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THE Rural Health Retreat, St. Helena, Cal., will be open summer and winter. A fair patronage is promised during the present winter months.

READ the article, "Disease in the Cigar," from a New York paper. Parents, do you smoke, or are your children learning to smoke? Read and be warned.

WE request all those who speak so well of the HEALTH JOURNAL to introduce it into their cook rooms as well as into their parlors. It is made up for "home use."

THE Seventh-day Adventists, in their camp-meeting in Stockton, last September, devoted one day to the subject of health and temperance. This is right. The JOURNAL was highly commended.

THE Pacific Press Publishing House, Oakland, Cal., has on hand and for sale a large number of very valuable health and temperance works, including books, pamphlets, and tracts. It also keeps a good assortment of helps for the Sabbath-school, English Bibles, etc. It will be found a good place to get your holiday books.

DECEPTIVE EXPERIENCE.

MANY will consider it a strange saying, but it is nevertheless true, that there is a great deal of deception in what is called "experience." One will say that he has learned by experience that pork is suitable diet for his system; another, that tobacco "agrees" with him; another, that coffee is strengthening; another, that tea is necessary to comfort and health; and yet another, that whisky is an excellent "nerve food," or quieter of an overworked and nervously prostrated system. To reason with these people seems vain, yes, impossible. Do they not know? Have they not proved the matter by years of experience?

The relation of a few conversations will be suggestive on all these points. Sitting at the table of a newly-formed acquaintance, we referred to their free use of pork, when the lady said she had used pork all her life, and it never injured her at all. We replied that she could only know this if she knew that she was perfectly healthy, that her whole system was entirely free from disease. She answered that she could not say that, for she could not say that she was ever well. Then, we replied, it is certain that *something* injures you, for a diseased state of the system has some cause. Turning attention from herself, we inquired what ailed her little daughter, who was sitting at the table. She said that her daughter was always "sickly," but she did not know what was the matter, and inquired if we could tell. We could tell; for her

daughter presented a marked case of a scrofulous habit. And next she wished to know if we could tell her the cause. This also we could tell. "Part of her scrofula," we replied, "she inherits from you, for you are scrofulous, and part of it she eats at your table every day." We assured her that if the girl were ours we would as soon feed her on any other slow poison as to allow her to eat pork, or even any greasy and highly seasoned food. To such a diseased system as hers, such food could hardly be termed a *slow* poison.

Another lady assured us that tea was healthy, and a great preventive of nervous troubles; that if she did not use it she would "die of the headache," as, without her tea, her head would ache enough to drive her to distraction. This was her "experience." When asked why we did not have the headache, not having taken any tea for a long time, she very innocently replied, "Perhaps you never drink it!" So much the worse for us if your theory be true, for we ought to be distracted with a perpetual headache. A little further conversation enabled her to see clearly that there was a necessary connection between the tea-drinking and the headache. All stimulants act directly on the nerves, and if used continuously they obtain the complete mastery of the nervous system. Then the victim is unable to control the constant craving for his destroyer.

We once saw a blacksmith undertake to shoe a horse. Though an experienced workman, he could not strike a nail. Putting down the foot, he crossed the road to a saloon, and took a large drink of whisky. Returning to the shop, he hit the nail every time. It was his "experience" that whisky was a "necessary" beverage to steady the nerves!

And so we might go on through the whole list of stimulants and narcotics, every one of which is proved by somebody's experience to be useful and necessary to health and comfort.

We have omitted the most striking evidence of a benefit derived from a narcotic. A young man in Ohio informed us that tobacco had proved of great benefit to him, for without its use it was impossible for him to eat fat pork without its "rising" on his stomach! In such a condition, we should have rejected the tobacco, and taken its cousin—lobelia.

In all such experiences the drug *seems* to be beneficial; but he is blind indeed who does not

know that the constant use of such substances is a constant tax on the vital powers, and is surely undermining the whole system.

Another branch of this subject is found in the oft-repeated assertion that it is the safest and best rule in dietary to eat what the appetite craves. But a more shallow assertion could not well be invented. Every one knows—or might know—that the appetite is the creature of education or habit. The boy whose kind-hearted (but misguided) mother said that "graham bread did not agree with him," soon afterward found "by experience" that tobacco did agree with him. If he had made half the effort to cultivate a taste for good, plain bread that he did to form an appetite for tobacco, he would soon have found that such bread is delicious. By and by his craving for tobacco became a controlling passion. Is it safest and best to follow such an appetite as his? Appetites are at this time being created all over the country for pork, tobacco, whisky, lead pencils, gum, clay, and every disgusting and health-destroying compound that the carnal man can imagine or the ingenuity of man can put together.

The safe rules in dietetics are as follows: First, cultivate conscientiousness in regard to the laws of your being; remember that "ye are not your own;" that you owe duties to the Author of your being and to your fellow-beings; and that you can best discharge these duties in good sound health, and the longer you live, the more you can do for God and humanity. Second, diligently study the laws of your being; learn what is best to prolong your life and to give you health and strength; use these and these only, discarding all things which tend to destroy or injure life and health. Do not inquire how you may best enjoy yourself; but follow after right and duty, and the highest, noblest, purest enjoyment will be the sure result.

"So shall thy days be joyful,
So shall thy nights be blest."

THE London *Lancet* says "the appetite is a most misleading sensation," and is seldom an indication of the actual demands of the system. But under intelligent training it may be made to very nearly indicate the wants of the system. A perverted appetite is an imperious master, and a tormentor.

SEE advertisement of books on the 94th page, and of Health Retreat on last page.

MORAL DUTY OF PRESERVING HEALTH.

It has been shown that the sanitary regulations of the Old Testament, as regards the distinction of clean and unclean beasts, did not have its origin in the Levitical law, but was founded in the nature of things. This distinction was recognized before the covenant with Abraham, even in the time of Noah; and it had no reference, at first, to what might or might not be eaten, but to what might be offered in sacrifice. It was recognized in Scripture history before permission was given to eat any manner of flesh.

This permission was given when Noah came out of the ark. On leaving the ark, he immediately "buildd an altar unto the Lord; and took of every clean beast, and of every clean fowl, and offered burnt-offerings on the altar." Gen. 8: 20. It was not possible, as will be seen, for Noah to offer any but clean beasts; but, as has been already noticed, Abraham regarded this distinction when he offered offerings; for he offered only clean beasts, though others were at hand had they been acceptable.

When Noah came from the ark, the earth was destitute of fruits and grains; no food existed except that which he took with him into the ark, according to the order given in Gen. 6: 21. Under these circumstances, he was given permission to eat the flesh of animals, for which provision was made. But no provision was made for the use of unclean animals, either for sacrifice or for food. Of these he took only two, "the male and his female," but of the clean beasts he took *fourteen of each kind*. It is generally supposed that he took only seven of each kind of clean beasts, but the supposition is not admissible. "Of clean beasts, and of beasts that are not clean, and of fowls, and of everything that creepeth upon the earth, there went in two and two unto Noah into the ark, the male and the female, as God had commanded Noah." Gen. 7: 8, 9. Had there been just seven of a kind, the above statement could not be true; for then there would have been either a male without his female, or a female without a male. And the order was, "Of every clean beast thou shalt take to thee *by sevens*, the male and his female." Verse 2. The Revision renders this: "Of every clean beast thou shalt take to thee seven and seven, the male and his female." This is more literal, and strictly correct.

Thus provision was made for both sacrifice and food of clean beasts. Of unclean beasts no provision was made for either, as only two of a kind were taken, "to keep seed alive upon the face of all the earth."

Not much is said in the book of Genesis concerning the use of flesh as food; but every reference thereto shows that only clean beasts were eaten.

Except beasts of burden, which were comparatively little used and never eaten, the patriarchs and their descendants did not deal in unclean beasts; they formed no part of their possessions. To this last statement there were exceptions; but as a rule it was true, according to good authority.

The English word "cattle," in Genesis, is from two Hebrew words. One (*be-ha-mah*) denoting all kinds of animals, as in chap. 1: 24, 25: "And God said, Let the earth bring forth the living creature (soul of life—Heb.) after his kind, cattle, and creeping thing." "And God remembered Noah, and every living thing, and all the cattle that were with him in the ark." Chap. 8: 1; also 9: 10. Another word (*mik-neh*) is rendered "cattle" in Gen. 13: 2: "And Abram was very rich in cattle, in silver, and in gold." "Thou knowest how I have served thee, and how thy cattle was with me." Chap. 30: 29; and others. Of this word Gesenius gives two significations: 1. A purchase, *i. e.*, things bought; "2. Possessions, riches, wealth, but always of cattle, in which alone the wealth of nomadic tribes consists. . . . The word is strictly used only of sheep and goats, excluding beasts of burden." The word "flock" has especial reference to sheep. The word "herd" is used of cattle and of goats. But the idea of a "herd of swine" is not found in the Old Testament. It is utterly excluded from the early records of the Bible.

These points are of interest, showing that the rules in Leviticus concerning unclean beasts did not originate in the time of Moses. Or, we may say, the facts and distinctions were not created to supply the rules there given, but the rules recognized, and were based upon, facts and distinctions long known to exist. And it must appear to all, beyond contradiction, that this distinction had reference to *the nature of the animals*; some, as the swine, being naturally unclean; and the permission to eat animal food *never* extended to the eating of unclean beasts. We firmly believe that

the hog is as filthy and unclean now as it was in the days of Noah; and that it is as unfit for food now as when the Lord told his people they should not eat his flesh or touch his carcass, and when Isaiah classed together "eating swine's flesh, and the abomination, and the mouse." Isa. 66:17. There is nothing too filthy for the hog to feed upon, and no flesh is more filled with scrofula and disease than that of a fattened swine.

