bros., Chicago, to whose kindness we are indebted for the use of the cut. We have nothing to say by way of criticism to dealers who publish such monstrosities as representations of the human figure, but much needs to be said respecting the state of public opinion which offers to dealers



in women's garments, an inducement for the publication of such illustrations. No woman can possibly dress in a manner similar to that shown in the cut without doing herself grave injury. Such compression of the waist necessarily disturbs the relation of the most important organs of the body to a degree little less than suicidal. Such a dress presents so many and so gross violations of artistic principles as to give pain to the beholder, even when worn by a lay figure of wood or plaster; but the thought of such an instrument of torture applied to the human body,

which is composed of flesh and bones, having a stomach, liver, kidneys, spleen, and other organs located exactly in the line of greatest constriction, is truly appalling. Nevertheless, "by beholding we become changed," and the constant encounter of such misrepresentations of the human form divine, in the popular fashion magazines and catalogues of dealers in feminine apparel, has finally resulted in creating a false standard of beauty in relation to the human figure, in the minds of a large proportion of civilized women, so that it is really difficult to convince a woman that her figure is really up to the proper standard unless her waist is smaller than that of the average ten-year-old girl, while her hips and shoulders are twice as broad.

J. H. K.

SOME POPULAR FALLACIES. — A recent article in a *Housekeepers' Weekly* contains so much that is hygienic and sensible in regard to some popular fallacies regarding the color of underclothing and the proper length of time it should be worn before being changed, that we transcribe a few pertinent sentences: —

"Dirt will settle on colored underclothing just as much as though it were white. It does not show so much, but it is there. Many a woman who would not use a soiled handkerchief, or be seen with a soiled neck ruffle, will often wear colored underclothing in a condition which would make her shiver if it were white, and still imagine herself neatly dressed. It is a most disgusting notion, and one which should be utterly done away with.

"The wearing of winter flannels two weeks without washing is a wide-reaching custom. It is generally said, 'All wool shrinks so, you know, and one's good winter flannels get spoiled in so much washing,' forgetful that it would be difficult to find a custom harder on the flannels as well as on the body of the wearer. Saturated with the wastes which are constantly being thrown off through the pores of the skin, the underclothes themselves *rot*—there is no other expression for it—and will not last as long as those worn one week or a half week and then washed."

THE regular uniform of the young women members of the New York Central *Turnverein* is a costume of blue flannel, with a blouse or sailor waist, a skirt extending just below the knee, and loose flannel trowsers.

SOCIAL PURITY

HOW TO BRING UP A BOY.

To bring up a boy as he deserves to be brought up, you must begin at least one hundred years before his advent; and when he comes upon the scene, he must be, above all things else, a welcome child.

A boy is an oblong box of stored-up electricity. Repression is precisely what he cannot put up with; he was made to react mightily upon the world, and he wants to get about it. Destiny for him is largely based upon his mother's "Do" or "Do n't." If she is a woman with a doleful "Do n't" in her soul, he is handicapped from the very first. But if the dulcet "Do" is her keynote, he is almost sure to win the race of life.

The average boy, brought up by his mother, judges all women in his estimate of her. The largest good she can bring to womankind and to humanity is to build her best self into that boy's character. If she is steady-minded, even-handed, royal-hearted, he will be so. That the father is a powerful factor in home training everybody knows, and that he ought to be one still more powerful, all earnest men confess; but forever it remains true that each boy's life says to each mother, —

*"This heart first caught its steady stroke;
This blood, its crimson hue, from thine."*

Or, as the quaint old proverb has it, "God could not be everywhere, so he made mothers." And, to the everlasting credit of those sacred guardians of the cradle, let it be said that no credentials are stronger than these words: "He is a mother's boy." The highest praise that Arab speech bestows on a young man is that he is "a brother of girls." And this a mother's boy is sure to be. So long as an open way can be kept between the boy's soul and that of his parents, all will be well with him.

A boy, like an ocean steamer, is built in compartments. He keeps his love for mother in one, and his zeal for hunting the nest of mother-birds in another; his generosity in one, and his love for cream-tarts and cider in another. This is not his fault; he is built that way; and the beautiful task set before his home-trainers is to open up the partitions between these compartments so that he will see the relation of the nobler to the less noble qualities, and will drive

out the selfish tendencies by those that are worthy of the splendid generosity in which almost no boy is lacking. But the trouble is, home training so often develops selfishness. The young American must have what he wants, and the sense of selfishness in him is excused under the plea, "Well, you know he is a boy:" so that to be a boy means to be waited upon by "women folks," and to have one's own way. If the wise ones at home had always used these words when he did something generous and noble, saying, "That is just like a boy" (for instance, when he was manly and chivalric toward his sister, waiting upon her, and giving her half, at least, of every good and pleasant gift that came to him), the fact that he is a boy, and the constant repetition of it would ennoble and build him up in every grace of a great and helpful manhood. But the trouble is that the requiem of many a parent's life is, "While I came and went, the child was gone." The good impressions that might have been written in wax, must now be carved on marble.

Every boy is, or ought to be, a walking interrogation point. Like the immortal Toddles, he "wants to see ze wheels go wound." He stands at creation's telephone, and it is his due to hear a cheery response to his tireless "Halloo."

And most of all, he wants to know about his own immediate and wondrous heritage of power. But here comes in the most inexorable "Do n't" of all. The boy is sent to school to learn the most sacred endowments of his being from some low lad on the playground, or some leering youth in the back alley, or some peddler of vile literature who waylays him on his way home.

The boy's questions will be early asked. Let not the coarse reply get in its work before the chaste one comes. Science is like fire: it burns out dross; tell him what science says. God's laws are all equally clean and holy; tell him of the laws of God. But how shall you tell him? — always according to the truth of things. The bird in its nest; the flower on its stalk; the mineral in its crystals, — all show forth one creative law. Probably the best results of woman's higher education is that they will thus be

better fitted to bring up their boys. The scientific spirit in the mother will better understand the constant questions of her son. The divine curiosity aroused in her own mind will bind their lives in closer sympathy. There will be other queries of the alert little brain. "Mamma, what makes that man walk crooked?" the boy asks as the awful object-lesson of a poisoned brain crosses his path. Then let her teach him that the body is God's temple, and that into it must not enter anything that defileth. Shine in upon his quick intelligence with a "Thus saith nature, thus saith reason, thus saith physiology, chemistry, and hygiene."

EFFECT OF PERSONAL INFLUENCE.—In social purity work nothing can make up for the lack of personal effort and influence. Whoever makes the fallen and debased feel that she loves them, that she partakes of the same nature, that she cherishes a warm, personal interest in their welfare, and shows that her whole soul goes out in longing to save them, has the greatest power of helpfulness that a human being can possess. A most touching illustration of this, told by the *Union Signal*, was not long since given by a woman in one of the great Eastern cities:—

"Perceiving the rarity of reformation among drinking women of the street, she began by approaching one who, in feature, was more repulsive than a brute. In answer to questions, the woman said that she had been again and again in prison, that she loved drink, that nothing had ever done her any good, and that her questioner could not help her, and had better let her go.

"Overcome by the spectacle, the good Samaritan burst into tears. The woman looked aghast,—they were, very likely, the first tears ever shed over her, poor soul! and crying, out, 'Oh, dear! dear! don't cry like that, don't! I will try, indeed, I will,' grasped the hand of her helper, and herself burst into a storm of tears.

"Led by the hand to a reformatory institution by her Samaritan sister, the degraded woman was denied access by the matron in charge. Before her face she was pronounced 'a hopeless case' and 'fit only for a prison.'

"It was a cold winter's day. The two had walked far, and the Samaritan had no alternative but to abandon her charge or take the woman to her own boarding house. She chose the latter, to the great annoyance of her landlady. After due refreshment, the two set out again with no better result. At last the poor creature rushed away from her new friend, crying out, 'You see it's no use, no use!' though

Teach him that the laws of nature are but the methods of God's ever-present action; that he is not far from every one of us, that "in him we live and move and have our being."

Defended from the impure habits and the alcoholic and nicotine indulgences that so rapidly deteriorate the body, and with a taste for simple food and simple pleasures inculcated, a boy has the foundation upon which solid character can be builded—in love toward God, and love toward man. The quadrilateral of a successful manhood may be thus described: Sobriety, integrity, industry, gentleness.—*Frances E. Willard, in Ladies' Home Journal.*

abjured by that friend to remember her street and number, and to come and see her.

"Three months passed away, and the good woman saw nothing of the sister she desired to help. One day, on returning to her boarding place, she found that the erring one had been to see her, but had been repulsed by the landlady.

"To the servant, who had seen her at first, the caller left a message for the Samaritan; 'Tell her,' said she, 'that I have not used a drop of liquor since I met her, and that my life has been what she prayed it might be.' The servant added that the visitor had so changed in appearance, and become so decent in dress and demeanor, that she was hardly recognizable."

