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J. H. WAGGONER, EDITOR.

"AND thine health shall spring forth speedily," is the promise of God to the humble and obedient. Isa. 58:8.

TEMPERANCE, health, obedience, happiness. These things are inseparably united. Attend to the causes; the results will come without seeking.

A SONG is as good as a law—and sometimes more agreeable! And for temperance meetings we believe there is no better book than "Temperance and Gospel Songs." The songs are at once pleasing and solid; not easily worn out. Pacific Press, Oakland, Cal., keeps them on hand.

THE Rural Health Retreat, Crystal Springs, St. Helena, Cal., has had its capacity tested to the utmost this winter and 'spring. All the cottages available in the neighborhood have been brought into use. One new building has been erected, and other improvements are in progress, all adding to their facilities. Excellent success attends the efforts of the physicians, and a most excellent feeling prevails. Cheerful, hopeful, and happy, the patients enjoy their sojourn there as they could in no other place.

VENTILATION.

A CERTAIN expositor of Scripture said, concerning that expression in Gen. 2:7—"And man became a living soul"—that it might with propriety be rendered, "and man became a living, breathing creature." Another expressed the sense in these words: "And man became a creature that lives by breathing." We offer no opinion as to the correctness of the rendering, but we must give our hearty assent to the *idea* brought out in these renderings. Man is, beyond all dispute, "a creature that lives by breathing." That has been our *experience*, though sometimes we have found the *materia* for breathing under great difficulties.

In the oft-made statements that "bread is the staff of life," and that our lives are supported by what we eat, etc., we think that undue credit is given to that which we eat. It is true that man cannot live very long without food. A few individuals of the myriads of earth's inhabitants have lived without food for the space of forty days. Generally people will not live a half a score of days without some food. Anybody can live several days without eating anything. But who ever lived a single day without air? Forty days without food is a wonder; but living forty days without air would be the miracle of miracles.

It is a duty to be somewhat particular about our food. Poor or bad food should not be eaten, as it does not well supply the wants of the system. But we should also be particular about the air we

breathe, seeing that we are so largely dependent upon it for our life, not only from day to day, but from hour to hour and minute to minute. Impure air will no more vitalize the system and give color to the blood, than poor diet will make strong tissue.

Most people are aware of the fact that, if their systems run down under improper diet, it takes some time to recover from the effects, with the very best diet. But they are not aware, they do not realize, that the effect of breathing impure air remains with them, and often a long time after they have come to where the air is pure. True, they have a speedy relief the moment they come into the purer air, but the lungs may have received an injury from which they will not recover in days, or weeks, or months.

A sitting of an hour in an unventilated church or public hall, with the air at a high temperature, has injured many a person's health for weeks and months, and sometimes ruined it for life. And it often happens—very often—that the longer a person remains in a poisonous or overheated atmosphere, the less is he aware of the danger, because the foul air stupefies and destroys the sensitiveness of the system.

The extent of the ignorance upon this subject is astonishing; and this among those from whom we should expect better things. Religious meetings held at private houses are often places of real danger, because the residents wish to keep the doors and windows in about the same situation in which they keep them for their own little family. We have entered a room, perhaps just large enough to accommodate from twenty to twenty-five persons, where every seat was occupied, a fire in the stove, and one window down a few inches at the top, and not another opening in door or window; and yet the managers consider themselves intelligent Christians! "Thou shalt not kill," should have been written on the wall in large letters.

Once we visited a graded school in an Eastern State, and the principal led a class in physiology, in a room tightly closed, where we almost gasped for breath. Those pupils could learn but little about physiology in such a school, and under such a preceptor. They might, indeed, learn a form of words, but practically they would learn nothing.

In the same State we had a meeting appointed at a school-house. Arriving there at the meeting hour we found the house quite small, well filled, a very large stove red hot, and every window closed.

The heat was overpowering. By checking the draft of the fire, and throwing door and windows wide open for a few moments, the air became pure and the house comfortable. And we were informed that the teacher kept the temperature every day just as we found it when we entered the house, because she found by experience that it was much easier to keep good order in the school with such a temperature! She was a philosopher. It needed a temperature but a little higher to make the scholars as quiet as the inhabitants of a cemetery. What a teacher to be intrusted with the care of children! And what people to intrust their children to the hands of a person so lamentably ignorant.

There are many people who use dampers in their stove-pipes, and check the draft above the fire instead of checking it before the fire. By checking it above the fire, all the poisonous gases are thrown back into the room. Checking the draft before the fire, or cutting off the supply of air from beneath, the gases are left free to escape up the chimney. This is allowing for air enough to cause the gases to escape; if the air were cut off entirely, the fire would go out almost instantly.

We also find many people, intelligent in most respects, who persist in turning their kerosene lamps down low, to save oil, when they do not wish much light. Where the oil is worth more than health and life, the practice is a good one! But never elsewhere. But, worst of all, some people darken a sick room by that means. A physician who is thoughtful will take pains to learn the habits of those who have to care for his patients.

An unventilated cellar is often as destructive of health and life as unventilated living rooms. Foul air and foul odors rise from foul cellars, to every part of the house. There are many ways in which the air may be rendered unfit for use; so many that some of them are easily overlooked. The habit in the country and in villages, of throwing slops and dish water out of the back door, is a most pernicious one. And where milk dishes are washed the danger is yet more apparent. Wherever there is a chance to make a garden there should be a compost heap; not a place where slops and garbage may be thrown into a pile, and left uncared for to load the atmosphere with disease, but a place where the refuse from the kitchen may be mixed with earth, and so deodorized and saved to feed the soil.

The most prolific source of impurity in the air we have to breathe is the odor and fumes of tobacco—that all-pervading nuisance. But here we stop, for it is a hopeless task to try to do justice to the abomination.

INFANTICIDE.

It may be thought that this subject is so entirely one of morals, that it is not the province of a health journal to deal with it. We dissent from that opinion. We have tried in every number of this journal to impress upon the minds of the readers the fact of the very close relation of morals and health. Besides this, we believe that there is no more fruitful source of weakness and suffering among women than the sin of infanticide. No woman can be guilty of this crime, or have the crime perpetrated upon her, and continue in good health. She may be able to “keep around,” and, in the eyes of the world she may appear to be “usually” well, but there is necessarily a condition of functional derangement which makes the enjoyment of good health an impossibility.

The medical fraternity are well aware of the fact that many women lose their lives in the effort to destroy their unborn children. And surely it does not need any argument to convince anybody that a practice which is so destructive of life, must necessarily be destructive of health. While many lose their lives, others barely escape, and pass their days in uselessness, being unable to discharge the duties of life in any capacity. Often they are pitied as “poor suffering creatures,” because people do not know the reason of their debility. But if they had their deserts they would be resting within the walls of the State’s prison.

Almost any mother would be shocked at the thought of putting her child to death *after* it was born. And it seems passing strange that the same women will feel little or no compunction of conscience in destroying or killing the little innocents *before* they are born. It is just as truly murder to take life in the one condition as in the other. And it is appalling to think how many murderers there are in society, respected by their unsuspecting neighbors, and even holding their places in the church, going to the sacrament of the death of the Lord, with the blood of their own offspring upon their hands. It is appalling to think what the day of Judgment will reveal as having been practiced and tolerated in “good society.”

And the object for which this crime is committed is often extremely low. With some it is no higher than this, that the raising of children will hinder their appearing in society. For the sake of retaining, for a few days, a position in a frivolous and giddy throng, all the higher pleasures of life are cast aside, all the duties and responsibilities of life are neglected, and all the hopes of the life to come with eternal glory are sacrificed.

There are physicians (both learned and unlearned) so base as to *make murder their calling*, and their advertisements are so worded as to be unmistakable in their meaning. And because they make money by their iniquity they will hold up their heads among their fellow-men, without a blush of shame. Another class, more contemptible if possible, is composed of women who make it a business to instruct young wives *in the art of murder*. We know a woman, a church member, moving in “the first circles” of the community where she lives, who is known by her fellow-women to be a zealous instructor in this crime. And there are parents in the same community who say they would as soon have a viper in their house as such a woman. To their credit we make this record.

Several years ago this subject was brought up in a Methodist Conference. We believe every religious body in the land ought to make its voice heard upon it, speaking in no uncertain tones. Some of the ministers in the Conference referred to above, said it is the monstrous crime of the age; dragging its tens of thousands down to perdition who enjoy a “good standing” in the churches. One of the ministers thought it was not so prevalent as to demand so much attention; to which the presiding bishop replied that that minister was a striking illustration of the “innocents abroad!” To not know that it is a very prevalent crime is to be exceedingly ignorant of the state of society. Let the ignorant one consult any practicing physician, and he may learn facts which will astonish him. By this we do not mean that “any practicing physician,” or every one, is an abettor of the iniquity. But they all must have opportunities to learn the facts, unless they are very obtuse. Physicians who would scorn to be parties in such transactions, and who raise their voices against the crime wherever they know of its existence, are only too often called to patch up constitutions wrecked by its commission.