Dr. Adam Clarke, on Lev. 11:7, made the following comment:—

"The swine. One of the most gluttonous, libidinous, and filthy quadrupeds in the universe; and because of these qualities sacred to the Venus of the Greeks and Romans, and the Friga of our Saxon ancestors; and perhaps on these accounts forbidden, as well as on account of its flesh being strong and difficult to digest, affording a very gross kind of aliment, apt to produce cutaneous, scorbutic, and scrofulous diseases, especially in hot climates."

This testimony of the learned commentator is true. Science, true science, is always in harmony with the Scriptures. It certainly is on this subject. The best writers on physiology and hygiene give the hog the same character which is given him in the Bible. Observation or experience proves that swine's flesh is detrimental to health if used for food. Even to this day the descendants of Israel, by abstaining from pork, show a marked exemption from scrofulous diseases. And others, not of the same birth, have found a remarkable change in the condition of their physical system by discarding pork and lard as articles of diet. Scrofula, in some form, is almost all-prevailing; and we are firmly convinced that it is attributable to the use of swine's flesh and fat, more than to all other causes. We have room in this article only for the following from Dr. J. H. Kellogg, a well-known physician and author, upon the dangers of pork eating:—

"A few years ago, Dr. Germer, health officer of Erie, Pa., was sent for in haste to see a patient who was supposed to be suffering from the cholera. He hastened to the bedside, and found a whole family sick with symptoms much resembling those of cholera, though the season was then midwinter. Suspecting the possible cause, he secured a specimen from the pork barrel and hastened to his office. Upon making a careful microscopic examination, he found myriads of the loathsome parasites in every part of the flesh examined. We prepared numerous microscopic specimens of the worm in various aspects from a portion of the infected meat kindly sent us by the Doctor, and

have shown them to hundreds of persons who were skeptical respecting the existence of such a pest, so terrible are the effects attributed to it.

"In this case the hog had been fattened on the premises, having been purchased when quite young by the owner, a German, from a drove of hogs which passed through the city. It was known that, previous to the purchase of the hog, two of the drove had died on the road, and had been devoured by their scavenger companions. No doubt the deaths were the result of trichinosis; and by devouring the victims the whole herd became infected. It would be difficult to estimate what an amount of suffering and death was entailed by the consumption of this great herd of trichinous hogs. Several members of the German family died, together with several of the neighbors. Those who survived the acute stages of the disease, only escaped to linger out a painful existence in the chronic and incurable state of the malady.

"Some three years later, we received a specimen of pork from a gentleman in Wisconsin who requested an examination of the same, stating that he procured it from the pork barrel of a neighbor whose family were suffering from a disease which the doctors called cholera infantum. Several of the children had died, and other members of the family were still dangerously ill. The pork had been suspected and examined; but no trichinæ were found by the observers, though several physicians had inspected it. Upon making a careful microscopical inspection of the specimen, we found it alive with young trichinæ.

"Many cases of poisoning from this source are never detected. The symptoms of the disease resemble those of several others so closely that most of the cases are treated for other diseases."

A man has no right to endanger his life, even as he has no right to commit suicide. That there is danger in pork eating no one can dispute. That God has forbidden its use as food is known to all. It is clear that he who deprives himself of the health and strength which he might and ought to enjoy to fulfill life's responsibilities, or shortens his days, or dies of sudden sickness, because of gratifying a perverted appetite in devouring this unclean and highly diseased beast, is guilty in the sight of Heaven, and may justly be held to account for robbing God of the service of that life which God alone can confer.

MR. RUSKIN is quoted as saying: "You fancy you are sorry for the pain of others. Now, I tell you just this, that if the usual course of war, instead of unroofing peasants' houses and ravaging peasants' fields, merely broke the china upon your own drawing-room tables, no war in civilized countries would last a week."

DANGER IN FOUL WATER.

UNDER the head, "A Lesson in Hygiene," we find a valuable article in the *San Francisco Bulletin*, from which we copy as follows:—

"Fifty miles from Madrid, at the junction of the Tagus and Jarama Rivers, lies Aranjuez, one of the royal country seats. It is, for Spain, a model town, with wide streets, good houses, large lots, and plenty of air and sunlight. There is but little poverty, and the people of all classes are generally well housed and fed. Despite these advantages, Aranjuez was fearfully scourged during the cholera epidemic of this year. Out of a resident population of about 4,500 there were 1,707 cases and 888 deaths from cholera. Seven hundred and eighty-five deaths occurred in thirteen consecutive days. Defective drainage may partly account for this mortality. The town had no sewers, the care of the cesspools was left to the discretion of the inhabitants, and the mode of cleaning them was most primitive. The site was comparatively low and damp, the soil porous, vegetation luxuriant, and there was some prevalence of malarial fever. These conditions, though sufficiently favorable to a visitation of cholera, were not, in the opinion of the intelligent correspondent of the *London Times*, in themselves sufficient to account for the violence of the epidemic.

"The disease broke out in Madrid before making its appearance in Aranjuez and vicinity. A large proportion of the sewage of Madrid is carried away by a stream called Manzanares, which falls into the Jarama River about twelve miles from Madrid. The first village below the junction, San Martin de la Vega, was exempt from cholera, but those below, down to Aranjuez, were severely visited. Along the Tagus, above the confluence of the Jarama at Aranjuez, there was no cholera, but below there it ravaged the country. San Martin de la Vega has an excellent supply of spring water, which the inhabitants use for domestic purposes; but elsewhere along the Jarama, and the Tagus below the junction, the people use the river water, contaminated by the sewage of Madrid coming from the Manzanares. The evidence seems almost conclusive that the rivers bore the germs of the disease, and the exemption of San Martin strengthens this conclusion."

From this it appears that infected or impure water is one of the most fruitful causes of the spread of cholera. We have little hope that there will be made any general improvement in this respect in our large cities. In many of them, how to supply pure water is a difficult problem. And of course the citizens, who are dependent on the public works, have no possible means of defense from contagion, as far as the use of water is concerned.

In such a State as California this question is one of unusual importance. In many parts water is far from the surface, and can only be obtained at large expense. In such places the poor are dependent upon any supply which may be presented.

And where water may be obtained near the surface, the ground is generally so porous that surface impurities seem to float almost as readily under the ground as above it, where there is a current of water produced by rains. In a Pacific Coast town in which we spent some weeks, we became convinced that it was almost fatal to life to use water from a well if a barn or any receptacle of filth were on the same lot, the soil was so very porous. Though the situation was excellent, and surface drainage quite good, we were not surprised to learn that the place was peculiarly subject to typhoid fevers and diphtheria, as the ground was exceedingly porous, and the rainfall heavy. But the general health improved when water was brought from a mountain stream, showing that impure water was the cause of the trouble.

We were recently informed by a resident in a California town that the reservoir was so foul that the water was very offensive; that a prudent physician had taken the precaution to have it cut off from his premises; that the citizens were almost entirely dependent upon it, and there is no hope of relief until the rains come. And we are of the opinion that when the rains come, there will be a temporary respite, with a liability to the same calamity another year. We believe this because we have observed the almost universal disregard for the public health in such matters. In the case of a village as small as the one to which we refer, such a state of things is inexcusable, because provision may so easily be made to prevent it. But the carelessness in such small places is greater than in the cities, because the pressure brought to bear upon the officials is less.

The local Boards of Health are uniformly remiss in these matters. In almost every village where water is used from wells, the premises are often a nuisance, and the water unfit for house use. And the same state of things is often found even at farm-houses.

As yet, the cholera has not reached our shores; but with our commerce open with the nations, and the vastness of our imports, it is liable to arrive at any time. When it arrives, there will be a move on this subject, but all too late, as it takes

time to correct impurities already in the soil about dwellings. Surface remedies will then be without avail, for that season. The rains of one season are not too much to effect an entire change, let the effort to remove impurities be what it may.

We do not know whether the State Board of Health has given any particular attention to this subject. If it has, it should still be agitated; for still the need of agitation, of instruction, of reform, exists. If it has not, then we hope it may; for no subject of greater importance can claim its attention.

GOOD LIFE.

HE liveth long who liveth well;
All else is life but flung away;
He liveth longest who can tell
Of true things truly done each day.

Then fill each hour with what will last;
Buy up the moments as they go;
The life above, when this is past,
Is the ripe fruit of life below.

Sow love, and taste its fruitage pure;
Sow peace, and reap its harvest bright;
Sow sunbeams on the rock and moor,
And find a harvest home of light. —*ScL.*

THE Pacific Press Publishing House advertises two very interesting and valuable books in this JOURNAL. The subject of the Atonement is treated in a manner never attempted by any previous writer. In Part One the distinction between the natural and moral system is carefully marked, and the necessity of an atonement to vindicate infinite justice is deduced from the plainest and simplest principles of law and of government. This argument ought to arrest the attention of every inquirer for truth.

"The Great Controversy between Christ and Satan" is the title of a series of four books, taking up the controversy from the fall of Satan and the introduction of evil into the universe, carrying it through the entire period covered by the Bible both in its history and prophecy, reaching to the complete extermination of evil and the renovation of the world from all the effects of sin. Volume Four, the one advertised in this number of the JOURNAL, contains a view of the culmination of the great controversy, and is of the most thrilling interest. To all who believe that the Scriptures are a revelation from God, this book cannot fail to prove interesting. The advertisement of both will be found in this number of the JOURNAL.

SULPHUR SPRINGS.

THE human system is wonderfully accommodating to circumstances. It will seemingly bear almost any burden put upon it. Yet he who presumes upon its forbearance and power of endurance will find that a day of reckoning is sure to come.