A PURE WOMAN'S REBUKE.—The stinging rebuke administered by the Christian poet, Miss Christina Rossetti, to a man who had written an unworthy and immoral book, may, perhaps, not be generally known. Mr. William Sharpe, the London poet and critic, had long been the favored friend of the Rosetti's, and for years before his death was on terms of particular intimacy with the brother, Dante Gabriel Rossetti. On this account, Miss Rossetti, although leading a very retired life, always had for this friend an exceedingly warm welcome. But a late book that Mr. Sharpe had written, "The Children of To-morrow," when stripped of its glamour of sentiment, is of an undeniably immoral nature. Shortly after its publication, he called upon Miss Rossetti, as usual, but upon sending up his card the servant returned bearing a message to the effect that Miss Rossetti was not at home to the author of "The Children of To-morrow."

A WELL-KNOWN journalist gives some appalling facts and figures relating to the importation of foreign erotic literature. One millionaire in an Eastern city owns a secret library of erotic books which aggregate a fortune.



ARSENICAL POISONING.— Our esteemed contemporary, the *Canada Health Journal*, reports from an English medical journal the following cases of arsenical poisoning:—

“It is asserted in the *British Bee Journal* that a beekeeper of Warburton, Sussex, died recently from the effects of arsenical poisoning due to the use of a bright crimson drugget containing arsenic, which had been put down in his house some two years before. Nothing could be said against the sanitary condition of the premises, and after the drugget had been for some time in the house, illness occurred among the inmates, who, however, recovered when absent from home. It seems that the poisonous effects were due to the presence of an aniline dye containing the small portion of arsenic which may have been left as an impurity after the production of the dye. It is not generally known that cases of arsenical poisoning due to the use of materials dyed with aniline dyes, are not so much caused by the fact that arsenic had been used in producing the dye, as by the fact that arsenical compounds are largely used as mordants, to fix the dye upon the material.

“A case in point has been recently described by a London public analyst. A lady had purchased from a well-known West-end establishment several yards of a light, flimsy printed material of the kind now so much employed for curtains and other household decoration. While working at this material, both the lady and her maid began to suffer from symptoms of arsenical poisoning. The substance was found by the analysts to contain very large quantities of arsenic, a compound of which had obviously been used for the purpose of fixing the colored printed pattern.”

COSMETICS.— The anxiety of the devotees of fashion to add to their natural complexion charms which nature has denied them, has given rise to an enormous business in the manufacture of cosmetics, the most of which are not only useless and harmful, but positively dangerous. Quite a proportion of the

popular remedies of this class contain corrosive sublimate. The following are a few samples:—

Malvina Cream.— “Warranted to remove freckles, beautify the complexion, and preserve the smoothness of the skin.” It is composed of the following substances: Saxoline 265 gr., white wax 50 gr., spermaceti 30 gr., bismuth oxychloride 40 gr., mercuric chloride $\frac{1}{2}$ gr., spirits of rose (4 drams of oil to 1 pint) 20 drops, oil of bitter almonds 1–10 drops.

Malvina Lotion.— To be used with “*Malvina Cream*.” “Warranted to cure freckles, pimples, moth-patches, liver mole, ringworm, and cleanses and softens the skin to youthful freshness.” According to *New Idea* this lotion contains corrosive sublimate, one of the deadliest of poisons.

Palmer's Cosmetic.— A weak solution of sulphocarbonate of zinc in glycerine and rose-water.

TONICS.— Tonics, like bitters, are generally a mixture of cheap alcohol and some common, cheap drug. They are of all nostrums the most deceptive. They often make the patient “feel better” temporarily, while they are really making him daily worse. They have been aptly termed “nerve foolers,” which delude the patient into fancied security while the disease steadily continues its inroads upon the body.

Ausburg Essence of Life.— Rad. rhei. 1 oz. myrrhæ 2 oz., rad. gentianæ 2 oz., croci. opt. $\frac{1}{2}$ oz., camphor $\frac{1}{2}$ oz., rad. zedoar. 1 oz., rad. angelicæ 2 $\frac{1}{2}$ oz., castor $\frac{1}{2}$ oz., aloes, Socot. 2 oz., sp. vini. rect. 2 pts., aquæ 2 pts.

Murray's Infallible System Tonic.— Claimed to be the only scrofula, catarrh, blood, liver, and kidney medicine on earth. Aloes 50 gr., cinnamon, pulv. 25 gr., glycyrrhiza root, pulv., 25 gr., water sufficient.

Fellows' Hypophosphites.— Glucose 1 lb., simple syrup 1 pt., hypophosphite calcium 128 gr., hypophosphite potassium 48 gr., sulphate iron 48 gr., sulphate manganese 32 gr., sulphate quinine 14 gr., sulphate strychnine 2 gr., water sufficient.

GODFREY'S CORDIAL.—Tinct. opium, molasses, alcohol, water, carb. potassa, oil sassafras.

CARPENTER'S LINIMENT.—Chloroform, olive oil, aqua ammonia, sulph. morphia, alcohol.

FLUID LIGHTNING.—Aconitin 1 gr., essential oil of mustard 1 dr., glycerine 1 oz., alcohol 4 oz.

LOOMIS'S LINIMENT.—Alcohol, aqua ammonia, oil origanum, gum camphor, opium, gum myrrh, common salt

MAGNETIC LINIMENT.—Tinct. cantharides 2 dr., oil origanum 1 oz., mur. ammonia 2 dr., sulph. ether 1 oz., alcohol 1 pt.

HAMLIN'S WIZARD OIL.—Tinct. camphor 1 oz., aqua ammonia $\frac{1}{2}$ oz., oil sassafras $\frac{1}{2}$ oz., oil cloves 1 dr., chloroform 2 dr., turpentine 1 dr., alcohol $3\frac{1}{2}$ oz.

THE ELECTROPOISE.—We have lately received a circular from a new electropoise company which has been organized somewhere in the South. We will not forget to give this quackish business a liberal notice at an early date.

GOOD SAMARITAN LINIMENT.—Oil sassafras, oil hemlock, spirits turpentine, tinct. cayenne, tinct. guaiac, tinct. opium, of each 1 oz.; tinct. myrrh 4 oz., oil origanum 2 oz., oil wintergreen $\frac{1}{2}$ oz., gum camphor 2 oz., chloroform $1\frac{1}{2}$ oz., alcohol $\frac{1}{2}$ gal.

WORM MEDICINES.—The great increase in the frequency of tape-worm and other intestinal parasites, largely due to the general consumption of raw or undone beef, has given rise to the development of a class of irregular practitioners, who call themselves "worm specialists," and also to a special line of nostrums to which vermifuge properties are attributed. Some of these nostrums are effective, others worthless; none of them are superior to the prescription of a reliable physician. In fact, most of them are dangerous for use without the supervision of a wise physician, and ought not to be employed.

Swaim's Vermifuge.—Worm-seed 2 oz., valerian $1\frac{1}{2}$ oz., rhubarb $1\frac{1}{2}$ oz., pink root $1\frac{1}{2}$ oz., white agaric $1\frac{1}{2}$ oz.

Fahnestock's Vermifuge.—Castor oil 48 parts, oil worm-seeds 48 parts, oil anise 24 parts, oil turpentine 1 part, tinct. myrrh 3 parts.

BITTERS.—A good description of the average "bitters" may be expressed in five words: "bad whisky and bad medicines." Not a few of these compounds are more intoxicating than the strongest Scotch whisky, and are regularly retailed over the bar of the saloon. Some of the most widely advertised of these compounds are the vilest mixtures imaginable; not one of the whole list can be recommended as useful under any circumstances.

Stoughton Bitters.—Orange peel 6 oz., gentian root 8 oz., Virginia snake root $1\frac{1}{2}$ oz., American saffron $\frac{1}{2}$ oz., red saunders $\frac{1}{2}$ oz., alcohol 4 pints, water 4 pints.

Brown's Iron Bitters.—Iron 1 gr., calisaya bark 2 gr., phosphorus 1-200 gr., coca 1 gr., viburnum prunifolium 1 gr.

Hop Bitters.—Hops 4 oz., orange peel 2 oz., cardamom 2 drams, cinnamon 1 dram, cloves $\frac{1}{2}$ dram, alcohol 8 oz., sherry wine 2 pints, simple syrup 1 pint, water sufficient.

ASTHMA, COUGH, AND CONSUMPTION CURES.—Popular nostrums for lung disorders, almost without exception, contain some preparation of opium or other narcotic. Many contain alcohol in addition, and such other dangerous drugs as *lobelia* and *tartar emetic*. It is too little to say that not one of these so-called "cures" ever cured a single case of consumption. Doubtless most, if not all, of them have hurried many a poor deluded consumptive into his grave. The public cannot be too earnestly warned against the use of these delusive compounds.

Wistar's Balsam of Wild Cherry.—Fl. ext. wild cherry 1 fl. oz., fl. ext. ipecac 2 fl. dr., fl. ext. squills 2 fl. dr., tinct. opium 1 dr., tartar emetic 2 gr., sugar-house syrup 2 fl. oz., alcohol 6 fl. dr., sp. anise (1 in 8) 20 m., tinct. cudbear comp., N. F., 2 dr., water sufficient to make 8 fl. oz.