As the present editor of the JOURNAL closes his

connection with it with this number, we could not reconcile to our conscience the idea of leaving it without giving our testimony on this most important subject. The aggregate of sin in this respect is so great that we do not expect that our protest will have a very large influence. But if our effort shall save the life of one human being, and save one mother from the commission of a crime so outrageous and unnatural, we shall consider our labor not in vain. But we do in sincerity hope that many who have publicly acknowledged their allegiance to God and his law, may have their consciences quickened by these remarks, and be saved from the temptation to act in a manner so revolting to every sense of humanity and religion, merely because so many are so acting, or to find a brief respite from unpleasant duties and responsibilities.

USE OF WATER BY REGULAR PHYSICIANS.

THERE is no doubt that the use of water as a remedial agent is largely on the increase in the United States. Its first introduction to the public in that capacity was unfortunate; the system came from Germany, which, however, was much in its favor, and it was labeled the "Cold Water Cure," which nearly proved fatal to it. Practiced in Germany upon beer drinkers it was successful; a round, inflamed beer guzzler could be dipped into cold water two or three times a week to his advantage. But try the same upon a nervous, overworked Yankee, in our Atlantic climate, and he would come out shivering, and perhaps not recover from its effects in a month. It took some time for the advocates of the water treatment to learn that the temperature of the water must be suited to the condition of the patient. Until this was appreciated it is no wonder that some lamentable failures occurred.

That the system was derided by regular practitioners was what was to be expected. It would have been strange indeed if it had not been. Water had been considered one of the most dangerous things in a sick-room. We know by experience the agony endured by a fever patient to whom cold water was denied by order of the physician. And we know, also, that some "regulars" are stirred by our recital of the facts concerning the changes taking place in medical practice; but they will become wiser as they grow older if they are not so far fossilized as to be incapable of any

growth. We are happy to know that these do not represent the strength of the sentiment now prevailing in the medical profession. The best talent and the most thorough culture is on the side of progress. "Eclecticism" may be repudiated as a "school," but its principles are being accepted in practice by the most enlightened in the profession. The day is fast passing away when it is considered a shame for a practitioner to refuse to consult with a successful and learned physician, merely because he belongs to another school. Upon some the claims of humanity are not so strong as the claims of "system." It gives us pleasure to know that such are gradually losing their standing with enlightened and scientific people.

We were once favored with the reading of the thesis of a medical student in a university, on the subject of water. The writer started out with the declaration that "Paul says that cleanliness is next to godliness"! His thesis showed that his knowledge of the uses of water was as deficient as his knowledge of Paul's writings. We thought that his thesis must have been accepted because it was a passable composition on a subject with which the faculty were probably as little conversant as was the writer.

We were not a little amused with the account of a paper being read in a medical convention by a physician who had used applications of hot water with great benefit in cases of bruises, and even of fractures. We were not amused at the practice; we were not surprised that it was attended with success; but we were surprised that the grave doctors treated it in the light of a discovery. As a discovery it was about equal to that of Dr. Franklin, who published to the people of Paris that he had discovered that the sun gave light as soon as it rose!

But the very reading of such a paper before a body of medical men is a hopeful sign. Forty years ago it would hardly have been tolerated. All that is now lacking to make it acceptable is to have it put into "the books." And there it will surely be found not long hence, because the practice is so important and valuable that it cannot long be ignored.

Carelessness in the use of water is dangerous as well as carelessness in the use of medicines. Some place implicit reliance upon the word of a schooled physician on this subject, because he is schooled, while he has never given the subject an hour's real

study. Opinions so given have done much to keep the practice in disrepute. Several years ago we were in a neighborhood where a young lady had been so long treated by the family physician, that she and the whole family became discouraged and decided to put her under the care of a "hygienist" in a neighboring city. From our knowledge of the skill and of the uniform success of this physician, we should have considered her recovery certain if they had acted on their decision. But the family physician protested that it would not do; that he could treat her with water if they desired, but he had no idea that it would prove successful. He accordingly began to treat her with water, but in a manner, in our opinion, to insure a failure. Whether he desired to bring the water treatment into disrepute, or whether he was totally ignorant on the subject, we had no means of determining. But he very soon succeeded in convincing the parents that the water treatment was not safe in the case of their daughter! And yet they had far greater evidence that the "regular" practice was not at all adapted to her case. But what could they do? Nothing but let the child suffer, the doctor administer, and—pay the bills!

But there is progress, and it is hopeful. Water is everywhere allowed to the sick, and the best physicians recognize the value of the external use of water, especially of hot applications. However, these do not all understand the great liability to take cold after the use of hot water. Hot applications leave the pores open, and if the surface be left open to the air while it is in that condition, a cold is sure to follow, which may result disastrously. The hot water should be followed with cold, judiciously applied, carefully avoiding chilling the patient, and this to be followed with rubbing until action is restored to the surface. This closes the pores and gives power of resistance.

With some it is the rule to have the cold shower follow a warm bath. But this cannot be endured by all. For an old person, or any one who is thin, nervous, with small vitality, it is dangerous. Cold applications after hot, should always, if possible, be given by an attendant.

IN 67 per cent of the public schools in California temperance physiologies are used.

A VERY desirable line of "health goods" may be found at the Rural Health Retreat. No humbugs. See advertisement.

THE RURAL HEALTH RETREAT.

IT was our privilege to make a visit to the Rural Health Retreat, at St. Helena, Cal., a few weeks since. We could remain there but a few days, but they were days of real enjoyment. The air was so balmy and pure, and everything about the Retreat so pleasant, that a feeling of quiet, joyous restfulness comes over one naturally as soon as he reaches the place. And this has been the testimony of entire strangers who have gone there to seek a restoration of health. The patronage during the winter has been far beyond our expectation. Our calculations were based somewhat upon the habits of the people of this State. They generally remain at their homes during the winter, and in the summer they scatter to the mountains and to the various springs, in great numbers. The Retreat is so young, comparatively so little known, that it was expected for a time it would have to depend upon the summer patronage. But its name as a "Health Retreat" has gone abroad, and patrons come in from all parts of the country, and none are disappointed. They are pleased with the situation, the scenery, the atmosphere, the medical attendance, the diet, and the management in general.

Improvements are being made as fast as practicable, in building and otherwise. The grounds are being improved and beautified. Besides shade trees there have been set out, this winter, a quantity of orange, lemon, fig, and olive trees. These will all do well at that place.

To show how the Retreat looks to the eyes of visitors and patients, we copy part of a letter written by a lady from Yolo County, published in the *Woodland Democrat*:—

"I have been nearly two weeks at this excellent institution and am so well pleased that I would like to say a few words about it in the *Democrat*. I am sure I have many Woodland friends who would be glad to know what a charming home for invalids this is.

"This institution is located about two and a half miles from the town of St. Helena, on the southwestern slope of the Napa Mountains. No better site in the State could be selected. It is about 1,200 feet above tide level, and consequently above fogs. It is shielded from the raw and chilling winds of the coast by the Sonoma Mountain Range. The very atmosphere is said to be a specific for many lung and throat troubles. There is an abundant supply of the purest, softest water

from the famous Crystal Springs, that gush from the mountain rocks a little way above the Retreat.

"One never tires of the charming and varied scenery. The landscape is a segment of the most beautiful part of the lovely Napa Valley, dotted with cozy country homes, orchards, vineyards, and streams, threaded throughout its entire length by a railway, with the ever-changing beauties of the Sonoma Mountains in the background and away to the north overlooked by the silent majesty of Mount St. Helena. The management of this Health Retreat is worthy of all praise. . . .

"The Retreat is a real Bethesda. Here the lame walk, the blind see, the deaf hear. Even old toppers are restored to their right mind, and tobacco users washed clean and wholesome.

"The present building has just been repainted and refitted for the summer patronage. There can be no doubt of the full success of this institution. The directors are so encouraged that they have concluded to build this season a very extensive additional building. While the Retreat is in the hands and under the management of Adventists, and is naturally patronized by their own folks, the people of other faiths or no faith at all are being attracted to its advantages. I notice here Mr. P. L. Handsome and family, of Chicago, the wife of the Rev. Dr. Briggs, Miss S. N. Jewett, of Oakland, A. Manor, of Colusa County, Hon. W. W. McKaig, of Oakland, Mr. A. S. Dewey, of the San Francisco *Rural Press*, etc.

"I have written these lines because I am anxious that the many readers of your paper may know that here is a home for the sick in the hands of men who revere God, who inculcate by their example the principles of morality and religion, and where no one is ever shocked by profanity, foul jests, or intemperance."