The longer the system is taxed with foreign or injurious substances taken into the stomach, the more submissive it seems to become, and the violator of nature's laws congratulates himself that he is so far "getting used to" the evil practice that it ceases to be injurious to him. But this is all a delusion, though, unfortunately, a very prevalent one. The truth is, that the system has its appropriate work to do, and it accepts with gladness any aid to perform its functions. Aid it must have in the form of proper food, and attention to personal cleanliness; but any invasion of its rights it resents vigorously. It will even postpone its accustomed task for a season to repel an invader; and if it does not cry out against an abuse of its rights, it is only because its voice is becoming too weak to be heard. It then settles down into "a decline."

If people lived as they ought to live, no purgative medicines would ever be called for. If the system becomes so disordered that purgatives are required, they should be used as seldom as possible and to the smallest amount practicable. We give this direction only because we are morally certain that comparatively few who read this article will choose the better way, namely, change their habits and methods of living. By correcting their habits, partaking only of food which will build up the body, and give health and strength, the system is soon restored to its normal condition, and no medicines will be required.

We were once informed by the superintendent of one of California's hot sulphur springs, that some men who visited the place for recuperation, drank three or four bottles of the water each day. And some would take two hot full baths each day. This man was the only sensible superintendent that we found in visiting a number of springs; the only one who appeared to feel any interest in the welfare of the visitors. But he said his efforts were useless, for very few would pay any heed to his cautions and advice.

Our visits to the springs were merely for obser-

vation, for our habits of life were such that we felt no need of drinking the water; and nothing but the most urgent necessity would lead us to take such a nauseating draught as hot sulphur water. But what shall we say of people who are so ignorant of the laws of their being as to drink three or four bottles of purgative medicines each day for several weeks? Or, allowing that few people would go to such an extreme, we yet assert that it betokens either ignorance or presumption to drink purgative water every day for a period of weeks, even though taken in much less quantity than indicated above. The rest from work, the release from the activities of the city, with the mountain air, and daily outdoor exercise, all have a beneficial effect, and on account of these they may think the water of the springs has been a benefit to them. But it requires only small knowledge of the human system, and of the effects of the imprudent use of any drugs, to be assured that they are mistaken. They attribute the benefit received to the wrong cause.

The injury done by such a course—for it most assuredly is injurious—does not cease when the person leaves the springs. By the use of the purgative the organs have been whipped into unnatural activity, which, of course, weakens them; and by so long-continued use, they come to depend upon the whip to keep their flagging powers in action. Though the accustomed labor is left behind, and the hurry of business is avoided, the digestive and depurating organs have not rested. Instead of having healthy rest, they have even been deprived of healthy action. And when the person returns to his toil and care, and resumes his mental and physical labor, and perhaps is deprived of outdoor exercise, as is very often the case, then the outraged stomach does its work feebly and imperfectly. The man may feel exhilarated for a season, but he has surely laid the foundation for dyspepsia, and drawn upon his reserve force. In other words, he has induced painful disease, and shortened his days.

If people would partake of simple food and drinks, eat graham bread, little or no meat, eat not too often or too much, and eat nothing between meals, they would never call for purgatives; if they recreated and retained their habits of living, the whole system would be refreshed, and they would return to their labor with every organ of the body strengthened to perform its task.

We call attention to the superior advantages of the "Rural Health Retreat" at Crystal Springs, St. Helena:—

1. The water is absolutely pure—such as should always and only be used. In using it no abnormal taste is gratified; no unnatural condition of the system is induced.

2. All bathing is done under the advice and supervision of a competent physician, who has devoted himself to the subject of hygienic agencies and hygienic practice.

3. The food is prepared by those who are skilled in this department, and is both selected and prepared with reference to health. While it is so well cooked that it will please the taste of the epicure, the gratification of the appetite is not the object held in view by the matron.

4. The surroundings are always enjoyable, the scenery unequaled, and everything calculated to minister to the pleasure and benefit of the visitor or the patient.

The Retreat is open the entire year. All classes of diseases are successfully treated. In the next number of the JOURNAL we shall give some cases of cures which are highly gratifying both to the physicians and the patients.

CHANGES IN THE BRAIN.—In a paper read before the Academy of Medicines, Paris, M. Luys states that the brain is subject to certain changes in position, dependent upon the attitude of the body. Thus, if a man is in the *dorsal decubitus*, or lies upon his side, or stands upon his head, the brain undergoes certain corresponding changes in position, in obedience to the laws of gravity; the movements take place slowly, and the brain is five or six minutes in returning to its first position. From these anatomical data, M. Luys deduces some interesting and practical conclusions, and explains by them the symptoms of vertigo and faintness, for example, which feeble persons experience when suddenly rising from a horizontal position. He suggests whether the pains of meningitis may not be due to an interference with these normal movements, and urges the value of giving the brain the change produced by a horizontal position at night.

"PRESENT your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service." Rom. 12 : 1.

THE SMALL-POX.

THE State Board of Health of California, in its Monthly Circular for October, calls special attention to the subject of the small-pox. We are requested to publish the following in regard to it. When we consider the condition of many thousands in our cities, and know that if small-pox does spread in those localities it must be terrible in its effects, we cheerfully comply with the request, and hope every wise precaution may be taken to prevent its becoming epidemic in our State.

"Small-pox has not yet made any progress in this State. It is spreading in Mexico and in Canada, and has appeared in New Hampshire and New York. It also prevails in England, France, Belgium, Italy, Austria, Russia, and South America, countries with which we are in constant communication by travel and otherwise. Under these circumstances, we may very safely predict the advent of the disease to this coast before very long; it is therefore the act of prudence to take early warning, and prepare to render the invasion as limited as possible, and this can only be done by vaccination. It is now several years since small-pox was epidemic in California. Since then many thousands have been born, or added to the population by immigration, who have never been protected by vaccination; to these may be added those, who, although vaccinated in childhood, have, by reason of age, acquired a renewed susceptibility to the influence of the disease. Among these classes of persons our danger lies, as it is the unprotected that are attacked. This danger must be removed by vaccination and revaccination, thus depriving the disease of the source from which it obtains its victims. By so doing we can virtually stamp it out. It is a disgrace to civilization to hear of an epidemic of small-pox in this century, when the means of averting it are so accessible, so certain, and so innocuous to the individual and the community. It is to be hoped that every physician receiving this circular will see that the unvaccinated in his vicinity are protected *at once*, as at any moment the disease may appear in our midst, owing to the constant communication with localities where we know it exists. If every one, male and female, were efficiently vaccinated, we might be certain to escape; but should the disease now appear, it would not fail to prostrate numberless persons who might have been protected from this most loathsome of all diseases, had physicians done their duty in admonishing their patrons of its necessity."

While it is true that they who live in harmony with the laws of health have little cause to fear the small-pox, it is also true that very few live so; hence the necessity of heeding this notice.

NIGHT AIR.

AN extraordinary fallacy is the dread of the night air. What other air can we breathe at night, than night air? The choice is between pure night air without and foul air within. Most people prefer the latter,—an unaccountable choice. What will they say, if it is proved to be true that one-half of the disease we suffer from is occasioned by people sleeping with their windows shut? An open window, most nights in the year, can never hurt any one. This is not to say that light is not necessary for recovery. In great cities, night air is often the purest to be had in the twenty-four hours. I could better understand shutting the windows in town during the day than during the night, for the sake of the sick. The absence of smoke, the quiet, all tend to make night the best time for airing the patient.

One of our highest medical authorities on consumption and climate, has told me that the air is never so good as after ten o'clock at night. Always air your room, then, from the outside air, if possible. Windows are made to open, doors are made to shut—a truth which seems extremely difficult of apprehension. Every room must be aired from without; every passage, from within. But the fewer passages there are in a hospital the better.—*Florence Nightingale.*

FATIGUE.—In order to understand the influence of an irregular expenditure of force, we need only to remember that when greatly fatigued we lose our appetite, and that when the stomach is full of activity the limbs are indisposed for performing hard work. Insufficient nourishment and fatiguing work, during the period of growth, stop the corporeal development of the individual.—*Liebig.*

A TIMID gentleman some days ago met a bluff, burly doctor, who is more noted for the force than the polish of his language, when the following colloquy ensued: "Doctor, what shall I take for the cholera?" "The cholera! Have you got the cholera?" "No." "Well, take the cholera first." The gentleman, not having taken the first prescription, has not inquired for a second.

A BAKER in Philadelphia said: "The Italians and Chinese eat stale bread exclusively, and I never yet heard of an Italian or a Chinaman suffering from dyspepsia or the toothache."

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

CHILDREN are generally brought up from the cradle to indulge the appetite, and are taught that they live to eat. The mother does much toward the formation of the character of her children in their childhood. She can teach them to control the appetite, or she can teach them to indulge the appetite, and become gluttons. The mother often arranges her plans to accomplish a certain amount through the day, and when the children trouble her, instead of taking time to soothe their little sorrows, and divert them, something is given them to eat, to keep them still, which answers the purpose for a short time, but eventually makes things worse. The children's stomachs are pressed with food when they had not the least want of food. All that was required was a little of the mother's time and attention. But she regarded her time altogether too precious to devote to the amusement of her children. Perhaps the arrangement of her house in a tasteful manner for visitors to praise, and to have her food cooked in a fashionable style, are, with her, higher considerations than the happiness and health of her children.