White's Cough Sirup.—According to *New Idea*, the following is substantially the same as the proprietary article: Syrup Tolutani 2 oz., glycerini 4 oz., syrup scillæ comp. 6 oz., syrup ipecacuanhæ 6 oz., tinct. lobelia 6 oz., tinct. opii camph. 6 oz., ext. pilocarpus fl. 2 oz., ammonii chloridi 1 oz.

Thorn's Cough Mixture.—Hive syrup 2 fl. oz., paregoric 1 fl. oz., sweet spts. nitre 1 fl. oz.

THOMAS'S ELECTRIC OIL.—Gum camphor 4 dr., oil gaultheria 4 dr., oil origanum 4 dr., chloroform 1 oz., tinct. opium 1 oz., oil sassafras 1 oz., oil hemlock 1 oz., oil turpentine 1 oz., balsam fir 1 oz., tinct. guaiacum 1 oz., tinct. catechu 1 oz., alcohol 4 pts., alkanet sufficient to color.

GOOD HEALTH

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LOOKING BACKWARD.

As the writer looks back over the eighteen years during which he has been connected with this journal, he takes much pleasure and satisfaction in the thought that during all those years the single purpose of the periodical has been the upholding of principles of physical rectitude, and the promulgation of such precepts relating to the care of the body, as, if followed universally, would make this world, now so full of sickness, sin, and suffering, almost a paradise; would annihilate at least nine tenths of all the disease which now prevails, and would double or treble the average length of human life.

Many of the principles advocated were eighteen years ago so unpopular that a man who was known

to entertain them was regarded as a fanatic or a crank. To-day the onward march of science has brought these once despised truths to the front, and placed them upon the firm foundation of scientific fact.

Although almost alone in its battle against error eighteen years ago, to-day GOOD HEALTH has many compeers, laboring more or less nearly in the same lines, in the various civilized parts of the world. There is a growing interest in the study of questions discussed in its columns, and it is encouraging to both editor and publishers that GOOD HEALTH enjoys a larger circulation, and is read by a larger number of people, than at any previous time in its history.

HOW TO CURE A COLD.—A medical journal tells how one man was cured of a cold: "He boiled a little wormwood and hoarhound together, and drank freely of the tea before going to bed. The next day he took five pills; put one kind of plaster on his breast, another under his arm, and still another on his back. Under the advice of an experienced old lady, he took all these off with an oyster-knife in the afternoon, and slapped on a mustard plaster instead. Then he put some hot bricks to his feet, and went to bed. Next morning another old lady came in with a bottle of goose oil, and gave him a dose of it on a quill; and an aunt arrived about the same time with a bundle of sweet-fern, which she made into tea and gave him every half hour until noon, when he took a big dose of salts. After dinner, his wife, who had seen a fine old lady of great experience in doctoring in High Street, gave him two pills of her own make, about the size of a walnut and of similar shape, and two teaspoonfuls of home-made balsams to keep them down. Then he took a half pint of rum at the suggestion of an old sea captain, visiting in the next house, and steamed his legs with an alcohol bath.

At this crisis two of his neighbors arrived, who saw at once that his blood was out of order, and gave him a half gallon of spearmint tea and a big dose of castor oil. Before going to bed he took eight of a new kind of pill, wrapped about his neck a flannel soaked in hot vinegar and salt, and had feathers burned on a shovel in his room. He is now cured, and full of gratitude."

DANGER IN VACANT HOUSES.—So long as the house is unoccupied, there is no danger; but when new occupants take possession of it, they will do well to take the precaution to have it thoroughly aired for nine days previous, have the cellar cleaned, the drain-pipes examined, the closets and attics cleaned and disinfected, and a general overhauling effected. More or less refuse is always left by the last occupants of a house, and as these undergo putrefaction, while the windows and doors are tightly closed, the whole house becomes infected. This explains why fevers and other germ diseases so often arise soon after the occupation of a new house.

MEDICAL USES OF FRUITS.

A NOTED authority of Philadelphia thus summarizes the uses of fruits in relieving diseased conditions of the body. It should not be understood that edible fruits exert direct medicinal effects. They simply encourage the natural processes by which the several remedial processes which they aid are brought about.

"Under the category of laxatives, oranges, figs, tamarinds, prunes, mulberries, dates, nectarines, and plums may be included; pomegranates, cranberries, blackberries, sumach berries, dewberries, raspberries, barberries, quinces, pears, wild cherries, and medlars are astringent; grapes, peaches, strawberries, whortleberries, prickly pears, black currants, and melon seeds are diuretics; gooseberries, red and white currants, pumpkins, and melons are refrigerants; and lemons, limes, and apples are refrigerants and stomachic sedatives.

"Taken in the early morning, an orange acts very decidedly as a laxative, sometimes amounting to a purgative, and may generally be relied on. . . .

"Pomegranates are very astringent, and relieve relaxed throat and uvula. The bark of the root, in the form of a decoction, is a good anthelmintic, especially obnoxious to tapeworm.

"Figs, split open, form excellent poultices for boils

and small abscesses. Strawberries and lemons, locally applied, are of some service in the removal of tartar from teeth. . . . Apples are correctives useful in nausea, and even sea-sickness, and the vomiting of pregnancy. They immediately relieve the nausea due to smoking. Bitter almonds contain hydrocyanic acid, and are useful in simple cough; but they frequently produce a sort of urticaria, or nettle-rash. The persimmon, or *diospyros*, is palatable when ripe; but the green fruit is highly astringent, containing much tannin, and is used in diarrhea and incipient dysentery. The oil of the cocoanut has been recommended as a substitute for cod-liver oil, and is much used in Germany for phthisis. Barberries are very agreeable to fever patients in the form of a drink. Dutch medlars are astringent, and not very palatable. Grapes and raisins are nutritive and demulcent, and very grateful in the sick chamber. A so-called 'grape cure' has been much lauded for the treatment of congestions of the liver and stomach, enlarged spleen, scrofula, tuberculosis, etc. Nothing is allowed but water and bread and several pounds of grapes per diem. Quince seeds are demulcent and astringent; boiled in water they make an excellent soothing and sedative lotion in inflammatory diseases of the eyes and eyelids."

COFFEE A GERMICIDE.—A German physician has been experimenting for the purpose of determining the influence of coffee upon germs. He finds that some germs are killed in a ten per cent solution of coffee in from three to five days. Typhoid fever germs require three days, and the cholera germ from three to four hours, for their destruction. The spores of some germs resist the action of coffee for from two to four weeks. On this evidence, coffee is highly recommended as a germicide, and it is suggested that this may be a recommendation for its use. This is another illustration of the readiness with which every possible excuse is framed for the support of popular vices. A germicide which requires ten days for the destruction of the microbe, would certainly not be of much value, as the germ would have ample time, before the coffee could take effect, to develop all its capacity for mischief; in other words, the patient might be dead and buried before the coffee would take effect. Besides, the quantity of ten per cent coffee infusion required to disinfect the germs in the stomach, already containing other fluids, would doubtless be sufficiently great

to produce the most profuse intoxication. So coffee cannot be recommended as a germicide. Doubtless its injurious effects upon the stomach lessen the production of hydrochloric acid, the natural antiseptic of the stomach, as is abundantly shown by carefully conducted physiological experiments, and rather tend to favor the development of germs, instead of aiding in their destruction.

A CHILD'S DIAGNOSIS.—The *Christian Leader* tells the story of a little Buffalo girl, who, complaining of feeling ill, was told by her parents that perhaps she was coming down with the chicken-pox, a disease then prevalent in the neighborhood. She smiled incredulously at the idea, but sought her parents' room at an early hour next morning, looking very serious. On meeting her father she remarked, "Yes, it *is* chicken-pox, papa; I found a fedder in the bed!"

AN English court has lately imposed a fine of \$750 upon a landlord for heedlessly stowing guests away in damp beds, thereby causing illness.

DIET AND WORK.

A FEW years ago, Dr. Frankland, an eminent English chemist, made a very extended series of experiments for the purpose of determining the value of various articles of food in sustaining the strength during severe muscular effort. The following table prepared by him shows the amount of various articles of food required to enable a man to raise his own weight to a height of 10,000 feet, as in going up a mountain of that height, showing also the comparative cost of the several classes of food in England:—

	Price per lb. (in cts.)	oz. required.	Cost. (in cts.)
Oatmeal.....	5½	20.5	7
Flour.....	5½	21.0	7½
Peameal.....	6½	21.4	9
Bread.....	4	37.5	9½
Potatoes.....	2	81.1	10½
Rice.....	8	21.5	11
Cabbage.....	2	192.3	25½
Hard Boiled Eggs.....	13	35.3	30
Milk (per quart).....	10	128.3	32
Lean Beef.....	25	56.5	88

“The smallest quantity is required for doing the work, and at the same time it is the cheapest in price, 5½ cts. per lb. We would require 20½ oz., the total cost being 7 cts. It is very closely run by

wheat flour, which costs ½ ct. more, and ½ oz. more of it would be required. Potatoes are very low, and are expensive when you come to measure the work. 10½ cts. worth is needed to do the work that is done by 7 cts. worth of oatmeal. The quantity of cabbage required is absolutely ridiculous. A man, to do the work, would require to eat about a stone of cabbage; and who is sufficient for that? Of course it must be understood that this table merely gives the theoretical quantities that would produce the force. It is obviously impossible to digest a stone of cabbage, or five pounds of potatoes, in addition to subsistence diet; nor would it be healthy to take large amounts of unbalanced food. Oatmeal and wheat flour have the advantage of being nearly balanced, and with the addition of milk, it would be possible to live on either of them for long periods of hard work.”