STRANGLED FISH.

THERE is a direct prohibition in the New Testament against eating "things strangled." A person who has ever been afflicted with the asthma, who struggled for a breath of the air which surrounded him, can best realize the horrible death which a fish suffers when thrown out of the water. We recoil from the thought whenever it rises within us. Fish can no more live without air than land animals; but their breathing apparatus is so peculiarly constructed that they cannot use the air except by separating it from the water. Taken out of the

water they cannot use any of the air with which they are surrounded. If not then put to death, they die by strangulation.

We are surprised that none of our "Humane Societies," none of our "Sporting Clubs," whose purpose it is to protect the lives of animals under certain conditions, have never moved to prevent the strangulation of animals which are sent to the market for food. There is no animal, of any kind, which is fit to be eaten if it has passed through prolonged agony in the process of dying. Its flesh becomes inflamed; and if it is not bled, the blood, the most corruptible part of the whole system, is distributed through the system, and cannot easily be wholly separated in preparing it for the table. The eating of blood is forbidden in express language, both in the Old and New Testament.

There is no animal more readily bled to death than a fish. Unlike other animals they are most easily bled in the back of the neck. The blood all flows out at once, and the fish dies instantly. A great amount of suffering is prevented, and the flesh is left clean and pure.

From our boyhood we were fond of angling, but for years we have never taken a fish from the water without bleeding it at once. And the fact that fishermen *never* do so, is the great drawback with us to the occasional enjoyment of this dish. We do sometimes call for fish, but we should do so oftener, and with much greater pleasure, if we could know that the fish was properly killed and not strangled.

Who will aid us in calling attention to this subject, in order that a change may be effected? If this matter were viewed in its proper light, every Board of Health in the land would prohibit the sale of strangled fish in their markets. They would not allow the sale of the flesh of an ox or a sheep knowing that it had been strangled, or had died with all the blood in the body. Why not exercise good judgment in the matter, and consistently disallow the sale and use of strangled fish?

We are resolved to do our duty in the matter, even if no good is accomplished. As far as we know we are *entirely alone* in the agitation of the subject, and in the practice of bleeding fish when they are caught. But we intend to stand our ground whether we continue alone or have company. But we hope that we shall not remain alone in this—that sportsmen will be convinced of its importance.

ERRORS MADE POPULAR.

THE subject of "late suppers" has received much and well-deserved attention in this generation. One of the worst features of church festivals and donation parties is that they encourage the habit of late eating, and often of the richest or worst kind of food. The subject is a large one—too large for the limits of one article. But we feel compelled to notice the following gross errors which we find in a popular religious paper. Combating the idea that a considerable interval ought to lie between the last meal of the day and the time for sleep, it says:—

"That such an interval without food is permitted explains many a restless night, and much of the head and back-ache, and the languid, half-rested condition on rising, which is accompanied by no appetite for breakfast. This meal itself often dissipates these sensations. It is, therefore, desirable, if not essential, when nutriment is to be crowded, that the last thing before going to bed should be the taking of food. Sleeplessness is often caused by starvation, and a tumbler of milk if drunk in the middle of the night will often put people to sleep when hypnotics would fail of their purpose. Food before rising is equally important and expedient. It supplies strength for bathing and dressing, laborious and wearisome tasks for the underfed, and is a better 'morning pick-me-up' than any 'tonic.'"

This is in every respect the very opposite of the truth. By late eating the stomach is roused to activity when it ought to rest; and the brain, by sympathy, is restless, whence come unpleasant dreams and nightmare. Or, if the stomach can and does rest with the rest of the body, then the food taken late is improperly digested, which would be quite sufficient to cause headache, foul breath, and languid sensations in the morning. Our experience is that of thousands; we were very unusually subject to incubus or nightmare, so much so that we feared to sleep in a room alone; but by dropping the last meal we were entirely cured. Our sleep became peaceful and refreshing, and we arose in the morning well rested and always with an appetite for breakfast.

The following is the experience of two neighbors. They owned adjoining farms. Both were strong, vigorous men, but A was stronger than B, while B was more careful of his health than A. A was in

the habit of going to the cupboard and eating heartily just before retiring at night. B cautioned him against the practice; but he replied that it did not hurt him; it did him good; he felt much better with than without the late meal. We have no doubt that his last statement was truth; while in the habit, he would have *felt* worse to omit it, just as a smoker feels worse if deprived of his old pipe, or a toper if deprived of his whisky. To those who trust their feelings in such matters we will state a fact well worth their attention: the worse the habit, the worse will they feel when the habit is interfered with.

But time told the inevitable story. A complained of a "running down." He was not sick; he did not know what ailed him; his strength was failing without any apparent cause. When a little past what he called middle age he was a broken down man; old in his prime. He then listened to the counsel of neighbor B. By adopting better habits of living he recovered much of his former strength, but he was never again the equal of his neighbor.

A man who was well acquainted with the principles of right living surprised us one evening by eating quite heartily just before retiring. He said he had found that it was beneficial so to do; he felt strengthened, and rested better. He was a hardy young man, and we thought perhaps our principles were not of universal application. But not many years after that time, while yet in his prime, and apparently in full strength, he died with a diseased stomach. We could give scores of instances to prove that the position of the writer quoted above, is as contrary to experience as it is contrary to all just reasoning. Another error and equally dangerous, is that food prepares a person for a bath. No one who has studied the subject, and understands the correct theory and practice of bathing, would venture to take or administer a bath soon after eating. Partial baths may be taken from an hour to an hour and a half after eating; while two to two and a half hours should intervene after a full bath.

It would be well for those who publish such directions to the world to go to some *good* health retreat or sanitarium and learn at least some of the principles of healthful living.

"TO BE easy all night, let your supper be light,
Or else you'll complain of a stomach in pain."

HOME TREATMENT.

THERE is much information of great value to be found in books of instruction, journals, manuals, etc., in regard to the treatment of diseases of various kinds. But it should be understood that, in general, it requires some knowledge and skill to make use of this instruction to good advantage. All information of this kind is *general*; no one can give instruction in every particular of practice; therefore some judgment is necessary to be exercised in regard to the application of general directions. A person whose only knowledge is derived from reading would probably be astonished if he saw an experienced practitioner treat any certain disease, to see how far he varied from the rules which had been written. The rules were correct as general directions, but the experienced physician or nurse would vary the treatment according to the patient's constitution, his present condition, the stage of the disease, the tendency toward any other disease, etc. A patient of one constitution or temperament could not well bear the treatment which might be exactly suited to a person of another constitution. And the same person may need different treatment at one time from that which would be suitable at another time, even for the same disease. An acute attack should not be treated the same as a chronic case. A physician of observation and considerable experience wrote as follows:—

"Where the constitution and vitality are low, disease settles in the internal organs, as the lungs, liver, stomach, bowels, and omentum, in which case the disease becomes chronic, and milder treatment is needed. But if the person is strong and vigorous, the disease is of an inflammatory nature, and works more to the surface, attacking the nervous extremities; hence it is more violent in action. But, like a storm, the more violently it rages, the sooner it will be over."

All can see the correctness of these remarks. And all can plainly see the necessity of exercising judgment in the several cases. If the case is one where much skill and judgment are imperatively demanded, a physician should be called; or, better yet, the patient should be sent to a good health retreat or sanitarium. We say this is better, because a physician cannot treat a case as successfully at home, as he can at a good institution where he has all necessary facilities and appliances. And the value of the treatment at a first-class health institution is greatly increased if the patient is intel-

ligent and observing, by the opportunity afforded him to learn the true relation existing between diet, rest, exercise, etc., as remedial agencies.

We are speaking of those methods termed "hygienic." In regard to drugs, whether pills, bitters, or what not, they should never be administered by any but a physician. First, the members of the household are generally entirely ignorant of their composition; they cannot know how the medicines are compounded or what they contain. Secondly, they do not, as a rule, know enough about the symptoms of the patient to understand his disease, and therefore there is a double probability against their administering the pills and bitters in a safe and judicious manner. To show the extent of the danger in this direction we will say that we have known practicing physicians to be entirely mistaken concerning the early symptoms of the small-pox, and to treat the patient as they would not dare to do if they had known to a certainty the nature of the disease. Where the small-pox prevails there is little or no danger in this direction. Where its presence is not known or suspected the best physicians are liable to err in regard to the symptoms.

We would give the following as safe directions:

1. Never administer drugs in the family. They should be left in the hands of qualified physicians.
2. Study the best works on hygienic agencies, and thus be enabled to treat ordinary cases at home. If possible consult a physician about the condition and requirements of the case.
3. In difficult or chronic cases send the patient to a good health institution.