Intemperance in eating and in labor debilitates the parents, often making them nervous, and disqualifying them to rightly discharge their duty to their children. Three times a day parents and children gather around the table, loaded with a variety of fashionable foods. The merits of each dish have to be tested. Perhaps the mother has toiled till she is heated and exhausted, and is not in a condition to take even the simplest food till she has first had some rest. The food she has wearied herself in preparing is wholly unfit for her at any time, but especially taxes the digestive organs when the blood is heated and the system exhausted. Those who have thus persisted in violating the laws of their being, have been compelled to pay the penalty at some period in their life.

There are ample reasons why there are so many nervous women in the world, complaining of the dyspepsia, with its train of evils. Cause has been followed by effect. It is impossible for intemperate persons to be patient. They must first reform bad habits, learn to live healthfully, and then it will not be difficult for them to be patient. Many do not seem to understand the relation the mind

sustains to the body. If the system is deranged by improper food, the brain and nerves are affected, and slight things annoy those who are thus afflicted. Little difficulties are to them troubles mountain high. Persons thus situated are unfitted to properly train their children. Their life will be marked with extremes, sometimes very indulgent, at other times severe, censuring for trifles which deserved no notice.

The mother frequently sends her children from her presence, because she thinks she cannot endure the noise occasioned by their happy frolics. But with no mother's eye over them to approve or disapprove at the right time, unhappy differences often arise. A word from the mother would set all right again. They soon become weary, and desire change, and go into the street for amusement; and pure, innocent-minded children are driven into bad company, and evil communications breathed into their ears corrupt their good manners. The mother often seems to be asleep to the interest of her children until she is painfully aroused by the exhibition of vice. The seeds of evil have been sown in their young minds, promising an abundant harvest. And it is a marvel to her that her children are so prone to do wrong. Parents should begin in season to instill into infant minds good and correct principles. The mother should be with her children as much as possible, and should sow precious seed in their hearts.

The mother's time belongs in a special manner to her children. They have a right to her time as no others can have. In many cases mothers have neglected to discipline their children, because it would require too much of their time, which time they think must be spent in the cooking department, or in preparing their own clothing, and that of their children according to fashion, to foster pride in their young hearts. In order to keep their restless children still, they have given them cake or candies almost any hour of the day, and their stomachs are crowded with hurtful things at irregular periods. Their pale faces testify to the fact that mothers are doing what they can to destroy the remaining life forces of their poor children. The digestive organs are constantly taxed, and are not allowed periods of rest. The liver becomes inactive, the blood impure, and the children are sickly and irritable, because they are real sufferers by intemperance, and it is impossible for them to exercise patience.

Parents wonder that children are so much more difficult to control than they used to be, when in most cases their own criminal management has made them so. The quality of food they bring upon their tables, and encourage their children to eat, is constantly exciting their animal passions, and weakening the moral and intellectual faculties. Very many children are made miserable dyspeptics in their youth by the wrong course their parents have pursued toward them in childhood. Parents will be called to render an account to God for thus dealing with their children.

Many parents do not give their children lessons in self-control. They indulge their appetite, and form the habits of their children in their childhood, to eat and drink according to their desires. So will they be in their general habits in their youth. Their desires have not been restrained, and as they grow older they will not only indulge in the common habits of intemperance, but they will go still further in indulgences. They will choose their own associates, although corrupt. They cannot endure restraint from their parents. They will give loose rein to their corrupt passions, and have but little regard for purity or virtue. This is the reason why there is so little purity and moral worth among the youth of the present day, and is the great cause why men and women feel under so little obligation to render obedience to the law of God. Some parents have not control over themselves. They do not control their own morbid appetites or their passionate tempers; therefore they cannot educate their children in regard to the denial of their appetite, and teach them self-control.

The first education children should receive from the mother in infancy, should be in regard to their physical health. They should be allowed only plain food, of that quality that would preserve to them the best condition of health, and that should be partaken of only at regular periods, not oftener than three times a day, and two meals would be better than three. If children are disciplined aright, they will soon learn that they can receive nothing by crying or fretting. A judicious mother will act in training her children, not merely in regard to her own present comfort, but for their future good. And to this end, she will teach her children the important lesson of controlling the appetite, and of self-denial, that they should eat, drink, and dress in reference to health.

Temperance.

INDICTMENT OF THE LIQUOR TRAFFIC.

IN *The Voice* of October 8, 1885, Hon. Neal Dow has an article on Prohibition, in reply to the *Christian Union*, which is logical and conclusive. We may quote from it hereafter, but our present object is to notice its concluding paragraph. In this he quotes various eminent men, as follows:—

“It is the gigantic crime of crimes.”—Senator Morrill. ‘It inflicts upon the community more evils than come from war, pestilence, and famine combined.’—Gladstone. ‘It inflicts more evil than comes from pestilence, conflagration, and civil war.’—Bishop of Rochester. ‘The liquor seller is a poisoner general.’—Wesley. ‘He is an artist in human slaughter.’—Lord Chesterfield. ‘He is a murderer.’—Lyman Beecher.”

To this we add a quotation from Bishop Foster, as follows:—

“That gigantic atrocity, that diabolical conspiracy, that nameless *monstrum horrendum* of Christian civilization that mothers nine-tenths of the woes and sorrows which blight and curse our modern age, the traffic in intoxicants, which hides its deformity under forms of law.”

The remark of Lyman Beecher sounds harsh, yet if the other quotations are true, that from him must be. Here is just *the issue* between the liquor dealer and the temperance part of the community. The liquor dealer contends that his business is “legitimate,” and to be tolerated as much as any other mercantile pursuit. The temperance people contend that it is “criminal,” and not legitimate. To determine that point is the object of this article.

Every action must be judged by its characteristics. It is the result or the consequence that determines whether an action is or is not a crime. And we may arrange all human actions under three classes, namely: Some are never criminal; some may or may not be criminal; and some are always criminal.

Under the first head we bring all the duties of every-day life; the practice of the virtues; the observances of religion, etc. These are as unlimited in number as the various duties arising out of the varied circumstances of all the human race.

Under the second head we also arrange a very large number of transactions. It is no crime *to write*; it may be, and very often is, a duty. But if a person writes for the purpose of uttering false-

hood, of destroying the reputation of his neighbor, it is then criminal. It is not wrong to fire a gun; it is often a duty to do so. If a wild beast were about to destroy one of a family, it would be the duty of the father, or of any other, to shoot the beast if it were within his power. But if, instead of saving life, the gun be fired to take life, it is then a crime. In this it is plainly seen that the result of an action determines whether it is or is not criminal.

Under the third head we may also arrange a large number of actions. Thus, it is *always* a crime to murder, to commit adultery, to steal, to rob, to take by force or craft or fraud that which belongs to another, for which no just or valuable equivalent is paid, etc.

In society all actions must have certain relations. As the scripture says, "None of us liveth to himself, and no man dieth to himself." In a certain sense this may be applied to all mankind. Almost every action has some effect or some influence on our fellow-men. This is true to a very marked degree in the case of the liquor vender. There is no business which any man ever followed which gives its impress so speedily and so strongly to the community as that of selling alcoholic drinks. This being so, it surely cannot be difficult to determine its character, because its results, or consequences, are so apparent to all. They cannot be hid. If, for a while, an effort be made to keep the results out of sight in a given case, it soon proves to be a failure. In truth the consequences are recklessly obtrusive. Go where we will, we have to meet them.

But of this we cannot complain if the plea of the liquor dealer is a just one, if his business is legitimate, if it tends to the good of individuals and of society. If his claim is just, then the more we see of the effects of his traffic the better for the community in which he carries on his business. But as we are limited as to room, we will reserve an examination of its characteristics for our next number. We ask the reader to keep these points in mind until we present the traffic itself to his view, and see to which class of actions its belongs.

READ the item on page 94, from the *Fresno Republican*, and the article on Moral Duty of Preserving Health, before you buy your supply of pork.

DISEASE IN THE CIGAR.

THE *Commercial Advertiser* some time ago referred to the evils of making cigars in tenement houses, where men, women, and children, sick with contagious diseases, continue their work unabated, since to stop work is to do without food. Oftentimes the invalid, in the last stages of disease, is obliged to bunch leaves for his healthy companions in order to prolong his life.

It has been a grave question among smokers whether or not tobacco is a medium of infection. It has been popularly believed that the aromatic qualities of the leaf destroy the germs of disease, much after the manner that the simple odor of carbolic acid is supposed to prevent the spread of contagion. In Cuba, during the cholera epidemic twenty years ago, tobacco leaves were burned in chaffing dishes in the sick room, and usually caused the death of the patient by suffocation. A room treated in this way was supposed to be cleansed from any danger of infection.

At the Bureau of Contagious Diseases of the Health Department, inquiry was made whether tobacco can carry infection. One of the oldest physicians in the service replied: "There can be no doubt of it. Tobacco may carry infection, as well as anything else in nature that has pores and is capable of absorbing moisture. This question has been an interesting one to the Board of Health on account of the recent action in the Legislature in regard to the manufacture of cigars in tenement houses. It was proved by the authors of the bill, which sought to restrict such manufacture, that the health of the community was endangered by the practice. The gravest questions were brought forward and discussed in regard to the danger from the tenement houses, and it was conceded by every right-thinking man that blood poisonings, always mysterious in their workings, might be produced and accelerated by the smoking of cigars made by diseased persons. Some little time ago we had occasion to investigate a case of death from small-pox. We went to the tenement where the man died, and found it was occupied almost exclusively by cigarmakers. In the room where the death occurred were two persons sick from the disease, one of whom was nearly dead and the other calmly making cigars. We immediately isolated the family, disinfected the tenement, traced the cigars so far as we could, and seized and destroyed them. Had this family not been discov-

ered as soon as it was, there can be no estimate of the spread of the disease. The cigarmakers, especially those living and working in tenements, are Bohemians. They are the filthiest people we have in this city—worse, in fact, than the lowest class of Italians. They resist vaccination forcibly, and we have had many times to call in the police to assist us. In fact, so widespread among them is this dread of vaccination, that at the time of which I speak a Bohemian priest spoke from the altar of one of their churches in this city and counseled them to resist the Board of Health to the utmost. As in this case, so in all others where the health officer came in contact with these people.