It will be observed that nearly three times as much lean beef as of oatmeal is required to enable a man to perform the same amount of labor, and the cost is more than twelve times as great. This fact ought to be a sufficient answer to those who argue against the employment of fruits and grains as an exclusive diet, that they are not sufficiently nourishing to sustain physical and mental vigor.

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

the feet, and from this cause alone, not a few persons suffer with cold feet all winter.

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

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

Is it any wonder that under such circumstances the babies are slaughtered by the thousands every winter, by diseases which have their origin in disturbed circulation? The wretched condition of the “cottage home,” which the poet has covered over

with such a halo of glory, as regards proper heating and ventilating, out-Herods Herod in its cruelty to the little ones who toddle about its frigid floors, and breathe the breath-poisoned air pent up within its walls. It seems a miracle that the babies are not all dead.

FISH AND LEPROSY.—The London *Lancet*, one of the leading English medical journals, recently expressed the opinion that the dietetic use of fish is one of the chief causes of leprosy. That this is not the only cause is evidenced by the fact that the disease has been found in Cashmere, where it prevails to a large extent among a class of persons who abstain from the use of fish and meat from religious scruples. It is, nevertheless, quite likely that this disease, which is now known to be parasitic, may be frequently contracted in the manner suggested by the *Lancet*.

A CHINESE OPINION OF TEA.—The following eulogy of the Chinese herb is preserved in manuscript in the British Museum, having been written two hundred years ago, and purporting to have been translated from the Chinese language. The production sounds very much like the advertisements of medical nostrums which are recommended so highly for all the ills that flesh is heir to, with which the newspapers abound, and was undoubtedly written by some one who wished to create a demand for the fragrant herb:—

- “1. It purifies the Blood, that which is grosse and heavy.
- “2. It vanquisheth heavy Dreames.
- “3. It easeth the brain of heavy Damps.
- “4. Easeth and cureth giddiness and Paines in the Heade.
- “5. Prevents the Dropsie.
- “6. Drieth moist humors in the Heade.
- “7. Consumes Rawnesse.
- “8. Opens Obstructions.
- “9. Clears the Sight.
- “10. Cleanseth and Purifieth Adust (*sic*) humor-ous and hot liver.
- “11. Purifieth defects of the bladder and kidneys.
- “12. Vanquisheth superfluous sleep.
- “13. Drives away dissines, makes one nimble and valient.
- “14. Encourages the heart and drives away feare.
- “15. Drives away all paines of the Colic which proceed from wind.
- “16. Strengthens the inward parts and prevents consumptions.

“17. Strengthens the memory.

“18. Sharpens the will and quickens the Under-standing.

“19. Purgeth safely the gall.

“20. Strengthens the use of due benevolence.

If the herb really possessed one half the merit claimed for it, it would certainly be one of the most remarkable of all vegetable productions. After it has been in use for two centuries, it has at last been thoroughly shown that the above statements would all be true if the qualifying word “not” were introduced into each one of them.

WHY ALL SMOKERS DO NOT DIE OF TOBACCO-POISONING.—It is often objected that while chemistry and scientific experiments seem to prove that tobacco is a powerful poison, the experience of thousands of persons disproves the theory of its poisonous character, since if it were so intense a poison as described, cases of death from tobacco-poisoning would be much more frequent. To this objection we answer:—

One reason why so few persons are reputed to die of nicotine, or tobacco-poisoning, is the wonderful faculty the system possesses of accommodating itself to circumstances. Through this means the worst poisons may by degrees be tolerated, until enormous doses can be taken without immediately fatal effects. Corrosive sublimate, strychnia, belladonna, and many other poisons, may be thus tolerated.

In our opinion, the majority of tobacco-users do die of tobacco-poisoning. Death as surely results, ultimately, from chronic as from acute poisoning, though the full effects are delayed, it may be for years. A man who dies five or ten years sooner than he should, in consequence of tobacco-using, is killed by the poison just as truly as though he died instantly from an overdose.

WINTER SUFFOCATION.—“Barricaded against fresh air” is the condition of nine tenths of all the houses in civilized lands at the present moment. Every crack and cranny, every knot-hole, and even the key-hole of the door, is stopped effectually against the entrance of God’s life-giving oxygen. Is it any wonder that so many faces come out pale and sallow in the spring, and that early summer flowers blossom over so many newly-made graves? *Starved to death for want of pure air*, SUFFOCATED, might be truthfully written on thousands of tombstones, but most of them bear, instead, some pious cant about a “mysterious dispensation of Providence which has removed this loved one from our midst,” when it is a suicide or a homicide,—a dispensation of ignorance and bad air.



THE PULSE.

EVERY one should know something about the pulse, as it is a very important index to the condition of the body in various diseases, and is a valuable aid to the determining of a patient's condition in nearly all diseases. In order to know the condition of the pulse in disease, it is necessary for us to examine it in health.

THE PULSE IN HEALTH.—The pulse is about 120 to 140 at birth. It gradually diminishes until it reaches about 90 at the age of seven or eight years. In adult life it is 65 to 75, and in old age not much over 60. Females have a somewhat more frequent pulse than males, the difference being five or six beats a minute. A difference of five to ten beats is made by changing from a lying position to sitting, and from sitting to standing. By violent running the pulse may be increased to 140 or more.

The pulse is felt by placing the first two fingers upon the artery at the outside of the arm, with the second finger toward the heart. The force of the heart is determined by pressing with the second finger, and noticing how much force is required to compress the artery so that the pulse cannot be felt by the first finger. The pulse may also be felt at the temple, the neck, and in various other situations.

THE PULSE IN DISEASE.—The following are the principal variations of the pulse:—

Frequent Pulse.—A pulse diminished in force, increased in frequency. A characteristic of debility.

Febrile Pulse.—In fever, the rate of pulsation, and usually the force, is increased.

Feeble Pulse.—A pulse that is readily extinguished by pressure with the finger. Indicative of great debility or exhaustion.

Thready Pulse.—A pulse which gives the sensation beneath the finger of a vibrating thread. Present in cases of very great debility.

Slow Pulse.—An unnaturally slow pulse occurs in cases of brain poisoning or apoplexy; it is present in compression of the brain from fracture, and in unconsciousness from opium or liquor.

Quick Pulse.—An abrupt, jerking pulse, either frequent or moderate in rate of pulsation.

Hard Pulse.—A pulse which seems to indent the finger. This symptom indicates great excitement of the circulation.

Intermittent Pulse.—A pulse which now and then loses a beat. Indicative of either functional or organic disease of the heart.

Irregular Pulse.—A pulse which is irregular in frequency and force. The irregularity may be only slight, or may be extreme. Is generally found in heart disease. Is very often the result of the use of tobacco and of strong tea and coffee.

Irritable Pulse.—A pulse which is both frequent and hard.

Wiry Pulse.—A pulse which gives the impression of a vibrating wire.

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.

HOW TO CURE A COUGH.—First of all, stop coughing. Three fourths of the coughing is from sheer force of habit. There are thousands of people who spend an hour every morning of their lives in unnecessary coughing. A little irritation is felt in the throat. A cough is set up, and habit keeps it going until the irritation provoked by the cough, produces a really serious disease.

GRANULATED EYELIDS.—We have found the hot spray applied to the eye one of the most useful means of treating this disease. If a spray apparatus is not at hand, simply laving the eye with water as hot as can be borne without inconvenience, may be employed. The application should be made daily for several months, as this disease is one which requires months, and in some cases years, for its successful treatment.

NOISES IN THE EAR.—This most unpleasant accompaniment of disease of the ear is sometimes so distressing that the patient is rendered almost frantic. Indeed, cases of insanity have been traced to this cause alone. Some cases may be relieved by simple inflation of the ear, which may be done by grasping the nose with the thumb and forefinger in such a way as to close it completely, closing the mouth, and then making an effort to expel the air through the nose. This should not be repeated oftener than two or three times a week.

SLEEPLESSNESS.—Eat an early and light supper of easily digested food; or better, eat no supper at all. Do not engage in exciting conversation or amusements during the evening. Quietly drop out of the conversation entirely as the hour for retiring approaches, and subside into utter quiet, divesting the mind of every worry or anxiety, and every thought likely to disturb. Just before going to bed, soak the feet for ten minutes in a pail of hot water, cooling the water a little before taking them out. This will relieve the brain of a little of its surplus blood. Go to bed at peace with all the world, close the eyes, and fix the mind steadily upon some familiar object until sleep comes. Do not allow the mind to wander. If unsuccessful in producing sleep, in addition have hot cloths applied to the head. A dripping-sheet bath just before retiring sometimes gives excellent results. Gently rubbing the temples with the hand, and rubbing the spine from above downward, and the feet and limbs in the same direction, have a very soothing effect. The warm full bath is an excellent soporific.