SCIENCE vs. FACTS.—How often people say that such and such a dietary is indispensably requisite to physical nutrition. Perhaps it is predominantly animal, but stubborn fact says that half the human race live on vegetable food. All the analyses of Leibig, and Pereira, and Dr. Prout, and the rest, supposing them to militate against such a hypothesis, would be of no account in the face of such evidence. A set of plump muscles, well-knit nerves and sinews, and vigorous viscera, are better than chemistry to decide upon a question of this character. Science has often had to hold its peace before the verdict of historical facts.—*Rev. J. L. Corning.*

WASTE of wealth may be retrieved; waste of health rarely; waste of time never.

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

SOME houses are furnished expensively, more to gratify pride, and to receive visitors, than for the comfort, convenience, and health of the family. The best rooms are kept dark. The light and air are shut out, lest the light of heaven may injure the rich furniture, fade the carpets, or tarnish the picture frames. When visitors are permitted to be seated in these precious rooms, they are in danger of taking cold, because of the cellar-like atmosphere pervading them. Parlor chambers and bedrooms are kept closed in the same manner and for the same reasons. And whoever occupies these beds which have not been freely exposed to the light and air, do so at the expense of health, and often even of life itself.

Rooms that are not exposed to light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms is poisonous, because it has not been purified by light and air. Various diseases have been brought on by sleeping in these fashionable, health-destroying apartments. Every family that prizes health above the empty applause of fashionable visitors, will have a circulation of air, and an abundance of light through every apartment of their houses for several hours each day. But many will follow fashion so closely, they become slaves to it, and would suffer sickness, and even death, rather than be out of fashion. They will reap that which they have sown. They will live fashionably, and suffer with diseases as the result, be doctored with fashionable poisons, and die fashionable deaths.

Sleeping-rooms especially should be well ventilated, and the atmosphere made healthy by light and air. Blinds should be left open several hours each day, the curtains put aside, and the room thoroughly aired. Nothing should remain, even for a short time, which would destroy the purity of the atmosphere.

Many families suffer with sore throat, and lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping-rooms are small, unfit to sleep in for one night; but they occupy the small apartments for weeks, and months, and years. They keep their windows and doors closed, fearing they would take cold if there was a crevice open to let in the air. They breathe the same air over and over, until it be-

comes impregnated with the poisonous impurities, and waste matter, thrown off from their bodies, through the lungs, and the pores of the skin. Such can test the matter, and be convinced of the unhealthy air in their close rooms, by entering them after they have remained a while in the open air. Then they can have some idea of the impurities they have conveyed to the blood, through the inhalations of the lungs. Those who thus abuse their health must suffer with disease. All should regard light and air as among Heaven's most precious blessings. They should not shut out these blessings as though they were enemies.

Shade trees and shrubbery too close and dense around a house are unhealthy; for they prevent a free circulation of air, and prevent the rays of the sun from shining sufficiently through. In consequence of this, a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade trees cast off many leaves, which, if not immediately removed, decay, and poison the atmosphere. A yard beautified with scattering trees, and some shrubbery, at a proper distance from the house, has a happy, cheerful influence upon the family, and, if well taken care of, will prove no injury to health. Dwellings, if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fever and ague, sore throat, lung diseases, and fevers will be the result.

Many have expected that God would keep them from sickness merely because they have asked him to do so. But God did not regard their prayers, because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no efforts to prevent disease. When we do all we can on our part to have health, then may we expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name can be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health.

Temperance.

INDICTMENT OF THE LIQUOR TRAFFIC.

THE liquor traffic has been examined in two directions, in reference to two classes of actions, namely: 1. Is the liquor traffic to be classed with those actions which are always right, as the practice of morals, and of Christian graces? Not one of even its firmest adherents will say that it is. To be thus classed it must be shown that it is always productive of good, and of good only. 2. Is it to be classed with those actions which may be good or ill according to circumstances, such as writing, shooting, etc.? On this point we presented a series of hypothetical cases; of good wrought to individuals and to the community by the liquor traffic. We say hypothetical cases, because we never saw or heard of any such cases. Our memory embraces, with great distinctness, the scenes and events of more than half a century. During all this time we have had opportunity to witness the effects of the liquor traffic; it has been at our right and our left, every week of these many years. We could not shut our eyes from its works however much we might wish to do so. And during all these years we never saw one good result attending the liquor traffic. We have never known it, in a single case, prove a blessing to any individual or to any community. We have seen it ruin and curse thousands, but benefit nobody. True, it has enriched many with worldly wealth; but that was no benefit to the possessor, for ill-gotten gains—the price of blood, and tears, and agony—is a benefit to no one, but rather a curse. But while it has enriched thousands with golden store, it has impoverished millions, and brought them to the extreme of poverty and degradation.

We hope our readers will present the list of cases which was given in the last JOURNAL, to their liquor-selling neighbors, and ask them to point out that which has been paralleled in their own experience; let them show a single instance where their business has proved a blessing to the family, to the church, to the school, to anybody, in any respect. When they produce such a case, please forward it to us, well authenticated, and we will cheerfully publish it to the world, and confess that the traffic is "legitimate," at least to some extent, even as it is claimed. But such a case will never be presented; such a case was never known, and never

will be known. The traffic, judged by its characteristics, its effects, is evil, and "only evil continually."

When we think of presenting cases where the traffic has proved a curse, we are appalled at the prospect. How can we particularize with any degree of justice when more than sixty thousand persons go down to drunkards' graves every year? These sixty thousand are not the only sufferers. As many more are staggering on the verge of imbecility, or violently destroying the peace of their families and of community. And each of these are cursing the members of their households; in many cases depriving them of clothing and food, and of every comfort of life. More than half a million (we speak of the United States alone) are constantly suffering more than language can express, and in many cases more than death itself, because of this unhallowed traffic. And yet it is permitted! And it is verily claimed that the Government has no right to prevent such an evil; no right to protect its innocent citizens from such an outrage, because somebody has money invested in this destructive, iniquitous business.

Not long since we read the case of a man who was a subject of charity; wretched and degraded. His name we have often seen in the court records of a prominent court in a large State—not as a criminal, but as the judge upon the bench, whose decisions were respected because of his ability and learning. He is a wreck of his former self, brought to ruin by strong drink.

A man was found dying in a dark street of one of the Western cities. He was unattended by kindred and friends. By a medal carried on his person he was identified as a man who had stood high in the land, having been an honored officer who had acted a noble part in defending his country. But in liquor he found an enemy that conquered him. The liquor seller wrought this ruin, depriving the country of an honored and able subject, and his friends and kindred of his society and his labors. By the liquor traffic he was consigned to a hopeless grave.

A man of a kind and genial spirit married a beautiful wife, who was the joy of his heart—the solace of his life. Being induced to patronize a liquor seller, he became crazed with drink, as is every day the case with others, and going home in insane rage he killed his wife. While yet stupefied with liquor he was taken to prison. When he

awoke from his stupor he inquired why he was there. The keeper told him it was for murder. "For murder!" said he; "does my wife know it?" "Si," was the reply, "it was your wife that you murdered!" He fell to the floor insensible. But the liquor seller of whom he got the "vile beverage of hell," slept in quiet, and declared that he was engaged in a "legitimate business." And the Government makes the murderous business "respectable" by licensing the traffic, thereby protecting it from the wrath of an outraged people.

A man, not very far from the place where we now write, came home drunk, and becoming offended at his little helpless child, he took it up and placed it upon the hot stove. The poor little creature was nearly naked, as drunkards' children so often are, and who can describe the sufferings of the little innocent one? The man was not naturally a cruel father; the action was caused entirely by the liquor which had been sold to him by "a respectable trader." And the Government took part of the price for the immunity it granted to the horrible traffic.

Among the items in a city paper we find the following: "The patrol wagon picked up a sixteen-year-old boy, named Eddie Blair, on Washington Street Sunday night and took him home. He was so drunk he could not walk, and his parents, who are respectable people and reside at No. 470 Carroll Avenue, are looking for the saloon-keeper who sold him the liquor." Why do they wish to find the saloon-keeper? He was engaged in a "legitimate" business, and he had the Government's seal of protection in his traffic. Justice, if there is any chance of justice in such cases, would call for a prosecution of the Government for licensing such a traffic. Why not? The Government is a party *criminis* in the transaction. It receives part of the proceeds, for which it insures protection—not to the party who is injured, but, to the party who does the injury. Such is the license system.

It is useless to pursue this line of record. Look at the daily papers; look at the streets and alleys of the city; look at the records of the police courts; every day, everywhere, you see the blight and ruin caused by the liquor traffic. It is the monster evil of the age, without one redeeming feature to recommend it.