"Briefly, no man who smokes cigars or cigarettes is free a moment from the danger of becoming infected with some contagious disease of the most disgusting character."

A case was mentioned of a gentleman in this city who was attacked by diphtheria of the most virulent character. Believing there was some defective plumbing in his house, he had a sanitary engineer inspect it, and to his surprise it was pronounced perfect so far as sanitation was concerned. But the gentleman was a great smoker.

"That," interrupted the doctor, "explains the case. The gentleman you refer to evidently smoked a cigar which had been made by a person who was either suffering from or recovering from a case of diphtheria. The cigarmaker probably used his saliva to moisten the end of his cigar, and left the germs of disease ready for infection. In the circumstances related there is no doubt in my mind that the smoker caught the disease by infection from his cigar. If a man smokes who has the slightest abrasion on his lips or fingers, he is in danger of contracting the most detestable of blood diseases. There is little doubt that General Grant might have caught his cancer from a similar cause. While this is not certain, it is by no means unlikely. Another evil of infection by means of cigars is that the disease is usually intensified. One case, I remember, which occurred in this city four or five years ago. A man bought an expensive cigar and began smoking it. Before he had smoked more than half way to the butt, he detected a strange odor, and, to ascertain the cause, he unwrapped the cigar. He discovered within the roll a piece of rag, which he placed to his nostrils and smelled. Two days after, he was stricken with

small-pox and died within four days. The cigar was traced, and the makers were found to be persons who had been suffering from small-pox."

OUR NATION'S CURSE.

ACCORDING to the statistics of the census, and of internal revenue reports, the evil results of intoxicating liquors may be summed up as follows. The figures and facts are carefully made out, and the aggregate, in whatever light it is viewed, is frightful. Here are the statistics:—

There are in the United States 140,000 saloons as against 128,000 schools and 54,000 churches.

Manufacturers and sellers of strong drinks number 560,000,—twelve times the number of clergymen, four times that of teachers, nearly double all the lawyers, physicians, teachers, and ministers in this country combined.

The liquor business converts millions of bushels of grain, which God designed to preserve life, into a vile stuff that destroys it.

Intemperance is the cause, direct or indirect, of nearly all the loss of life by disasters, both on land and on sea.

It is reducing 200,000 children annually to beggary and want.

It is making 130,000 confirmed drunkards annually.

It furnishes three-fourths of the cases tried in our courts, and consequently causes three-fourths of the expenditures for maintaining them. It furnishes employment for the keepers of our county jails, city and State prisons, the cost of maintaining which must be met by the people.

It furnishes, directly or indirectly, two-thirds of the inmates of our asylums for the insane—another cause of expenditure by the people.

It necessitates in the cities and villages a police force many times as large as would otherwise be needed.

It is the cause of nearly all riots and public disturbances.

It is sending 150,000 annually to the drunkard's grave,—a mortality equal to the destruction of our standing army six times every year,—a greater destruction of life than was witnessed during any year of our civil war.

Kansas expended annually \$3,000,000 for alcoholic drinks previous to prohibition. This was three times its State debt.

New York City expended for beer \$35,000,000

in 1877. Yet when the State expends \$4,000,000 for a State House, the people are struck with astonishment.

Intemperance is costing this nation annually over \$1,500,000,000,—money enough to nearly pay our national debt.

Enough to purchase 200,000,000 barrels of flour, or four barrels for every person in the United States.

Enough to buy a suit of clothes worth \$30 for every citizen of the United States.

Enough to clothe, furnish books for, and educate, 10,000,000 young men or women annually, or graduate 2,000,000 with a five years' course of study.

Enough to build 1,500,000 houses at \$1,000 each.

Enough to purchase forty-acre homes for 1,000,000 persons, at \$40 per acre.

Enough to build 300,000 school buildings worth \$5,000, or a similar number of churches worth the same.

Enough to construct 75,000 miles of railroad at \$20,000 per mile, or enough to go three times around the globe.

Enough to send a Bible to every person on the earth.

Enough to enable philanthropic societies to transform the hells of the earth into Edens.

Enough to furnish the means by which the world would become not only more intelligent but more cultured.

In a sentence, if intoxicating liquors were abolished entirely from our land, crimes, poverty, and misery of all kinds would largely cease.

The Boston fire destroyed \$70,000,000 of property, thus attracting the attention of the civilized world. But New York's annual destruction of one-half as much by the foolish habit of beer-drinking, is passed by with only a few comments from the "fanatics."

The Chicago fire consumed about \$200,000,000 of property. And every business almost throughout the civilized world stood still for two or three days because of the horror which justly took possession of each person's heart. By that fire few persons lost their lives; but 100,000 persons were rendered homeless. All Christendom responded to the cry until \$7,500,000 was sent to their relief. But when seven such fires, reducing 200,000 children to a worse condition than the 100,000, and

destroying the lives of 150,000, occur in one nation every year, nobody but "fanatics" pay attention to it.

It would naturally seem to any one who thinks, that all sane persons would take radical grounds against a business that annually costs the nation one-half as much as our national debt was at the close of the war.—*Health Tract.*

THE LIQUOR BUSINESS.

SAYS an exchange: The Louisville *Courier-Journal* is not a sanctimonious paper, but it thus speaks of the traffic in intoxicating drinks:—

"It is a business which is opposed to every clergyman in the country.

"It is a business which every merchant and business man hates and detests.

"It is a business which is the standing dread of every mother.

"It is a business which makes ninety per cent. of the pauperism for which the tax-payer has to pay.

"It is a business which makes ninety per cent. of the business of the criminal courts.

"It is a business which keeps employed an army of policemen in the cities.

"It is a business which puts out the fire on the hearth, and condemns wives and children to hunger, cold, and rags.

"It is a business which fosters vice for profit, and educates in wickedness for gain.

"Drunkenness comprises all other vices. It is the dictionary for vice, for it includes every vice.

"Drunkenness means speculation, theft, robbery, arson, forgery, murder; for it leads to all these crimes."

THE FATAL GLASS.—"I have sometimes thought what I should do if Fred took to drinking," said a notable housekeeper to a friend. "It is so dreadful, what if it should come into my dish." At the same time she was mixing in liquor with Fred's dainty dishes. And one day, when he missed the old wine-flavor in the pudding sauce on the table, he petulantly tipped his chair back, and refused to eat any of the food. The dreadful shadow came ultimately, and the friend thought the hand of the mother that stirred the wine into the son's food, had mixed the fatal glass for him.—*Sel.*

CANCERS FROM TOBACCO.

Of late the American public has had its attention called to this subject. In a pamphlet published by Rev. Albert Sims, Toronto, we find the following under the head of "Ulceration of the Tongue:"

"This is a very general effect of tobacco. In his work on tobacco, John Lizars, M. D., cites six cases of ulceration of the tongue, two of which ended fatally. He also mentions two cases of cancer of the tongue from the same cause, and says: 'How many narrow escapes of having cancer of the tongue must every smoker have had, when we consider that every one with a disordered stomach has had one or more pimples on his tongue, which, had they been irritated with pungent tobacco smoke, would in all probability have ended in ulceration, become cancerous, and ended fatally.' Such cases are by no means of uncommon occurrence. Speaking of a certain smoker afflicted with ulceration of the tongue, a skillful doctor says: 'I saw what I considered to be a tremor of the pancreas with indigestion, and which terminated in the death of the patient.'

"A banker in Philadelphia died of starvation. He was an inveterate smoker. This habit resulted in impregnating the glands beneath the tongue, which terminated in cancerous ulcerations. Inflammation supervened; the roots of the tongue ulcerated, and the throat sympathized with them, until it was difficult to swallow or spit. His only nourishment for weeks, yea, months, was of a liquid character; even that, at last, could not be received, and death from starvation and suffocation finally closed the scene, the victim being otherwise in perfect health.

"The *Medical Times and Gazette* for October 6, 1860, gives an account of 127 cases of cancers of the lip which have been cut out, nearly all of which occurred with smokers."

"In some cases the tongue has actually mouldered away from the effects of tobacco smoking. It is further known that a smoker who has this ulceration of the tongue may give the disease to another by persuading him to use his pipe."

TEA is as distinctly a narcotic poison as is opium or alcohol. It is capable of ruining the digestion, of enfeebling and disordering the heart's action, and of generally shattering the nerves. And it must be remembered that not merely is it a question of narcotic excess, but the enormous quantity of hot water which tea-bibbers successively take, is exceedingly prejudicial to digestion and nutrition. In short, without pretending to place this kind of evidence on a level as to general effect with those caused by alcoholic drinks, one may well insist that our teetotal reformers

have overlooked, and to a small extent encouraged, a form of animal indulgence which is as distinctly sensual, extravagant, and pernicious, as any beer-swilling or gin-drinking in the world.—*London Lancet*.

It is the over-consumption of whisky that makes the under-consumption of food and clothing in this land of liberty and liquor. The annual bill for bread, meat, cotton, and woolen goods of this great American people foots up a total of about \$1,250,000,000. But its annual bill for whisky, beer, and the taxes thereon is \$1,400,000,000. In other words, it drinks \$150,000,000 worth more than it eats and wears. And the people who commit this folly every year are amazed that once in a few years they are hard up, and some of them want to hoist the communistic red flag, and destroy everybody else's property because they have wasted their own share of the national substance in rye juice and other riotous fluids.—*Boston Traveler*.