CHAPPED HANDS.—Wet, cold, and dirt are the chief causes of this unpleasant affection. The use of poor soap, and imperfectly drying the hands before exposure to cold, are the exciting causes of chapped hands in most cases. To cure, keep them scrupulously clean, washing them with castile soap and soft water. After wiping them nearly dry, dust them over with finely powdered starch. Washing the hands with water to which a handful of bran or corn meal has been added, is a good remedy. Another is, after thorough washing and drying at night, to apply a few drops of glycerine diluted with soft water, or what is much better, milk. Sweet cream is also good.

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

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

HOW TO GIVE A FOMENTATION.—Most persons are supposed to know how properly to give a fomentation, but some may, perhaps, appreciate the following instructions: A flannel may be wrung out of hot water and applied directly to the skin, but a preferable way is to lay the steaming hot wet flannel between a fold or folds of dry flannel. It will not at once heat through, but will steam through gradually, thus allowing the skin an opportunity to acquire an endurance of the new conditions, and making it possible to apply a greater amount of heat than could otherwise be borne.

It often happens, in sudden, acute attacks, that hot water cannot be immediately obtained. This is

a matter of trifling consequence, as a cloth may be wrung out of cold water and placed between the folds of a newspaper and laid upon the stove, or even pressed against the pipe. In this way a higher temperature may be secured than by the more common method where the hands are used to wring cloths out of hot water. When the cloths are not too large, a very convenient way is to heat them on a soapstone kept hot at the bedside of the patient.

Hot fomentations are in every way more desirable than the use of liniments, lotions, and poultices, which is indulged in so liberally in many families; it is a simpler, cleaner treatment, more quickly efficacious, more soothing to the patient, and altogether one more in general harmony with the conditions involved in the attack or injury. Water treatment in general, when well understood, will do away, to a considerable degree, at least, with the use or need in families, of the well-nigh ubiquitous medicine chest.

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

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

But what shall one do who has incurred the penalty, and is suffering for his sins? Doubtless the repentance is genuine for the time being. So we may help him out for this time, exacting a promise that he will sin no more against his much-abused stomach. On this condition, tell him to swallow at once a quart of hot water. If he vomits, well and good; let him swallow another quart. Also take a copious enema to free the bowels, which are generally loaded. He must take no food for twenty-four hours. When the stomach feels empty or bad, fill it up with hot water. A hot fomentation over the stomach, a hot foot-bath, and sponging the head with hot water, are simple measures which generally afford relief. A hot full-bath, if it can be taken, is also useful in many cases.

FOLLICULAR TONSILITIS.—This common malady of the throat possesses the following symptoms as summarized by eminent authorities:—

The patient complains of chilliness, followed by heat and dryness of the skin, pain in the head and limbs, more especially the shoulders, and occasionally there is congestion of the eyes and nose, together with herpetic eruptions about the lips. The temperature is above the natural, often as high as 103°. The tongue is coated, and on the tonsils, which are somewhat red and swollen, are some small, round, slightly elevated, buff-colored patches. There is generally some pain in swallowing, but as a rule it is not very great.

In addition to the above symptoms, we have observed soreness and stiffness of the back of the neck in many cases, and in some instances this has been the leading symptom, the throat presenting only a moderate degree of redness, with only here and there a white point.

In our experience, the hot gargle constitutes by far the best local remedy for this disease, and the results seem to be not at all affected by the addition of chlorate of potash or any other of the usual throat remedies in moderate quantity. The temperature of the water must be as high as can be borne,—at least 115° to 125°,—and a half pint should be gargled every quarter or half hour at the beginning of the attack. The pains in the neck, throat, and back may be relieved by fomentations, and in the body generally by hot blanket packs.

The patient should drink large quantities of hot water so as to induce perspiration; at least two or three quarts should be taken daily. The nourishment should consist of milk, gruels, and fruits.

As the disease seems to be slightly contagious, the patient should be isolated, and the sickroom and patient's clothing disinfected.

WEEPING SINEWS.—These enlargements, known as weeping sinew, are often caused by strains or blows, and hence are most likely to occur in mechanics and laborers, and those who are accustomed to lifting heavy weights. They sometimes disappear of themselves; but in such cases they usually return. A cure may sometimes be effected by pressure by means of an elastic bandage. The most common method of treatment is rupture of the sack by a blow with a flat stick, or the back of a book. The affected part should be given complete rest after an operation of this sort, and a bandage should be worn about the seat of the disease for some time, so as to prevent the sack from refilling.

ANSWERS TO CORRESPONDENTS.

SHOES FOR INDOOR WEAR.—A correspondent writes to know if it is not a good plan for one suffering from cold feet in winter, to wear slippers and half-shoes indoors, and to reserve heavy, high shoes exclusively for outdoor wear.

Ans.—Undoubtedly light cloth shoes—canvass shoes—are best for indoor wear. These permit a free, healthy circulation, and also admit of ventilation.

BRICK DUST IN URINE.—Mrs. W. C. W., Georgia, wishes to know the cause and cure of what seems to be a brick dust deposit in the urine.

Ans.—The cause of brick dust sediment in the urine is usually an inactive liver. It is sometimes caused by the excessive use of nitrogenous foods, such as meat—mutton, chicken, fish, etc. It is to be corrected by close adherence to a fruit, grain, and milk diet; taking milk in moderate quantities only; the abundant use of water, and plenty of outdoor exercise.

MILK AND FRUIT IN DYSPEPSIA—FOODS CORRECTIVE OF CONSTIPATION.—S. C., N. Y., asks, “1. Should a dyspeptic take milk and fruit at the same meal? 2. Among the health foods prepared by the Sanitarium Food Co., which are correctives in cases of constipation?”

Ans.—1. Such fruits as strawberries, peaches, and grapes are less likely to disagree with milk than most other fruits. Some dyspeptics can take such fruits without difficulty. A person suffering from sour stomach will avoid combining milk and fruit. 2. Zweiback, rye wafers, whole-wheat wafers, granola, and gofio are excellent dietetic correctives of constipation, and particularly the last named.

FLATULENCE—ACID STOMACH, ETC.—A “Constant Reader” asks: “1. What is the cause of flatulence where one has a sweet, rather than a sour stomach? 2. When one has an acid stomach, should he avoid fruits and sweets alike? 3. What is the cure for a dilated stomach?”

Ans.—1. It is due to alcoholic fermentations. Acidity of the stomach follows this gaseous condition. Sometimes the stomach becomes sour without producing gases; but there is a large number of persons who have gases in the stomach without acidity. 2. No; one should avoid artificial sweets—sugar, for example. He need not avoid the use

of sweet fruits, but should avoid combinations containing sugar. 3. In many cases a dilated stomach is not curable, and can only be benefited. The most important thing in the treatment of this trouble is proper diet. Massage of the stomach, applications of electricity, and development of the muscles of the trunk by proper gymnastic exercises, are excellent aids.

POTT'S DISEASE.—A lady asks to be informed in regard to what is known as Pott's disease, and inquires, “If a person is born with this disease, can it be overcome?”

Ans.—1. Pott's disease is a disease of the vertebræ, or spinal column. These diseases are effected by what is termed scrofula, but in most cases it is a tuberculous process. 2. Scientific research has not yet shown that tuberculous diseases can be inherited; we can only say that a person inherits a tendency to this class of diseases. He will not have the disease itself until he contracts it. The proper remedy is to keep the parts perfectly still, and build up the patient and make him strong, so that the blood corpuscles of his body will be able to destroy the germs of the disease.

NERVOUSNESS AND TIRED BRAIN.—The question is asked, “What is the trouble, when a little study causes nervousness and a tired, hot brain?”

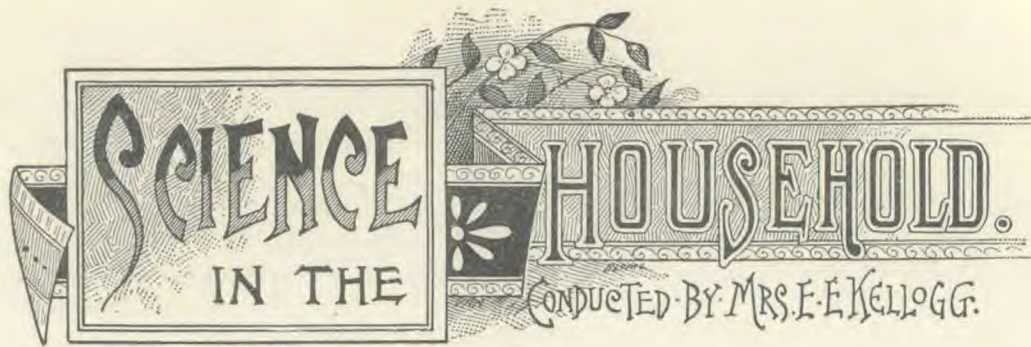
Ans.—Such a person is doubtless suffering from neurasthenia, lowered nerve tone, as the result of a dilated stomach.