If the many organizations of the day wish to assail the worst enemy of the workingmen, let them organize a "strike" against the saloons. They are

the hardest masters in the country. Their devotees are slaves, paying liberally for injury and abuse, without receiving a single benefit to themselves or to their families.

That traffic which is only evil in its consequences, which beggars families, breaks the hearts of trusting wives, leads inevitably to the commission of every known crime, and destroys thousands of lives every year, is proved to be criminal; every characteristic proves its criminal nature. Woe to him who engages in it.

Now, seeing that it is criminal in every feature, what shall be done with it? Shall it be "regulated," licensed, upheld by Government patronage, or prohibited? Our decision would be: Treat it as you do other crimes.

BISHOP MERRILL ON PROHIBITION.

THE following is an extract from an address by Bishop Merrill, before the Chicago Prohibition Union, March 5, 1886. It was an able address, as one may judge from this extract:—

"Party issues are temporary and constantly changing, but prohibition reaches to the foundations of government, touches the character of citizenship, and affects the rights of the people to protect their homes and families, their churches, and their schools, to abate nuisances, to foster soberness, to encourage industry, and to make public law a public blessing. It is a many-sided question because of its manifold bearings on morals, business, taxes, labor, capital, schools, churches, social and domestic life, public order and public thrift. It is thus wide-reaching because the traffic it proposes to destroy has laid its atrocious hand on all these lines of business and of life. The success of prohibition is to work a revolution fraught with results comparable in mightiness with those which followed the downfall of the Roman Empire, the discovery of the American Continent, the Reformation of the sixteenth century, or the abolition of slavery. In important respects it exceeds in greatness any of these, as it lifts more burdens from crushed hearts, and opens the way to higher progress and more perfect freedom than any event in history, save the one supreme act of human redemption. The wars of Cæsar, of Alexander, and of Napoleon, were waged on issues insignificant in comparison with that before us. The oppressions of England which made the

American colonies groan in righteous wrath, and rise in revolution, were only as pebbles to mountains when placed by the side of the tyrannies and cruelties of alcohol through the liquor traffic."

THE TOBACCO PLAGUE.

JOSEPH COOK, in a late Boston lecture, spoke as follows, every word of which we heartily indorse:—

"A gentleman long in a public position of honor and responsibility, sends me in writing a very suggestive illustration. A lady from the country came to Boston to do shopping. On her way to Boston a gentleman occupied half the seat with her on the cars. Half his time was spent in the smoking car and the rest with the lady. When she arrived in Boston, she was sick and was obliged to send for a physician. He examined her case, and informed her that she had been made ill by tobacco. She paid the doctor's bill and went home without doing her business, and wondering whether non-smokers have any rights which smokers are bound to respect. Another lady says she cannot come to Boston to do business on account of the ever-present fumes of tobacco in the street and shops.

"No doubt tobacco blunts the sense of propriety. The narcotic nosegay is as unconscious of the odors he exhales as is the eater of onions and garlic. 'Indifference or apathy with regard to the comfort of others,' says the London *Times*, 'is one of the most remarkable effects of tobacco. No other drug will produce anything like it. The opium-eater does not compel you to eat opium with him. The drunkard does not compel you to drink. The smoker compels you to smoke; nay, more, to breathe the smoke he has just discharged from his own mouth.'

"A lady coming from the South for her health was kept in the state-room of the steamer during all the voyage, on account of tobacco smoke on every part of the vessel, and lost the whole effect of the voyage because she could have no fresh air. Her husband, a lawyer, thinks that in equity she could bring a suit for damages against the steamboat company.

"The new State House in Des Moines, Ia., will not allow smokers to enter its portals. An edict has just gone forth that tobacco must not be used in the halls and corridors of the White House in Washington. Our military and naval academies do not allow their pupils to use tobacco. Several colleges in the West prohibit the use of tobacco

by their students. Germany has excellent laws forbidding the sale of tobacco to minors. Eighteen States in the American Union are now teaching children to abstain from alcoholics and narcotics, and my proposition is that the churches, both preachers and members, should rise at least to the secular level of the State Legislatures on both these subjects."

THE DRUNKARD'S BRAIN.

THE brain, when healthy, is so soft that it would not retain its shape but for the skull. The sharpest knife is required to cut it without mangling its structure. It is necessary to immerse the organ in alcohol for weeks or months in order to harden it, when a careful examination is essential. A drunkard's brain presents a marked contrast. It is already hardened, pickled almost. In the dissecting room, it affords rare pleasure to a medical student to secure the desiccated brain of an old toper. A celebrated anatomist declared that he could tell a drunkard's brain in the dark, by the sense of touch alone. A London physician reported a case in which he found, upon making a *post-mortem* examination, so strong an odor of alcohol emanating from the brain, that he applied a match to it, when it burst into a flame. The quantity of alcohol in the brain is sometimes so great that it can be collected by distillation after death.

It must not be supposed that every drunkard's brain is as hard as a pickled one; but it may be fairly supposed that the hardening effect of alcohol has no little influence in the production of degenerations of the brain, such as result in various forms of progressive paralysis. Numerous functional disorders of the brain are also traced directly to the habitual use of alcoholic liquors. Locomotor ataxia, an almost hopeless malady, involving the brain and spinal cord, is very often the result of intemperance.—*Manual of Health and Temperance.*

BEER AND BRIGHT'S DISEASE.

THE idea that beer is harmless because it contains but a small proportion of alcohol, has been wholly refuted by the observation that Bright's disease and other maladies of the kidneys are far more frequent among beer drinkers than among any other class of persons. The excessive amount of work imposed upon the kidneys by the use of the large quantities of beer generally indulged in

by those addicted to its use, sooner or later results in congestion, from which there is but a slight step to acute or chronic inflammation, needing nothing more than a little extra fatigue or a severe cold to precipitate the impending and almost invariably fatal malady. Fatty degeneration of the kidneys is frequent among the users of beer, ale, and similar liquors; while those who habitually use stronger liquors, as gin, rum, whisky, or brandy, suffer with atrophy of the kidneys.—*Manual of Health and Temperance.*

DOES PROHIBITION PROHIBIT?

THIS question has come so near to being answered that the liquor dealers have nearly ceased to praise prohibition as an auxiliary to their traffic. It was only when prohibition was far off that it was persistently declared that it does not prohibit. The *Lever* reports as follows:—

“Mr. Rosenthal, an ex-wholesale liquor dealer of Chattanooga, said: ‘Yes; I have failed in the business and made an assignment, and the cause was local option laws in Georgia and Alabama. My trade fell off 50 per cent. in that country. I couldn’t meet the obligations out, and had to close up. My friends offered to set me up in business again; but I said: No; I’ve had all I want of the liquor traffic. The business is breaking, and will continue to break as fast as the temperance laws continue to advance.’

“I asked: ‘Does not the growth of temperance sentiment affect your trade in counties where prohibition has not been adopted? In other words, is it not the temperance sentiment, rather than the laws, which harm you?’

“‘No, sir,’ he answered. ‘It’s the laws. A temperance revival might temporarily lessen sales, but not to any great degree or for any considerable length of time. But the law passes, and the courts support it; the business can’t live; and that’s all there is of it.’”

And that is exactly all we want of it. All hail, prohibition!

TOBACCO AND SELFISHNESS.

SOME years ago we heard a well-known physician and temperance advocate say that tobacco benumbs the sensibilities and makes its users selfish far more than does whisky. Recently we saw the same statement made by an English writer. The following, which we clip from an Eastern

paper, is proof in point. We have known just such cases. Who can read it without feelings of indignation? Marriage was never designed to make slaves of women, but there is nothing so sacred as to be free from the polluting touch of tobacco:—

“Only a short time ago, says the *Osceola Sentinel*, while we sat at an Osceola store, we saw a man and his wife from the country trading. The woman had the appearance of being a hard-working, industrious, intelligent lady. She was examining a piece of calico, or other cheap dress goods. The clerk said, ‘Shall I cut you off ten yards?’ The pale-faced, overworked woman turned to her husband, and in a timid, frightened manner asked him if she might buy a dress, as she needed it and the cost would be less than \$1.00. ‘No,’ he grunted, ‘I can’t afford it,’ and yet he had just paid as much for a great plug of navy and a paper or two of smoking tobacco. The poor, ill-clad, but neat woman subsided as though this was no new experience, while her rough, coarse, and animal husband bit off a mouthful of the weed and ordered her to get ready for home.”

RESULTS OF BEER DRINKING.—Dr. Cox, a prominent physician in Ohio, after thirty years’ experience, declares that beer, although it is often recommended by the medical profession, is most pernicious to the human system. When disease has taken hold of the children of beer-drinking parents, he has often been astonished to see how suddenly and easily they succumb and die, compared with the children of those who drink water. Cases requiring surgical treatment, and ulcers and sores, are much more difficult of management in beer drinkers than even in whisky toppers.