In a recent Winthrop temperance meeting a gentleman made the following statement: "In a neighboring town twenty-seven men banded together to oppose in every possible way the Washingtonian movement. Of these, eleven filled a drunkard's grave; seven were lost at sea; four, while intoxicated, drove into an arm of one of the lakes in this vicinity one night, and were drowned; two committed suicide; two were hanged in the South, and one went to sea and never was heard from."—*Lewiston (Me.) Journal*.

COSTLY WORKS OF ART.—"My, but these art works do run into money," remarked a passenger whose breath smelled like the south side of the Ohio River. "It beats all what fools some folks make over pictures. When I was in Chicago I saw a little painting about a foot square that was held at \$500. 'Spect some simpleton will come along and buy it. If I had a million of money you'd never catch me paying \$500 for a little painting like that."

"That's the way you talk," spoke up a bashful drummer; "but I'll bet you paid four times as much money for a painting not a tenth part as big."

"What, me?"

"Yes, you."

"What kind of a painting?"

"The one on the end of your nose."—*Chicago Herald*.

Miscellaneous.

SLOW POISONING.

"ISN'T it strange," said Araminta musingly, "that wealthy people are not always educated people, especially when money has been handed down from generation to generation?"

"It is simply a question of heredity, I suppose," said one of Araminta's companions. "If the desire to accumulate wealth for the purpose of making a show in life is the ruling passion of one's progenitors, that settles it generally, at least as far as I have had opportunity to observe."

"Well, I should think that even such people would want to know something about their stomachs," Araminta responded, as if suffering from a personal injury, "especially as from their limitations in other respects they are obliged to give so much attention to these organs. Now by way of a little amplification of this subject I want to tell you of two visits I have made during the last fortnight. I was invited to tea by the wealthiest woman in a certain country village, and if not by the poorest in respect to worldly goods, at least with one who is compelled to practice all sorts of small economies and to do her house work with her own fair hands.

"In the first instance I was received with the greatest effusiveness, and installed in the most luxuriously upholstered chair in the dark, spacious parlors, when I would a thousand times rather have been out on the piazza with the flies which my hostess made such deadly war against; and the top step for a seat would have been infinitely preferable to the warm depths of this cushioned easy chair. The piazza was nothing to my hostess but an added shade to her house. There was the inevitable photograph album, and plenty of pretty tables and 'what-nots' covered with fancy articles, but not a book to be seen; if there had been, owing to the scarcity of light, I could hardly have made out the title. About half an hour before tea my entertainer left me in the deepening gloom, 'to oversee the biscuits,' she told me in a sepulchral whisper. 'I have a fair cook,' she added. 'Indeed, she ought to be good, for I pay her enough. But there are some things I never allow her to do alone; one of these is raised biscuits.' Now I was certainly led to expect something un-

usual; but these much-boasted articles were underdone and consequently heavy, besides being so thickly tattooed with yellow spots as to be hideous to the sight. 'The cook didn't work the soda in as much as I would have liked,' my hostess explained, 'but I never allow sour bread to come onto my table.' It is my firm belief that raw dough with the alkali left out, would have been more digestible than these speckled cannon balls. But common politeness decreed that I should at least appear to partake of what was placed before me, so I nibbled deftly at the crust and seemed pleasantly occupied. Dear me, what hypocrites we are. The cake was as execrable as the biscuit, possessing the same element of clamminess and the same alkaline sting. The preserves were so sickeningly sweet that half a teaspoonful was as much as a well-ordered stomach could possibly manage, and so with everything else upon this groaning board. I knew I should groan later, and I did. There was not a flower to be seen, though the meadows were white with daisies, and wild roses were blooming everywhere. Then, too, my hostess had an acre or two of flower-garden, and a gardener who, whatever his other recommendations might be, 'came from the employ of one of the first families in New York.' The photographs in the album, which fortunately I could not examine with a critic's eye, and the terrible sufferings from dyspepsia common to every member of this benighted household, furnished the entertainment of the afternoon. Now just think what a little knowledge of physiology and even a very superficial acquaintance with chemistry would have done for this wealthy woman. She might not have known Tennyson from Tupper, or a syllogism from the rule of three, but she could then have poisoned her family and friends only from deliberate choice.

"It took me two or three days to recover from the effects of this indigestible conglomeration, and I shall never think of that tea-table without disgust and impatience.

"And now let me tell you about visit number two. A couple of rockers under some beautiful Balm of Gilead trees, a large vase of wild flowers at one end of the wooden door-steps, a mass of old-fashioned cinnamon roses on the other. Two or three magazines and some newspapers on a bench contiguous to the rockers, a flower garden at our right, a sloping meadow in front, and the blue sky seen in fascinating patches through the

brilliant green of the ancient trees. Then a few moments to myself; just long enough for a delicious reverie, and next a chirping call to tea. Bread not too fresh nor yet too stale, fragrant, pure butter as yellow as gold, a heaping dish of black raspberries, another of late strawberries, some cold chicken poetically served, a pitcher of cream that it makes my mouth water to think of, and last, but not least, a cream cake which was certainly the most satisfying to soul and sense of any cake I ever had the good fortune to be treated to. As you are all cooks, I will give you an inkling of how it was made. 'Just a very plain cake,' my friend told me, baked in layers. Of these there were three, perhaps each an inch in thickness; the cream—the genuine article—properly sweetened, and delicately flavored with vanilla, was whipped to a stiff froth, and at the *last moment* poured over them. A pint of cream would be none too much for a cake of this size. You see the cream does not have time to soak in before cake time arrives, and to admit of this dressing the cake itself must not be very sweet or very short. 'Just plain and light,' my friend said. Being in a great measure an inspirational cook, I doubt if she could have given the exact rule. This was a feast for the gods and goddesses, made possible, not by wealth, but by that true culture and refinement which comes from well-organized brains properly developed. By and by legislation will take up this matter of slow poisoning, you see if it don't," Araminta concluded a little snappishly; "that is, if education don't come to the rescue, and I don't suppose it will. I guess an *elephant* could go through the eye of a needle about as easy as one could beat necessary culinary and physiological information into such heads as the rich woman's I have been telling you about. But if such people can't be enlightened, they ought to be suppressed."—*Eleanor Kirk, in Good Housekeeping.*

FRUIT-EATERS NEED NO DOCTORS.

WE were struck recently by the remarks of a doctor friend of ours, who said no one thing will do so much to make people independent of the medical profession as the daily free use of fruit. He had noticed that those farmers in whose families fruit was regularly and largely consumed, seldom needed his services. We thought, What a pity that every farmer in the land could not be

convinced of these truths. It is a deplorable fact that farmers' families do not enjoy that robust health that country air and out-door life, with plenty of exercise, should give. It is also a fact that living on farms whose rich acres are aching to produce abundant crops of the varied fruits, but very few have plenty, and many never have any fruit except it be an occasional apple. The standard food in a majority of farmers' houses consists largely of bread, butter, and meat (mostly pork) fried in grease, and where pastry and cake is used it has lard in large proportion in its composition; and this food is eaten at least twice, and in many families three times a day, year in and year out. Is it any wonder that they are not more healthy, and that their prevailing diseases are such as indicate an over-consumption of greasy food? If fruits were expensive or difficult to raise, there would be some excuse; but there is no part of the country without plenty of varieties adapted to its soil and climate, and just such as are fitted by nature to both nourish and cleanse the body, and no more skill is required to grow them than to grow corn or wheat.—*Rural New Yorker.*

WHY WOMEN BREAK DOWN.

THERE is little doubt that women are breaking down more rapidly than men, because they allow themselves to take less real rest. When a man drops his business, he drops it. When a woman lets go of any work she may have in mind, she ties it to her apron strings, as it were. She has been taught through long ages of training that it is a high crime and a misdemeanor to let anything escape her mind, so she is constantly, when she is at rest, pinching herself or prodding herself to see if she hasn't forgotten something. In this way she carries the burden of her work into her resting hours, and sits down among the roses of relaxation with her foot on the treadle of the grindstone of prosy drudgery.

If men kept their noses to the grindstone with womanly persistence, they would be nervous and irritable beyond compare. If women would get their own consent to rest, they would have better complexions, better stomachs, and a happier life.—*Inter-Ocean.*

A GERMAN manufactory is turning out over a ton a day of glucose made from old linen rags.

IMPORTANCE OF LEARNING TO COOK.

THAT health is in a large measure dependent upon the quality of the material which we select for our daily food, none will deny. But however excellent the material selected, it may be rendered unhealthful and indigestible by the manner in which it is prepared. It thus becomes unfit to nourish the system; hence great care should be taken in cooking and preparing food for the table. Much suffering, physical and mental, is the result of unhealthful cooking.

We know that our blood is formed from the food we eat, and unless our food is such that it can be converted into pure blood, it will not meet the demands of the system. Ill-cooked food cannot be converted into pure blood. It disturbs the digestive organs, causing fretfulness, gloomy and disagreeable feelings, and benumbs the moral sensibilities. Since health and happiness are so closely connected with the art of cooking, it becomes of the utmost importance to learn to cook healthfully.

To be a skillful hygienic cook is a rare and valuable accomplishment, and should be deemed an essential branch of household education.