PROPER TIME FOR MEALS.—“A School-teacher” writes: “I work from 8 A. M. until 11 o'clock, and from 1 P. M. to 4 o'clock. At what hours ought I to take my meals?”

Ans.—I should say that the proper times for meals would be at morning and at night—taking breakfast at 7:30 A. M., and dinner at 4:30 P. M., and if anything further is needed, a glass of milk for lunch. The breakfast should be a simple one of oatmeal and milk, bread and milk, or something of that sort; a glass of milk can then be taken at noon, and a substantial meal at 4 o'clock. This plan has been tried by a great many persons, with advantage.

THE BEST LAXATIVE.—A correspondent asks, “What is the best laxative for a nervous dyspeptic?”

Ans.—Grapes, peaches, baked apples, coarse grains.



VEGETABLES.

[Abridged from Lecture of Mrs. E. E. Kellogg, A. M., before Sanitarium Cooking-School.]

WE find those articles commonly classed as vegetables, very low in nutritive value, and containing but a small amount of nitrogenous matter. Vegetables are largely composed of starch. Water also forms a considerable proportion of their ingredients. For this reason they form a valuable adjunct to our dietary, because we need more or less fluid in our food. They are also valuable for their mineral constituents. Vegetables are serviceable because they give a needed bulk to our food. However, it would not do to use an exclusive diet of vegetables, because they would give too great bulk and thus injure the stomach. If vegetables alone were taken, and but a single kind used, it would require eight pounds of potatoes, twenty-two pounds of cabbage, eighteen pounds of parsnips, or ninety-nine pounds of apples each day, to furnish the requisite amount of nitrogenous matter.

The articles which we use as vegetables consist of roots, stems, seeds, leaves, flowers, and tubers. Of all these the tubers are the most nutritious. Vegetables to be used for food should be fresh, plump, and free from decay, and all leaves crisp and juicy. When sprouted, they are unfit for food. Potato sprouts contain a poison similar to belladonna.

Careful cleaning is important for all vegetable foods. For the cleaning of roots, tubers, and celery, the vegetable brush is best. Shelled peas and beans may be washed in a colander dipped in and out of pans of water.

Vegetable foods are more generally cooked by boiling than by any other method, this usually being considered such a simple process that anybody can undertake it. While it is true that almost any one can boil vegetables until they are softened, it nevertheless requires a great deal of skill to cook them so that they will neither be underdone nor overdone, and so they will retain their natural flavors.

If we would secure the best results, it is important to cook them in as small a quantity of water as possible without burning. If cooked in too large a quantity, we drain off, after cooking, a very large proportion of the nutritive elements. Some vegetables, like spinach, are even better cooked without the addition of water. Baking is better adapted for cooking many vegetables than boiling, because by this method there is less diminution of the nutritive material. Many cooks spoil their vegetable foods by cooking them too long, and many also serve them in an underdone state, in order to preserve their form. Vegetables to be cooked by boiling should be put into boiling water. Green vegetables will better retain their color if cooked quite rapidly. Wilted vegetables require longer cooking than fresh ones.

The potato is the most frequently used of all vegetables, and this is well, because it contains a larger amount of nitrogenous matter than any other. In cooking potatoes the end to be sought is to have them mealy, as in this condition they are most easily digested. Potatoes cooked by boiling should be drained at once, as soon as the heat has burst the starch granules, which is as soon as a fork will penetrate them easily; otherwise the starch will absorb more or less of the liquid in which they are being cooked, and they will become watery.

Cooks differ in their opinion as to whether potatoes should be cooked with or without the skins. The mineral element in potatoes is potash. If potatoes are pared and cooked in water, most of the potash is dissolved in the process of cooking; but if cooked with their "jackets" on, most of the mineral elements will be retained. Baking is a much better method of cooking potatoes than boiling.

The turnip contains no starch, but contains pectose, a gelatinous substance which turns into a

vegetable jelly during the boiling process. Of the two kinds of turnips in common use, the yellow turnips, or rutabagas, are the most nutritious, but most people prefer the white variety. The turnip needs to be pared thickly so as to remove the white fiber next the skin, which contains a bitter substance. It should be cut across the grain. It may be cooked by boiling in the same way as the potato, but re-

quires greater care in cooking, to avoid burning. A very good precaution is to invert a saucer in the bottom of the kettle, so that the turnips will not touch the bottom.

The beet root is characterized by an excess of sugar. In preparing beets, they should be cleaned with the vegetable brush, taking care not to break the skins. Beets are better baked than boiled.

SOME SEASONABLE RECIPES.

POTATOES STEWED WITH CELERY.—Pare and slice the potatoes, and put them into a stewpan with two or three tablespoonfuls of minced celery. Use only the white portion of the celery and mince it finely. Cover the whole with milk sufficient to cook and prevent burning, and stew until tender. Season with cream and salt.

POTATO PUFF.—Mix a pint of mashed potatoes (cold is just as good, if free from lumps) with a half cup of cream and the well-beaten yolk of an egg; salt to taste and beat till smooth; lastly, stir in the white of the egg beaten to a stiff froth. Pile up in a rocky form in a bright tin dish, and bake in a quick oven until heated throughout and lightly browned. Serve at once.

EARTHENWARE to be used in baking may be tempered in the following way: Put the dishes into cold water over the fire, and bring it gradually to the boiling point. Let it boil up for a moment, then remove from the fire, not taking out the dishes until the water is again cold.

SHEETING.—Some housekeepers make the mistake of purchasing too fine linen for sheets. Very fine goods will never stay in place, but will roll up in a most unpleasant and exasperating way. A good grade of medium fineness will prove much more satisfactory. A special grade now obtainable in linen sheeting is a fine, firm, twilled goods, of good body, and satin finish, which comes two and one-half yards wide, with pillow slip widths to match. This, though quite expensive as regards first cost, is both handsome and durable.

It is a great mistake to allow sheets to be a trifle short. They may much better be a little too long than too short. The regular two and one-half yards in length is not quite enough. Some of the best housekeepers now make their sheets two and three-fourths yards long when finished. In cutting off, it

PARSNIPS WITH EGG SAUCE.—Cut the parsnip in thin slices so that it will all cook alike, then steam until tender. For three pints of parsnips, heat to boiling one quart of rich milk or thin cream. Stir into it two level tablespoonfuls of flour rubbed smooth with a little milk, and let it boil a few minutes, stirring constantly until the flour is well cooked; add the well-beaten yolks of two eggs, letting it boil up; then pour over the parsnips and serve.

CHOPPED TURNIP.—Chop cold boiled turnips fine, add a little salt if desired and sufficient lemon juice to moisten. Turn into a saucepan and heat over the fire, stirring constantly with a knife, that all portions may be thoroughly heated through, and serve hot. The white turnip is best for this purpose.

will not do to depend upon any fold in the goods, but the straightening must be carefully attended to, else there may be, perhaps, three or four inches lost in length.

SLOP, garbage, or refuse pails should, in all seasons of the year, be kept scrupulously clean. They should, each time they are emptied, be well scrubbed with a solution of lye, or sal soda and water, then rinsed, and set outdoors in the fresh air to dry before being used again.

TO TELL A GOOD HOUSEKEEPER.

How can I tell her?
 By her cellar,
 Cleanly shelves and whitened walls.
 I can guess her
 By her dresser;
 By the back staircase and hall;
 And with pleasure
 Take her measure
 By the way she keeps her brooms;
 Or in peeping
 At the "keeping"
 Of her back and *unseen* rooms;
 By her kitchen's air of neatness,
 And its general completeness
 Where in cleanliness and sweetness
 The rose of order blooms.—*Sel.*

LITERARY NOTICES.

GAY jingles, sweet little stories, dainty pictures, will make *Babyland* for 1892 a charming magazine for the little ones. D. Lothrop Company, Publishers, Boston.

THE *Pansy* is both a week-day and Sabbath magazine. The best publication for children of all ages. Bright, attractive, interesting, helpful. D. Lothrop Company, Boston.

ALL AROUND THE YEAR, 1892. Entirely new design in colors; printed on heavy cardboard. Boxed. Price 50 cents. Lee and Shepard, publishers, Boston.

This charming calendar is composed of heavy, gilt-edged cards, tastily tied with white silk cord, and a delicate, silvered chain attached, and so arranged on rings that they may be turned over as each month shall be needed for reference. Each card contains not only the calendar but a design both charming and appropriate, and an equally timely sentiment.

They are of a convenient size, four and one fourth by five and a half inches, and in their neat boxes, take the lead among the calendars of the season. As a holiday gift, there is none prettier or daintier, equally suitable for library, office, and boudoir.