SALT is a powerful *irritant*, and its power is not expended while in the system, for the reason that it undergoes no change in the system. They who use salt in large quantities should certainly make an effort to become more intelligent on the subject and see if they are not making a mistake.

LOOK not thou upon the wine when it is red, when it giveth its color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder.—*Prov. 23:31, 32.*

BE not among wine-bibbers; among riotous eaters of flesh.—*Prov. 23:20.*

Miscellaneous.

EXPRESSION OF GRATITUDE.

I CAME to the Rural Health Retreat the 25th of January last; I was too feeble to stand upright, or to walk at all without the support of friendly arms or stout canes. I came hoping to gain much, but my largest expectation has been exceeded. Today, having discarded the use of my cane, instead of needing assistance to walk a little way on a level, I find myself sitting, with my scratch book, far down toward the base of the mountain, nearly to the top of which I must climb to reach the Retreat building; but this I can now do on foot with less fatigue than that experienced the day I came by riding in the comfortable Retreat carriage. So much for what pure mountain air and water, hygienic food, rendered appetizing and nutritious by the best of cookery, kindly care given at just the time needed, and rational, skillful medical attention can do when all are crowned by the blessing of God.

That the great and constant aim of those conducting the work here is to do good to all who come; to heal, to relieve, and to comfort the sick, the suffering, and the sorrowing, for His sake, and in such a way as to reflect honor and glory upon Him under whose banner they serve, becomes evident to all who remain long enough to understand what it is that gives to the social atmosphere of this "Home" that sweet savor of peace, and contentment, and good-will toward all, so strongly felt here.

The most homesick and timid ones soon grow to feel at home and among friends, and satisfied of one thing, at least, that all will be done in their behalf that is possible for the physicians to accomplish by unstinted use of the knowledge and skill they have acquired through long years of study and experience, and through the added use of the various appliances at their command with which to assist nature in the work of cure, their endeavors being supplemented and aided by the kindness, carefulness, and solicitous and unintermitting interest manifested by all connected with the household, from manager and matron, to the helpers in every department.

The Creator has largely endowed this Retreat with the richest of natural advantages for a sani-

tary resort. Situated high up above the sea, on a spur of one of the highest mountains of this range, it is nearly above the fog-level. The water used throughout the whole building is pure, soft, spring water. The landscape views are many and varied, each one grandly beautiful; the air, soft, balmy, and sweet with the fragrance of millions of flowers. These, together with the various appliances for the use of electricity, water, movements, etc., etc., make it unequalled as a Health Retreat. Since my sojourn here the need most felt has been more room to accommodate those desiring to come. But this is being remedied as fast as possible.

MRS. M. S. BEERS.

REMARKS: It was with some difficulty that the writer of the above letter was persuaded to go to the Retreat. She had made many efforts to recover her health, "and was nothing bettered, but rather grew worse," and had become so reduced and so discouraged that she could hardly believe it was worth while to try the Retreat. But the earnest solicitations of friends prevailed; gathering hope from the assurances of others who had been benefited there, she went; and her progress toward recovery has been truly wonderful. She rightly attributes this in part to the natural advantages of the location, which, we verily believe, have no parallel, considering the water, the climate, and the inspiring scenery. And these advantages no art, science, or skill can supply.

VEGETARIANISM.

A LADY in Los Angeles, whose home was England, sends us several publications of the vegetarian society, from which we take the following, it being part of an address of Rev. W. Etherington, of Cambridge, a missionary to India:—

"I am glad to be able to add my testimony to the advantages of a vegetarian diet. During the greater part of my life I have abstained from the use of all intoxicating liquors, and few men (whose lives are of the same length as my own) have been more free from physical pain and bodily discomfort of every kind. More than fourteen years of my life have been spent as a missionary, in the North-Western Provinces of India. For about a year before I returned to England I adopted the vegetarian system of living, chiefly because of the difficulty of obtaining beef or mutton that were fit for food. My family and I adhered to the system pretty

strictly, departing from it only occasionally, when removing about the country and enjoying the hospitality of friends.

“During the time that I partook of only vegetable food, I was as strong and as able to do my work as I have ever been. I certainly thought myself, at that time, lighter and more active in body, and more vigorous in mind, than before. In Benares, the city in which I resided during the last eight or nine years of my life in India, there were missionaries of the Church Missionary Society, of the London Missionary Society, and of the Baptist Missionary Society; and of the twenty-five or more missionaries of those societies whom I knew in Benares, I have no hesitation in saying that not one of them enjoyed better health than myself. Most of them, on account of failing health, were obliged to return to England for a time, or to seek a change at one or another of the Himalayan Sanatoria, whilst I was able to remain for nearly fifteen years continuously on the plains without a change; and when I returned to England it was not on account of my health, but for other reasons. I have no doubt whatever that abstinence from alcohol in every form, and, latterly, vegetarianism, were the means of preserving me for so long a time in almost constant health. Not one of the missionaries to whom I have referred was, so far as I know (I was intimate with most of them), a total abstainer from alcohol, and all of them, I believe, would have ridiculed the idea of abstaining from animal food; consequently, liver complaint, dyspepsia, etc., were more prevalent among them than they would have been had simpler habits been adopted. Next, as to the importance of a vegetable diet to missionaries, and especially in India. I have not unfrequently been told, when preaching to Hindus, that Christianity cannot be true, because Europeans needlessly destroy animal life for food. We know that true religion does not consist in meats or drinks; but the Hindu thinks otherwise. To all who believe in the doctrine of the transmigration of souls, animal life is a sacred thing, and the destruction of it a heinous sin. There are thousands of thoughtful, earnest Hindus and Mahomedans in India before whom Europeans, and especially missionaries, cast a stumbling-block by the constant use of the flesh of the cow and swine for food. It is for us to consider whether we shall continue to do this, or believe, with St. Paul, that ‘it is good neither to eat flesh, nor to drink wine,

nor anything whereby thy brother stumbleth, or is offended, or is made weak.’

“Since my return to this country I have again adopted a vegetable diet, and, with my family, have strictly adhered to it, when at home, for the greater part of a year. Now and then, when from home, we have found it convenient to depart from it, but have never done so without reluctance. I believe all that has been said with regard to the many advantages of vegetarianism will be found to be true. To any young man or young woman entering upon life, I do not know that sounder or more useful advice could be given with regard to domestic affairs, bodily health, and comfort, than to abstain from the use of alcohol in every form, and to adopt a vegetable diet.”

HORACE MANN ON HEALTH.

HORACE MANN was one of America's best and truest educators. From his lectures we copy the following remarks, a mere sample of the wise words which they contain. The relation of health to habit on the one hand, and of health to the proper discharge of moral and religious obligation on the other, are very clearly shown:—

“Were a young man to write down a list of his duties, Health should be among the first items in the catalogue. This is no exaggeration of its value; for health is indispensable to almost every form of human enjoyment; it is the grand auxiliary of usefulness; and should a man love the Lord his God with all his heart and soul and mind and strength, he would have ten times more heart and soul and mind and strength to love him with, in the vigor of health, than under the palsy of disease. Not only the amount, but the quality of the labor which a man can perform, depends upon his health. The work savors of the workman. If the poet sickens, his verse sickens; if black, venous blood flows to an author's brain, it beclouds his pages; and the devotions of a consumptive man scent of his disease, as Lord Byron's obscenities smell of gin. Not only ‘lying lips,’ but a dyspeptic stomach, is an abomination to the Lord. At least in this life so dependent is mind upon material organization,—the functions and manifestations of the soul upon the condition of the body it inhabits,—that the materialist hardly states *practical results* too strongly, when he affirms that thought and passion, wit, imagination, and love, are only emanations from exquisitely organized matter, just as perfume is the effluence of

flowers, or music the ethereal product of the Æolian harp.

"In regard to the indulgence of appetite, and the management of the vital organs, society is still in a state of barbarism; and the young man who is true to his highest interests must create a civilization for himself. The brutish part of our nature governs the spiritual. Were we to see a rich banker exchanging eagles for coppers by tale, or a rich merchant bartering silk for serge by the pound, we should deem them worthy of any epithet in the vocabulary of folly. Yet the same men buy pains whose prime cost is greater than the amplest fund of natural enjoyments. Their purveyor and market-man bring them home headaches, and indigestion, and neuralgia, by hamperfuls. Their butler bottles up stone, and gout, and the liver-complaint, falsely labeling them sherry, or madeira, or port, and the stultified masters have not wit enough to see through the cheat. The mass of society look with envy upon the epicure who, day by day, for four hours of luxurious eating suffers twenty hours of sharp aching; who pays a full price for a hot supper, and is so pleased with his bargain that he throws in a sleepless and tempestuous night, as a gratuity. English factory children have received the commiseration of the world, because they were scourged to work eighteen hours out of the twenty-four; but there is many a theoretic republican who is a harsher Pharaoh to his stomach than this; who allows it no more resting-time than he does his watch; who gives it no Sunday, no holiday, no *vacation* in any sense."