Very many, especially young ladies, seem to think it degrading to perform household labor. To learn the art of cooking seems beneath them. We think there is some reason for this prejudice, from the fact that so many families who employ girls to do housework look upon them simply as servants. But why should it be thought a menial service to be a good cook? Life cannot be sustained without food, much of which requires cooking, and health demands that it should be properly cooked. Life and health are very precious, and it cannot be a menial service to aid in their preservation. By preserving the health of the body, we aid in securing the healthy action of the moral powers; hence it becomes the Christian duty of those who cook to learn to prepare simple, healthful, and inviting food. Mrs. White has well said: "To cook well, and present healthful food upon the table in an inviting manner, requires intelligence and experience. The one who prepares food that is to be placed in our stomachs, to be converted into blood to nourish the system, occupies a most important and elevated position. The position of copyist, dress-maker, or music teacher, cannot equal in importance that of the cook."

We should seek simplicity in cooking, while we

may have a suitable variety. Food should be agreeable to the taste, not only because it adds to our enjoyment, but it promotes digestion. The delicate sense of taste was designed as a detective to guide us in the selection of food; but it has been so abused and perverted by the use of injurious and highly seasoned food, and other wrong habits, that it is not safe to follow its guidance without the aid of reason and judgment. Taste and appetite are greatly modified by habit. Indulgence in stimulants, etc., lessens the sensibility of the nerves of taste and destroys the natural relish for food, so that what might otherwise be delicious seems insipid. The taste should be cultivated so as to relish plain, healthful, well-cooked food.

Mothers should deem it a Christian duty to understand the art of cooking according to the laws of health, and to educate their daughters very young in this important branch of household labor. It will be much easier for them to learn thus early in life, under the loving, patient, skillful guidance of a mother, than in after years, when compelled by necessity, and obliged to bear the responsibility alone. Mothers who understand their duty, and have true love for their daughters, will take them into the kitchen when young and carefully instruct them in its duties. They may make mistakes, but these should be corrected with patience, and they should be encouraged by a word and smile of approval in all their efforts to do well. Thus they will be fitted to be useful; very many temptations will be avoided, and mothers will reap a reward in their dutiful, well-trained daughters.—*Nellie F. Heald, in Health Reformer.*

STALE VEGETABLES.

NEXT to decayed meats come stale vegetables. Nice ripe fruit, and fresh vegetables in their season, are among the most wholesome of all articles of diet. It is to the use of unripe fruit and wilted and partially decayed vegetables that the bowel disturbances are due. It is much safer to arrange with some gardener to furnish the supplies, where you know everything is fresh and of the best quality. Vegetables readily absorb poisonous gases, and when kept in markets, surrounded by meats, fish, and other decaying substances, perhaps for days, they are absolutely poisonous and unfit for food. If compelled to obtain supplies at such places, be sure everything is fresh and healthy.

Vegetables should be firm in appearance and to the touch. If limp and shriveled, pass them by.

DISEASED AND ADULTERATED MILK.

MILK is often not only unpalatable, but a fruitful source of disease. Professor Garlach, of Hannover, by a series of experiments, has demonstrated that tuberculosis (tubercular consumption) may be transmitted to mankind by the milk of cattle so affected. Cattle are also liable to fevers, milk sickness, and foot and mouth diseases, and when kept in under-ground, illy-ventilated stables and fed on distillery slops, as is often the case in large cities, they become so frightfully diseased that they literally rot to death. Milk from such cows, given to children, has been known to produce the most serious consequences, and many of the diarrheas and dysenteries of older people could no doubt be traced to this cause.

Professor James Law, of Cornell University, has made some investigations in relation to fungi in cow's milk, of much practical interest. He arrived at the conclusion that several of the low forms of vegetable life were introduced into the water of which the cows drank, as he found the same forms in the water and also in the blood of the animals. The experiments were made in such a manner as to preclude the possibility of the introduction of the organisms from any other source.—*Breakfast, Dinner, and Supper.*

HOW SHE OBEYED.—Very few can repress a smile on reading the following; yet there is any amount of just such obedience in the world shown by adults who think they are as faultless as the little girl thought she was.

“Now, Minnie,” said a mother to her four-year-old daughter, “I want you to play with your little brother when I am down town. If he wants to play with your toys, you mustn’t cry.”

“None.”

“When the lady returned, the little girl ran to her and said,—

“When he grabbed my dishes, I didn’t cry.”

“You didn’t? Why, you are a good little girl.”

“Yessum; an’ when he grabbed my doll, I didn’t cry eiver.”

“You didn’t?”

“None.”

“What did you say?”

“Nuffin’, but I knocked him down wiv ‘e little chair.”—*Cincinnati Sun.*

CARING FOR THE SICK.

ON this subject we give an excellent selection from an unknown source, under the head, “Woman at the Bedside:”—

“This is one of the hardest things in the world to make our people understand. They seem to think that any poor, disappointed, broken-down woman who cannot possibly do anything else, even if she can find anything else to do, can take care of the sick—a work which requires trained perceptions as well as quick and rich sympathies, and a perfect self-command as well as affluent resources and ready invention. But it is a work which brings peculiar compensations to those who engage in it with the right motives after proper preparation. Every year it becomes more evident that the nurse is quite as important as the physician, and that the proper care of the sick is an essential condition of their cure. Women are fast conquering the prejudice which environs the medical profession, and finding within it a fitting and congenial field. It remains for them to make nursing an honorable and remunerative profession, by lifting it up to its true place as an art which it requires skill and training to master, and patience to properly execute, and as a service to man which the spirit of piety and duty will invest with all the sanctions and satisfactions of religion.”

On the above paragraph Dr. Trall commented as follows:—

“We go one step beyond our contemporary, and aver not only that the nurse is as important as the physician, but that nursing and medication are one and the same thing. Proper nursing is the true healing art. Our contemporary thinks of the physician only in the sense of a person who administers poisonous drugs; all the rest is nursing. Now just leave the doctor and his drugs out of the question, and you have ‘hygienic medication,’ which simply means good nursing.”

These remarks of Dr. Trall are not at all wide of the truth. Good nursing will accomplish wonders in sickness. But of what value are a physician’s prescriptions if the patient be left in ignorant hands, to be neglected, or possibly abused? By abuse we mean all indiscretions in regard to giving improper food, or food in improper quantities, or at improper seasons, and other like results of ignorance.

Parents are guilty who do not become intelligent on the subject of caring for the sick; and they are very remiss in duty if they do not instruct their children in the art of nursing. It serves, not only to assist others in their need, but, to turn the care of the household away from *self*; and thereby becomes promotive of benevolence.

THE DISH-TOWELS.

It is not a very æsthetic subject; but the good housekeeper is not, or at least should not be, an æsthete, and of all things necessary to a well arranged kitchen the dish-towel is one of the most indispensable, and might as well be philosophic, as that is assuredly the way in which the little article is generally looked at. I say little, for of all things I do detest a great big dish-towel that approximates the size of a tablecloth. The right size is a yard long and half as wide, with the ends hemmed. As to material, different housekeepers have different views,—some stickle for crash toweling, and some prefer one thing and some another. But my idea is that it really makes but very little difference as to this point if the cloth is soft, pliable, and without stiffness. An old, half-worn tablecloth, cut up into the right sized pieces, does as well as something bought out of the store for the purpose. For pans, kettles, and the like, a coarse bag, like that which meal or salt comes in, is first-rate when cut and hemmed. In one corner I work a button-hole to hang it by, and it is done. I think that there should be six of them, although not more than two or three need be in the kitchen at one time. As to the use of it, I need not write here, as dish-washing is a subject that requires an entire article to itself. But the towel having been used, there comes in the philosophy as the next thing. It is of importance that the towel should be kept clean and sweet; for however nice the washing of the dishes may have been done, the work is all spoiled if they are wiped on a sour towel. It is really perplexing to one who is a beginner, and to many who are not novices, to know how to keep the towel so that it will smell good. Now, my way is this: In my dish-water I never use soap, but instead of it I employ pearline, which is easily dissolved. Soap of itself will contaminate both the towel and the dishes, no matter what soap it is. No soap-suds do I want on my dishes. But I, of course, rinse them just the same. In my rinsing-pan also I am equally notional, and have lukewarm, clear water. After the last dish is wiped, I put into this pan a spoonful of the pearline, and in it wash out my towel and dish-cloth. Do not make the mistake of washing it in the dish-water! The towel being properly washed, I hang it out of doors on a line which I have for that purpose, near the kitchen door. In the winter I hang it near the range.

That is all there is about dish-towels that any one needs to know, except that when Monday comes the towels in use during the past week go into the wash-tub, whence they should come out as neat and nice as if they were to be used in the bath-room, or in dispensing the most negative philosophy that is good for the housekeeper.—*Linnie C. Morse, in Good Housekeeping.*

ADVANTAGES OF BROWN BREAD.

THE wheat grain consists chiefly of starch, cellulose, gluten, and water, with small quantities of fat and earthy salts, and from one to two per cent. of a peculiar nitrogenous substance called cerealine. These compounds are unequally distributed throughout the structure of the berry. Examined with the microscope, each grain is seen to be made up of four distinct coats, or envelopes, surrounding a mass of cells filled with starch grains. This collection of starch constitutes the chief bulk of the grain, and in the wrappings external to it are found the greater portions of the gluten, oily matter, earthy salts, and cerealine.

This last-mentioned substance possesses the power of transforming starch into sugar, and thus becomes an important aid in the process of digestion. But as wheat is ordinarily ground, the outer portions of the grain are separated as bran; and as the more completely they are thus removed, the finer and whiter will be the flour, it commonly happens that most of the earthy or bone-making constituents, much of the cerealine and fatty matter, and no inconsiderable portion of the gluten, are lost with the bran. In the use of unbolted or graham flour, these are retained, and it is thereby rendered not only more nutritious, but by the presence of the cerealine also more digestible. How this substance is affected by the process of baking was long a matter of uncertainty; but from the experiments of Professor Atfield, as lately mentioned in the *Lancet*, it appears that six-tenths of the cerealine remains in a soluble condition in the bread, and is therefore free to exert its starch-changing power when taken into the stomach.—*Sel.*

FRUITS, AND BOWEL COMPLAINTS.—Good ripe fruits, taken only at meals, never induce dangerous bowel complaints. Overeating would cause colic or diarrhea, but not Asiatic cholera, if nothing but pure food were eaten.