A NEW and interesting book on Hawaii (Sandwich Islands) has been written by Mrs. Helen Mather, and will shortly be published by Cassell Publishing Co., New York. Mrs. Mather's literary style is said to be a very felicitous one, being simple and unconventional—just the style for a book of this kind, and it will undoubtedly turn the attention of many travelers toward this little group of islands in the Pacific, hitherto so little or at least so superficially known. The work will be beautifully printed and illustrated from photographs and drawings made on the spot by Walter McDougall, who has spent some time in Hawaii. The graceful cover design was drawn by the author, and is a marvel of appropriateness. Mrs. Mather is fortunate in bringing out her book just at a time when more than usual attention is being attracted to this portion of the world.

"NATIVE LIFE IN INDIA," "LIFE ON THE CONGO," and "MARTIN LUTHER." Pacific Press Publishing Co., Oakland, Cal. These little books, uniform in size and price, belong to the Young People's Library books, which are issued from time to time by this house. In order to get these worthy publications

into the homes of the people, the publishers make a specially generous offer of a free set (six books) to any person procuring orders for four sets. This offer will no doubt be taken liberal advantage of by religious associations desirous of adding fresh supplies to their libraries, as well as by individuals wishing new books for the family reading. This house publishes, also, a fine line of denominational works, tracts, and pamphlets, which we would commend to the attention of all in need of such for private use or for missionary circulation.

THE Christmas number of *Scribner's Magazine* contains a wealth of illustrated articles, in which is represented the best work of well-known artists. Among the many enjoyable ones we notice a poetic legend of the first Christmas tree, entitled, "The Oak of Geismar," by Henry Van Dyke, "A Charge for France," by John Heard, Jr., and "A Little Captive Maid," by Sarah Orne Jewett. There is also an appreciative article on Albert Moore, the English painter, and a prodigally illustrated one, "Afloat on the Nile," by Mr. and Mrs. E. H. Blashfield. Charles F. Lummis contributes the first of a group of short papers on the little-known regions of New Mexico and Arizona, which he calls "The Land of Poco Tiempo" (the Land of Pretty Soon). There are fine ballads, both illustrated and non-illustrated, besides much other entertaining matter. Charles Scribner's Sons, New York.

THE *Chautauquan* for December has several illustrated articles and the portraits of a number of prominent men and women. The following is a very small portion of its contents: "National Agencies for Scientific Research (the Weather Bureau)," by Major J. W. Powell, Ph. D., LL. D.; "The Parasitic Enemies of Cultivated Plants," by B. T. Galloway; "The Scottish Language," by Rev. William Wye Smith; "Good Manners for Young People," by Theodore Temple; "Fur Seal and the Seal Islands" by Sheldon Jackson, D. D.; "A Trip up the Nile," by Armand de Potter; "The Homes of Poverty," by Emily Huntington Miller; "Prepared Food on a Scientific Plan," by Helen M. Ellis; "Women in Astronomy," by Esther Singleton; "Qualifications Requisite for the Trained Nurse," by Lisbeth D. Price. The editorials treat of "Christmas-tide," "The Methodist Ecumenical Council in Washington," etc. The *Chautauquan*, Meadville, Pa.

PUBLISHERS' DEPARTMENT.

THE patients have recently been favored with several improvised parlor concerts, the music being furnished by members of the Sanitarium family.

* *

THE Sanitarium is unusually full for this season of the year, the family numbering at present six hundred or more persons, including guests and employees.

* *

ARRANGEMENTS have been made for the translation of our pamphlet, "Social Purity," into the Danish language. We hope to be able to announce its publication in this language at an early date.

* *

As will be seen by the prospectus of the journal for the new year, GOOD HEALTH for 1892 will be fully up to the standard of excellence which has been maintained during the last year, which we trust is enough to say by way of recommendation, to secure for it the patronage of those who have been acquainted with the journal during 1891.

* *

FOR a Christmas present we know nothing better to interest and instruct the children than our illustrated volume of health, "Sunbeams of Health and Temperance." This book has had a wide sale, and has always been especially popular during the holiday season. It will be sent postpaid at the following prices: Cloth, \$2.25; cloth, gilt-edge, \$2.50.

* *

OUR general agents, N. B. Smith and H. W. Smith, are reporting excellent success—one from Indiana and the other from Nebraska. The larger health works which these agents are now handling, each with a fine corps of sub-agents, are very popular and meet with a ready sale. Agents are wanted everywhere. Good territory can be given in every part of the United States. First-class agents can engage in the work with an assurance of success.

* *

THE Sanitarium Medical Missionary Class has a larger attendance the present session than ever before. A large number of young men and women are fitting themselves for practical work as health missionaries. Next summer we hope to be able to send out a large corps of workers holding cooking-schools, and propagating the principles of health and temperance reform in various ways in different parts of the United States.

* *

A NEW MEDICAL JOURNAL.—The first number of the *Bacteriological World and Modern Medicine* recently made its appearance. This journal, published by the Modern Medicine Publishing Co., and intended for the medical profession, contains much which will be intelligible and profitable for lay readers as well. The purpose of the journal is to promulgate the principles of rational medicine, and to present a record of the most recent advances in rational medical science. Each number of the journal is beautifully illustrated. Numerous eminent collaborators on both sides the Atlantic guarantee an ample supply of original scientific contributions. Not the least interesting feature of the new journal is a department chiefly made up of brief abstracts from foreign medical journals recording the results of scientific investigations abroad respecting the nature and cause of disease, and the value of old and new remedies as shown by scientific experiments.

PREPARATIONS are being made for the translation of many of our health works into the German, French, Spanish, and other languages. The demand for works in these languages has become so great that it must be met.

* *

"SUNBEAMS of Health and Temperance" is soon to be translated and published in the Danish-Norwegian language, the Good Health Publishing Company having granted the request of the Scandinavian Publishing House, Christiania, Norway, to undertake the work. The translation will probably be published and sold in this country also.

* *

THOSE readers of GOOD HEALTH who wish to become subscribers to the *Bacteriological World and Modern Medicine*, may receive the two journals for the price of one. The subscription price of the *Bacteriological World and Modern Medicine* is \$2.00, on receipt of which sum, with a request to do so, the Good Health Pub. Co. will mail both journals to one address for one year.

* *

WE were glad to receive, a few days ago, a very interesting letter from our friend, Elder E. H. Gates, who is making an extensive tour through the islands of the Pacific. He took with him a large stock of our health works,— "Man the Masterpiece," "Ladies' Guide," "Home Hand-Book," etc.—and reports his entire stock exhausted when he had been but a few months from home. However, he continued to take orders for the works, and will send books for delivery from Australia and New Zealand, where a stock is kept on hand.

* *

THE monthly edition of GOOD HEALTH at the present time is nearly 20,000, and growing at the rate of 1,000 a month,—thanks to the energetic efforts of the many friends of the journal East and West. As worthy of special mention for the long lists of new subscriptions almost weekly received from them, should be mentioned the States of Iowa, Nebraska, Dakota, Minnesota, and Wisconsin. These splendid States are all excellent fields for the circulation of such journals as GOOD HEALTH, and the splendid returns from the work of a few agents in each of these States is evidence of the fact that all that is necessary to secure a wide circulation for a publication of this kind, is a proper presentation of its merits to those who are not only willing but anxious to obtain information on the important subjects dealt with in this journal.

* *

DO NOT FORGET TO RENEW YOUR SUBSCRIPTION before it expires, so that you need not lose a single number of the journal, or put us to the trouble of taking your name off our list and putting it on again. The subscription price of GOOD HEALTH is lower than that of any other journal which undertakes to furnish a similar kind and value of information. It really has no competitor in the field, as it undertakes to fill a want not otherwise supplied. Each month, the journal serves up to its readers the choicest and most reliable information on all subjects pertaining to health, and furnishes a record of the most recent discoveries pertaining to hygiene of the individual or the home. No other journal furnishes so much for so small a subscription price. We feel sure that those of our readers who carefully perused the pages of the journal for 1891 will feel loath to part with it, and write this little note simply to jog their memories so that they may not forget to send in the \$1 necessary to secure the monthly visits of the journal for 1892.

PUBLISHERS' DEPARTMENT.

THE Pacific Press reports large sales of the "Home Hand-Book" and other health works in South Africa. Various unavoidable causes occasioned a long delay in the first delivery. The agents were, in fact, several months behind time in getting the books to their subscribers. They anticipated a large loss in consequence, but instead, delivered more books than they had taken orders for, in consequence of the numerous additional sales made while making the delivery. Books of genuine merit are wanted even if they do come late. At the present time there is scarcely a part of the English-speaking world where our health publications are not on sale.