A GLIMPSE OF PARADISE.

The keeper of the book: There are too many marks against your name. You cannot enter. *Rev. —:* Why? How-er. Isn't there some mistake? *The keeper of the book:* We make no such mistakes here. *Rev. —:* I know, but it is very curious. I certainly have done nothing to deserve this. *The keeper of the book:* It is what you have not done that has injured your record. *Rev. —:* But I have preached the gospel for forty years. *The keeper of the book:* You have preached because you enjoyed it. All the drudgery of your work you have handed over to your wife and daughters. You have neglected the poor and toadied the rich, and your reward you have already received in an easy and successful life. *Next.—Life.*

REPORT OF CASES.

THE following interesting cases of successful treatment are reported by the physicians of the Rural Health Retreat, St. Helena, Cal.:—

CONSUMPTION WITH PULMONARY HEMORRHAGE.

Mrs. K., age 53, suffering with advanced consumption, very much exhausted by night sweats, hectic fever, and pulmonary hemorrhage, was advised by her physician as a last resort to come to California.

She arrived and remained for a time in Oakland, but finding herself constantly failing, she came to the Retreat, May 1, 1885. She gradually gained in flesh; the hemorrhage soon ceased; and in three months she was feeling well and had increased in strength by judicious treatment and wholesome and generous diet; her weight exceeded that of any former period in her life, and she is now in charge of the cooking department at the Retreat.

TUMOR REMOVED, NEUROTOMY PERFORMED, DISPLACEMENT REDUCED, AND NEURALGIA AND NERVOUS CONVULSIONS OF 18 YEARS' STANDING CURED.

Mrs. B., age 35, had menstrual difficulties from her youth. Troubled with semi-monthly discharge of corruption between menses, a hard fusiform tumor within the right genito-urinary organs, and retroflexion of the womb, resulting from a fall and injury at puberty, since which she has suffered with frequent nervous convulsions, impaired circulation, cold hands and feet, slow digestion, fermentation in the stomach, cankered mouth, headache, vertigo, dark specks floating constantly before the eyes, neuralgia very severe in character. The nerves of the skin were very hyperæsthetic; in fact, she had become so nervous she dared not cross a bridge alone, and feared she must give up the care of her children. A nerve in the right labium was so sensitive that contact would throw her into convulsions. This nerve was removed for four inches of its length, with three inches of one of its branches. During this operation the tumor, measuring three and one-half inches in length, was removed, together with a portion of the right, round ligament of the womb, included in the tumor.

The next day her extremities, that had never been warm since she was a child, became warm, and have remained so to the present, and her circulation became even. The retroflexed womb was brought to position, and she made a rapid recovery.

Within a month she was able to walk four to six miles without fatigue, and took a trip over the mountains and plains, with her husband, nearly two hundred miles in five days, feeling well at the end of her journey.

BAD CASE OF PILES, FISTULA, AND INDURATED LIVER.

Mr. A., age 47, had lived in a malarious country, suffered for fifteen years with torpid liver, had lived very unhygienically for many years. Suffered much during the past five years with piles and fistula in ano. For the last two years he was prevented from doing any extensive labor. The past year the piles came down in such masses as to be frightful to behold. The piles had so dilated the fistula as to engage in the fistula and prolapse through it, sometimes becoming enormously swollen and drawing the intervening tissue out like a bridle across the anus. As a consequence of the hepatic obstruction, he often expectorated blood, sometimes a pint at a time, till he became much alarmed, fearing he would die of consumption. He sometimes vomited blood (*hæmatemesis*). Suffered with pain in the sides, shortness of breath; could hardly get up and down stairs. Dyspepsia, with almost constant eructations; palpitation of the heart of ten years' standing; pain between the shoulders; cold extremities; irritability of the genito-urinary organs, with spermatorrhœa; impaired memory and despondency. His skin was sallow and fairly bronzed. The whites of his eyes were yellow and bloodshot. So great was the venous stasis and engorgement of the vitals that I forbade operation for some time and gave him treatment for four months, during which time his skin lost some of its color, the *hæmatemesis* ceased and the *hæmoptysis* was neither frequent nor profuse. The piles were reduced in size, and circulation improved. The fistula was then successfully operated upon and treatment followed up for two months more, when the piles were removed at two operations, with two weeks intervening. After the first operation the mucous membrane was found to prolapse with the remaining hemorrhoids, and was reduced to nearly the natural size in the latter operation, with the happiest of results. He has ceased taking treatment, is constantly improving, and we confidently hope, as he goes on with a careful dietary, he will continue to recover from the hepatic obstruction.

DRESS.

A NATURAL and symmetrical woman has ever been regarded as the most beautiful object on earth. Artists and poets have given their most exalted inspirations to the portrayal of her matchless charms. But strange and morbid fancies, dignified with the title of *fashions*, have been busy in destroying what God made perfect.

The most destructive of these fashions is found in a peculiarity of her dress. I refer to the practice of compressing the middle of the body. This strange fashion has come into vogue only quite recently in the history of the world, and even now prevails in only a few of what are known as the more civilized peoples, but is producing an amount of disease and suffering which no finite mind can measure.

When one undertakes to fathom the reasons, or mystery, of this fashion, he is lost. Why intelligent beings should, without regard to convenience or comfort, strive to change the shape and proportions of the most beautiful of all the Creator's works, we cannot understand.

By this practice the lungs and heart are forced up toward the throat; the stomach, liver, and other organs, jammed down far into the abdomen; labored respiration and numberless abdominal maladies are the consequence. But the votaries of fashion declare, notwithstanding these shocking deformities and sufferings, that they regard a female form in the hour-glass shape as really beautiful. A few years ago this monstrous perversion of taste was well nigh universal. With sincere gratitude we observe it is now gradually disappearing.

This contraction of the middle of the body, by changing the position of the lungs, heart, liver, stomach, and every other organ within the body, not only seriously interferes with their functional integrity, but almost invariably produces a distortion of the spine. It is impossible to reduce the size of the waist by pressure, to any considerable extent, and not draw the shoulders forward and downward, producing, of course, a change in the form of the spine. I believe that, among the thousands of wasp-waists that have fallen under my observation, I have not seen ten who did not habitually carry the spine and head in an unnatural attitude. Besides this, the influence upon the organs in the lower part of the abdomen, furnishes the medical profession nearly half its business.

The corset is a cruel invention. It ought at once and forever to be abandoned. Even if it be worn loose (what lady does not wear hers loose?), its stiffness entirely prevents that undulating motion about the middle of the body, which should accompany respiration. But if it be worn as loosely as it must be to allow entire freedom to the lungs, it would give an unseemly appearance to the dress. In fact, the very structure of a corset renders a close fit indispensable. Every conscientious physician has painful struggles with this fashion.

A fashionable lady has just called upon me with reference to her lungs. I examined her dress. There was the corset, not as close as I have seen, but close enough to make her cure difficult or impossible. I said at once, "I can do nothing for you while you wear such a dress." "Why, doctor, do you call that tight? Why, that fairly hangs on me." "Yes, madam, I hear that every hour. Have you a husband?" "Yes." "And is he a healthy man?" "Indeed, he is as healthy a man as you would care to see." "Do you think, madam, he could wear such a dress as you have on, and continue his business?" "O, no! but then he is not used to it." "Do you think you know a horse, ox, or any other animal, that could wear such a dress about the vital organs, and continue to labor in comfort?" "Well, doctor, that is a funny question. I am sure I can't say, but I suppose no animal could wear such a dress." "You are quite right; neither the strongest man nor the strongest ox could endure such pressure about the vital organs, and not fail. Ladies delicately born and bred, without labor, give way completely under the cruel pressure." "What shall I do?" "Take off the corset; make the skirt-bands and dress as loose as your husband finds it necessary to wear his dress, and then it will be possible, with exercise and other curative agencies, to restore you."

I shall not argue the proposition that a reduction of the capacity of the most vital part of the body tends to reduce the vitality, and thus lays the foundation for consumption. Of all maladies, pulmonary consumption is most clearly the result of low vitality. Whatever breaks down the tone, may, in this climate, lead to consumption. No habit in which women indulge tends more directly and irresistibly to cripple the vital forces, than compressing, with a hard, inflexible corset, those organs which eliminate the vital forces.—*Dio Lewis.*

OVERTAXED BRAINS.