DIET FOR THE SICK.

Food for the sick should be nutritious, easy of digestion, and free from oily or fatty substances. The following articles should be religiously abstained from: pork, fats, butter, salted or smoked meats, and, in many cases, all kinds of meats, salt fish, and most kinds of fresh fish, lobsters, clams, and oysters, rich gravies and greasy soups, mustard, pepper, spices of all kinds, vinegar, pickles, raw vegetables of all kinds, cheese, rich pastry and puddings, oily nuts, tea, coffee, condiments of every kind, rich preserves, hard-boiled eggs, fried eggs, and fried food of all kinds, distilled and fermented liquors of every kind, and whatever else impairs or injures digestion.

If the patient is suffering with severe acute disease, he should take very little food, and that should be prepared in as plain and simple a manner as possible. This class of patients should subsist upon gruel made from some kind of meal, such as wheat, oat, corn, or barley meal. It may be given without milk, or with the addition of one-third milk. Milk toast, dry toast, boiled rice, wheat-meal and oat-meal mush, ripe fruit, either cooked or uncooked, baked apples, etc., are all good food for the sick; but they should be taken in small quantities by those who are suffering with febrile diseases.

As a general rule, chronic invalids will find it far better for their health to partake of food but twice in the twenty-four hours than to eat oftener. They should breakfast at from seven to half-past eight A. M., and dine at from half-past one to three P. M. Not more than three or four varieties of food should be eaten at one meal, and these should generally be preparations of some kind of grain, fruit, or vegetable. Fresh meat, such as beef, mutton, venison, etc., may be used occasionally in small quantities. Milk and cream may be sparingly used in cooking. Concentrated foods should not be used. They will not properly sustain life. Unbolted wheat-meal or oat-meal bread and mush, cracked wheat, corn-meal bread, mush, and gruel, boiled rice, pearl barley, potatoes, apples, baked, raw, or stewed, are all staple articles, and may be used freely; while green corn, hulled corn, parched corn, green and ripe peas and beans, and many other fruits, grains, and vegetables, may be frequently used.

Patients who are recovering from a severe acute

disease usually have voracious appetites. Such persons will have to be extremely careful not to overeat, and not to indulge their appetites by using hurtful substances. Thousands sacrifice their lives yearly by not properly restraining their appetites while they are weak and unable to use much food.

Persons who have been accustomed to the so-called good things of this life will, without doubt, find it to be quite a trial to restrict themselves to a strictly hygienic diet; yet if they can become accustomed to such a diet, they will be amply rewarded in the end by improved health and strength. It is true, however, that many who have abjured drugs, and who have discontinued the use of flesh-meat, tea, coffee, etc., find themselves weaker than before making this change in their diet. I have known several such persons, and they have brought their experience forward as proof of the unsoundness of the vegetarian theory. But in every case, when inquiry was made, it was found that mistakes had been made. In some cases they had suddenly discontinued the use of articles that were stimulating, and restricted themselves to a meager diet; in other cases they did not cook the food so as to make it relish; in still other cases they substituted large quantities of sugar and cream or butter in place of the meat they formerly used. Such practice is all wrong. Break off from the use of meat gradually, and supply its place with good hygienic food, well cooked, and in good variety. Never overwork when making these changes, but graduate the work to the strength.—*M. G. Kellogg, M. D.*

VENTILATION OF CELLARS.

WHENEVER a warm day or two occurs in winter, cellars should be ventilated. It is a practice of many of our farmers in the Northern States to bank up their cellars, and close the windows in the fall, leaving no method of ventilation, or chance for the effluvia arising from decaying vegetables to escape, except through the rooms occupied by their families. To such we would say, If some of your children are sick next spring with fevers, do not call it a dispensation of Providence, or lay the blame on the climate, but ask yourself how many times the cellar was aired last winter. A good cellar under a house is often quite a convenience; but when filled with vegetables, some of which are in a decaying state, they become store-houses of disease, unless often and thoroughly ventilated.

"SORTS."

THE seeds of repentance are sown in youth by pleasure, but the harvest is reaped in age by pain.

VERY flattering testimonials of the JOURNAL are often received; but our subscription list is not half as large as it ought to be.

NOTICE in this number of the JOURNAL what the State Board of Health says about the small-pox. All physicians should bear this in mind.

THE short article in this number of the JOURNAL from Florence Nightingale, on "Night Air," should be carefully read and "inwardly digested" by every one.

IT is affirmed by a man who has studied the subject, that tight lacing causes a foul breath. Yes; anything that clogs the system and weakens the circulation will cause foul breath.

EATING graham bread not only makes the teeth stronger and more healthy, but by its use the teeth are easily kept clean. Greasy food makes it very difficult to keep the teeth in good order.

DR. HALL assails the idea that men rest by doing nothing. He says the only healthful rest, as long as our physical condition remains as it is, is to be busy. Men of force and industry will everywhere tell you, "It is the hardest thing in the world to do nothing."

ELEANOR KIRK describes a common method of slow poisoning, for which, unfortunately, the law has no remedy! Read the description. But there is a law of nature covering the subject, and dire consequences follow its violation. It is our desire that people may escape these consequences and be happy; hence the publication of the JOURNAL.

THE Bible says: "Let patience have her perfect work, that ye may be perfect and entire, wanting nothing." James. 1:4. This indicates that patience is a most important grace. But it can be developed only under certain conditions. Thus the following order is quite natural and almost unavoidable: Intemperance, dyspepsia, irritability or impatience. To be a complete Christian, it is necessary to be "temperate in all things," and avoid dyspepsia by caring for the condition of the stomach.

THE STATUS OF FLIES.

THE wise ones of the scientific world are now discussing the question whether flies are a benefit or an injury to the household. Some claim that they are the most useful scavengers, devouring vast numbers of injurious animalcules, while others claim that they carry, and deposit on our food, the germs of foul diseases. Of two things we feel assured: (1) If people were more cleanly, there would not so many flies and other insects exist. Nature supplies scavengers as they are needed; where they are not needed, they will not exist. (2) If the sanitary rules of Deut. 23:12-14 were strictly carried out, if no masses of festering filth or bodies of putrid corruption were allowed to lie on the surface of the earth, insects would not be numerous, and their bites and stings would be comparatively harmless and painless. Mankind, by their disregard of sanitary rules and the true laws of life, create the means of their own annoyance. It is enough to make one groan to contemplate the condition of the earth, and to consider that so very few can be aroused to the necessity of a radical reform in the matter of sanitation.

CHEWING GUM.

THE proprietor of an extensive chewing-gum factory in New York City, gave a *Tribune* reporter the following item on the benefits (?) of chewing gum. A lady caller claimed that it relieved her dyspepsia, and the manufacturer said:—

"I know plenty of people who relieve their dyspepsia in the same way, and cure their indigestion. You see, the action of the jaws in chewing releases the saliva, which goes into the stomach; and the saliva being one of the principal elements of digestion, must bring about a healthy condition of these organs. For the same reason, the appetite is improved. The digestion being perfect, a vacancy is created and a desire for food must follow."

This is the merest bosh. The chewing should be done when food is eaten; then the saliva is mixed with the food, as it should be, and just when it should be, and no further chewing is necessary. If the food is "bolted" without sufficient mastication, it passes into the stomach an indigestible mass; and the idea that the difficulty is remedied by chewing rubber or gum, hour after hour, is all a humbug. We raised a pretty large family, and not one was ever allowed to chew gum or tobacco, and their digestion was better on the average than their *ruminating* associates. Gum answers

but just one purpose: It gratifies a vulgar habit of *chewing something*. We have seen children chew it in meeting in sight of their parents; and we have seen a minister so regardless of the proprieties of the occasion, and so lacking in reverence, as to chew gum in the pulpit! It is injurious, and excessively vulgar, and parents should not suffer their children to indulge in it.

THE Fresno *Republican* is responsible for the following item:—

“A Sacramento hog rancher buys the dead dogs executed by the city pound-master, and feeds them to his swine. The prodigal son who strikes a job at this ranch will be likely to throw up his position and everything else he can conveniently, and light out very suddenly for the place where he can get veal on toast.”

This is not a new idea. We have known dead and decaying hogs, and starved animals, to be fed to hogs which were being prepared for market. There is nothing too filthy for the hog to eat, and no hog too filthy for man to eat! The thought is horrifying.

SYLVESTER GRAHAM, M. D., said: “It has been estimated by some writers on political economy that the soil which is necessary to raise animals enough to supply the alimentary wants of one man who subsists wholly on animal food, will produce vegetable substance enough to sustain sixteen men who subsist wholly on vegetable food.” This shows at once the wisdom and the necessity of the Chinese living on rice. What a saving there would be to this country if our large cities were supplied with vegetable food only. There need be no suffering poor in the land if better calculations were made, and better habits formed.

OLD DR. A—, was a quack, and a very ignorant one. On one occasion he was called by mistake to attend a council of physicians in a critical case. After considerable discussion, the opinion was expressed by one that the patient was convalescent. When it came Dr. A—’s turn to speak: “*Convalescent!*” said he; “why, that’s nothing serious; I have cured *convalescence* in twenty-four hours!”

A PHYSICIAN connected with the New York Nursery and Children’s Hospital says that infants should have water given them every hour in hot weather.

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