* *

THE "HOME HAND-BOOK" ON A RANCH.—A lady, a former patient at the Sanitarium, in a recent letter from the Southwest, to a friend here, remarked, "Here is something I want you to tell Dr. Kellogg," but as what she writes will be of interest to others besides Dr. K., we take the liberty to quote it here as follows:—

"My son went up into the Pan-handle on Pease River last week, to buy cattle. He was directed to the ranch of a young man, a Mr. A. He drove fifteen miles, found the ranch, which consisted of a single lone hut, not a tree, nor stable, nor fence, but no one at home. He opened the door and went in. The whole contents of that room were a stove, one chair, a bag of flour, bucket of lard, side of bacon, a few tin pans, cups, knives, and forks. Dirt floor. Bed consisted of a pile of blankets laid smoothly in a corner. By its side, as if the occupant had lain down to read, was a box with a candle and a book. The book was Dr. Kellogg's "Domestic Hygiene and Rational Medicine" 1885 edition. Not another scrap of paper or book. Some way it struck me as so pathetic! Don't you know how that boy's soul longed for good food, and comfort, and living, as he read that book? I wish the Sanitarium would send him a box of "foods" for Christmas. The occurrence was a great compliment to Dr. Kellogg."

Dr. K. does not consider it a special compliment to him that the young man was interested in the perusal of the "Home Hand-Book," but rather a compliment to the principles of the book. It

is certainly gratifying to know that these principles are gradually penetrating even to the most out-of-the-way places. A traveler among the Yuma Indians, some years ago, reported finding a copy of the book in the hands of a good Catholic Sister, a missionary to these aborigines.

* *

A NEW LAW RELATIVE TO DIPHTHERIA, ETC.—Penalty for willfully or knowingly exposing, aiding in exposing, or causing to be exposed, any person, to certain dangerous communicable diseases. This Law took effect Oct. 1, 1891.

An Act to prevent the spread of dangerous communicable diseases, by providing for the punishment of willful offenders. (Act. No. 15, Laws of 1891.)

SECTION 1. *The People of the State of Michigan enact*, That no person affected with small-pox, diphtheria, or scarlet fever, shall willfully enter a public place or a public conveyance, nor shall in any way willfully subject another person to danger of contracting such disease; no person shall knowingly and willfully take, aid in taking, or cause to be taken, a child or other irresponsible person, while affected with any of the aforesaid diseases, into a public place or public conveyance, nor in any way knowingly and willfully subject another person to danger of contracting any one of the aforesaid diseases from such child or irresponsible person; no person shall knowingly and willfully subject another person to danger of contracting any of the aforesaid diseases from the body of a person deceased therefrom; no person shall in any way knowingly and willfully expose, aid in exposing, or cause to be exposed, a child or other irresponsible person, to danger of contracting any one of the aforesaid diseases: *Provided*, That this section shall not apply to necessary transportation of patients suffering from such diseases in proper vehicles provided for such purposes.

SEC. 2. Whoever shall violate any of the provisions of Section 1 of this Act shall be deemed guilty of a misdemeanor, and on conviction thereof, shall be punished by a fine of not less than twenty-five dollars nor more than one hundred dollars, or by imprisonment in the county jail not less than twenty days, nor more than ninety days.— *Approved March 27, 1891.*

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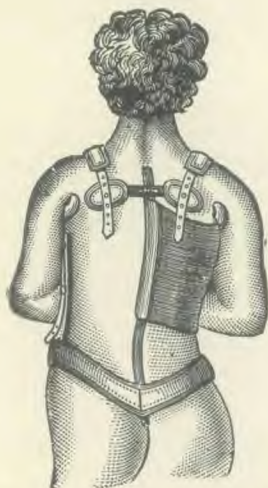
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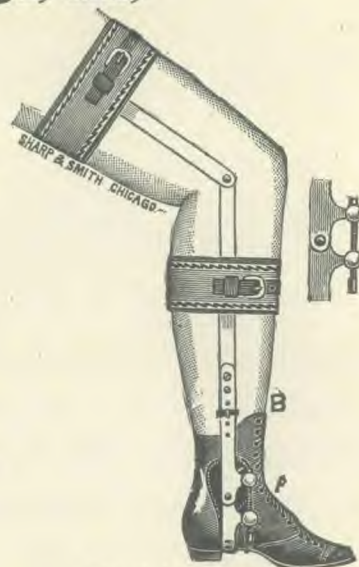
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A. M.	11.45	P. M.	Ar.... Battle Creek..Lv	A. M.	9.14	P. M.
P. M.	6.30	A. M.	Lv.... Toledo....Ar	P. M.	8.35	P. M.
A. M.	12.13	P. M.	Ar.... Bryan....Lv	A. M.	6.20	P. M.
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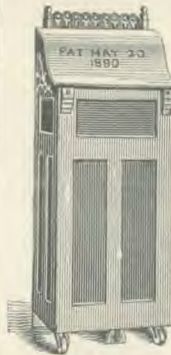
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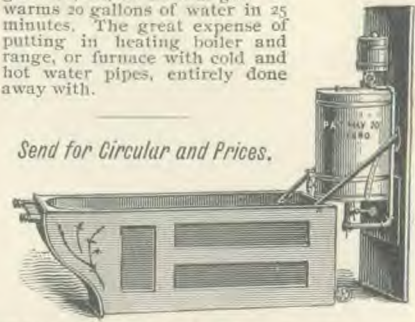
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Chicago.....	am 7.05	am 9.00	pm 12.20	pm 3.10	pm 10.10	pm 9.25	pm 4.55
Michigan City.....	9.10	11.10	2.00	4.48	am 12.25	11.20	7.00
Niles.....	10.20	pm 12.43	2.52	5.50	1.45	am 12.25	8.25
Kalamazoo.....	12.00	2.20	3.55	7.04	8.37	2.00	pm 10.15
Battle Creek.....	pm 12.55	2.59	4.25	7.37	4.59	2.45	pm 7.55
Jackson.....	3.05	4.30	5.32	8.52	6.21	4.20	9.45
Ann Arbor.....	4.42	5.25	6.22	9.45	7.45	5.43	10.55
Detroit.....	6.17	6.45	7.20	10.45	9.20	7.15	am 12.10
Buffalo.....	am 3.00	am 3.00	am 3.00	am 6.25	pm 5.05	pm 5.05	pm 8.15
Rochester.....			5.50	9.55	8.10		11.00
Syracuse.....			8.00	12.15	10.20		am 1.00
New York.....			pm 3.45	pm 8.50	am 7.00		7.45
Boston.....			5.40	11.05	10.45		10.45

STATIONS.	EAST.		WEST.				
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Boston.....			am 8.30	pm 2.15	pm 3.00	pm 6.45	
New York.....			10.30	4.50	6.00	9.15	
Syracuse.....			pm 7.30	11.5	am 2.10	am 7.20	
Rochester.....			9.35	am 1.45	4.20	9.55	
Buffalo.....	pm 11.00	11.00	2.40	5.30	11.50	am 8.45	
Suspension Bridge.....			3.25	6.25	pm 12.50		
Detroit.....	am 8.20	am 7.40	9.25	pm 1.20	9.15	pm 4.45	pm 8.00
Ann Arbor.....	9.35	8.40	10.19	2.19	10.12	5.12	8.18
Jackson.....	11.25	9.40	11.18	3.17	12.01	7.11	10.45
Battle Creek.....	pm 1.00	11.12	pm 12.22	4.25	am 1.20	8.47	am 12.05
Kalamazoo.....	2.17	11.55	12.59	5.00	2.22	pm 10.30	1.07
Niles.....	4.15	pm 1.12	2.08	6.17	4.15	7.40	3.10
Michigan City.....	5.37	2.14	3.08	7.20	5.35	8.55	4.30
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pm 3.00	pm 3.00	New York.....	9.55	5.07
pm 3.00	pm 3.00	Buffalo.....	am 8.40	am 3.00
pm 3.00	pm 3.00	Niagara Falls.....	am 7.30	am 3.10
pm 3.00	pm 3.00	Boston.....	8.15	9.50
pm 3.00	pm 3.00	Montreal.....	8.20	7.40
pm 3.00	pm 3.00	Toronto.....	7.35	5.25
pm 3.00	pm 3.00	Detroit.....	9.25	7.45
pm 3.00	pm 3.00	Port Huron.....	10.01	11.50
pm 3.00	pm 3.00	Port Huron Tunnel.....	9.55	7.30
pm 3.00	pm 3.00	Lapeer.....	8.15	6.17
pm 3.00	pm 3.00	Flint.....	7.30	10.45
pm 3.00	pm 3.00	Bay City.....	8.45	7.22
pm 3.00	pm 3.00	Saginaw.....	8.00	6.45
pm 3.00	pm 3.00	Durand.....	6.20	11.20
pm 3.00	pm 3.00	Lansing.....	5.10	9.30
pm 3.00	pm 3.00	Charlotte.....	4.30	9.01
pm 3.00	pm 3.00	BATTLE CREEK.....	3.35	8.20
pm 3.00	pm 3.00	Vicksburg.....	2.35	7.43
pm 3.00	pm 3.00	Schoolcraft.....	1.29	7.00
pm 3.00	pm 3.00	Cassopolis.....	12.45	6.20
pm 3.00	pm 3.00	South Bend.....	11.10	5.00
pm 3.00	pm 3.00	Valparaiso.....	8.40	3.00
pm 3.00	pm 3.00	Chicago.....		

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