HUMAN life is in many respects worth more than it was a hundred years ago. An English journal says: "We no longer, as a rule, eat and drink to excess, as our ancestors did; we do not invite apoplexy by covering our heads with a cap of dead hair [except the barristers and judges in the English courts], and swathing our throats in many folds of unnecessary linen; our sanitary arrangements are a hundred-fold better, and our town-dwellers see much more of the country, and taste much more of the country air.

"Yet it is certain that nervous disorders are greatly on the increase, and it is to be feared that the excitement of modern life is introducing new maladies while removing old. A physician of the early or middle Georgian era said that a large proportion of the deaths of Englishmen was due to repletion. The proportion under that head is now very much less; but what we have gained in one direction we have lost in another. Among the intellectual and mercantile classes of the present day, the greatest danger to life is from nervous exhaustion. We make too serious and too incessant demands on the most delicate part of our structure, and the whole fabric gives way under paralysis, or heart complaint, or softening of the brain, or imbecility, or insanity. Disease of the heart is constantly sweeping off our men of intellect; and the vast size of our modern lunatic asylums, together with the frequent necessity of adding to their number, is a melancholy proof of the overwrought state of a large part of the population."

HEALTH OF WOMEN.

ONE of the most prominent physicians was consulted, some time ago, by an elegant lady of fashionable life, on account of two of her beautiful daughters, who were sylph-like and symmetrical as fashion could make them, but who showed too plainly that their forms and constitutions were as frail as debility could make them without actually manifesting some specific form of disease. "Oh, what shall I do for my beautiful girls?" exclaimed the mother. "Give them strength," he replied. "And how shall that be done?" said she. "Let them make their own beds, and sweep their own rooms, and, perchance, the parlor and drawing-room; go to market and bring baskets of provisions home; garden, wash, and iron!" Looking at

the physician with surprise, she said, "What sort of minds would they have? what sort of bodies?" He answered: "They would have as healthy and happy ones as your servants. You now give all the health and happiness to your domestics. Be merciful to your daughters and let them have a share." The importance of this advice cannot be overstated. Useful occupation, exercise in doing real work, is one of the best antidotes for the fearful debility that wastes and destroys so many of our young ladies. To promenade the streets for the sake of exercise, is a poor substitute for the invigorating effects of an hour of real work, and it cultivates all the vanities of an empty head and an idle heart. Give your daughter a broom and let her sweep the attic, instead of giving her a trailing dress and letting her sweep the sidewalk, to be gazed at by idlers until she cares for nothing but display and being displayed. Hundreds of young women would have been saved from the grave, and from a worse fate than the grave, by useful work at home.—*SeL.*

DR. GRAHAM ON THE USE OF BUTTER.

THERE is much questioning of late in regard to the use of butter. This may be increased by the knowledge of the fact that imitations of butter are everywhere in the market, and it is impossible to tell whether one is eating butter or something else called butter, when he sits at the table in a hotel, boarding-house, or restaurant. In our judgment the genuine is bad enough, without any adulteration or imitation. We have seen butter made and put upon the market that could not be told from the very best article, which we would not taste for any consideration. In one sense it was good butter; it was made from good, rich cream, and therefore looked well, but there was filthiness in all its surroundings and in its manufacture. We are always safe from imposition in this matter, for we entirely abstain from everything bearing the name of butter. The following remarks of Dr. Sylvester Graham are worthy of candid consideration:—

"Concerning the use of butter as an article of diet, it is somewhat remarkable that, with all the diversities of opinions in regard to the food of man, nearly all who have written or spoken on the subject of human aliment with reference to health, have been entirely agreed in considering this favorite article as DECIDEDLY OBJECTIONABLE;

and some have spoken of it in the *severest terms of condemnation*. Dr. Beaumont's experiments and observations fully prove that when butter is taken into the stomach, with other substances, it becomes a fluid oil and floats upon the top of the chymous mass, retaining its oily character and appearance till all the other contents of the gastric cavity are nearly or entirely chymified and emptied into the duodenum; and it, like all other animal fat, is digested only by being first acted on by a portion of bile and converted into a kind of saponaceous substance, and then it receives the action of the proper solvent fluid of the stomach. The point is therefore forever established beyond all controversy that *butter is better avoided than eaten by mankind.*"

FUSSINESS.

THERE is no foe to domestic peace and comfort like that of fussiness. It arises largely from a lack of system or plan, and from too great attention to minor detail. Some housekeepers have the habit of stirring up everything at once. They begin their day's work anywhere, without any relation to what is most urgent or necessary to be accomplished. They lose sight of the always excellent rule—one thing at a time, and that first which is most important. It is a good plan to sit quietly down at the beginning of each day and take a survey of the domestic field. Decide what must be done, and what, in case of lack of time, or the intervention of other duties, may be put off, and then set to work without undue haste to perform necessary duties. Learn to do it quietly, without noise. Be careful to take no useless steps. There is a vast amount of strength expended in this way and nervous energy wasted.

The wise housekeeper never gets into a "stew," but works as noiselessly and steadily as the sunlight. What she has to do she accomplishes without any indirection. She aims right at the mark through every movement of her hand and by every footstep. If she has house-cleaning to attend to, she doesn't commence by tearing up every room in the house and putting the entire establishment in a chaos of confusion. But she takes one room at a time, has it cleansed and purified and put to rights again before there is any further upheaval. System is as essential in the government of the household as in that of the State. Order, promptness, punctuality, industry, and good judgment are

the necessary and efficient forces in the home. To these add cheerfulness, patience, and a thoughtful care for the general comfort and happiness of its members, and you will avoid all unpleasant friction, and make the home what it should be—the center of all that is best and dearest to the human heart.—*Christian Advocate.*

DANGEROUS CLEANSING ELEMENTS.

THE following, which we copy from *Good Health*, should be remembered by every housekeeper. Read it more than once.

An Eastern paper gives this warning in regard to some of the articles in common use. The use of kerosene oil for polishing and cleansing ware of different kinds, furniture, etc., is dangerous. The proportion of naphtha in the oil is often so large as to make it very inflammable and liable to explosion. It cannot be used in the household for any such purpose with perfect safety. Benzine, ether, and ammonia are also dangerous agents, although extremely useful ones. The two first-named liquids are used for cleaning kid gloves and other apparel, and in removing oil from carpets, curtains, etc. Both are highly volatile, and flash into vapor as soon as they are exposed to the open air. Their vapors are combustible, and will inflame quite a distance from a lighted candle or gas flame, and consequently should never be used in the evening or near a stove in the day-time. Breathing the gas from ammonia under certain circumstances causes harm to the lungs and membranes of the mouth and nose. It is a very valuable liquid for cleaning silver, and for removing spots from wearing apparel, and is unobjectionable if proper care is taken. It is very dangerous if taken inwardly, and the vial containing it should have a rubber stopper, and should be kept out of reach of children and careless people. Oxalic acid is largely used for cleaning brass and copper utensils. This drug is highly poisonous, and should be kept apart from all medicines. In a crystalline state it much resembles sulphate of magnesia, or epsom salts, and therefore frequent mistakes are made, and lives lost in consequence.

THE New York *Herald* says: "It is an open question whether the cook books and the 'household departments' of various family papers have not as much to do with the prevailing disease of dyspepsia as have the six-weeks-old mince-pies of

our grandmothers. The mock turtle soups, lobster croquettes, scalloped oysters and veal, Welsh rarebits and other cheese relishes are all very delightful and sure to be eagerly pounced on by the diseased appetite of a dyspeptic, but they are productive of much suffering in the end. There is much bosh sent out under the head of 'Household Hints' or 'Domestic Helps,' generally edited by a man with a pair of scissors, that should be suppressed for the sake of suffering humanity. It is no uncommon occurrence to see a recipe for stock in which a 'dozen cloves' are stuck with a lavish hand into one onion. 'A few blades of mace and one or two whole peppers' help to season a couple of quarts of water, to which, perchance, a 'five-cent soup-bone' has been added. We pity the inexperienced housekeeper who falls into the hands of these Philistines."

Very well said. Comparing our habits with those of the English, it says: "The complexions of our sons and daughters show that we are fast running to the opposite extreme of richly spiced dishes that vitiate the appetite and destroy both stomach and temper."

That is good. We wish it could be deeply impressed upon every family, especially upon every mother who has charge of the dietary of the family, that there is a very close relation between a bad stomach and a bad temper. When their children are cross, they should consider whether there is not a fault in the kitchen and dining-room.

MANY have taken colds that resulted in death, while others have laid the foundation of a life-lasting disease, by sleeping in damp, close rooms, or damp beds.

SOMETHING FOR EVERYBODY.

THE PACIFIC PRESS, Oakland, Cal., will send the *American Sentinel*, an 8-page monthly paper, one year, and either of the following books, in cloth binding, post-paid, for \$1.25 (to foreign countries, 5s.) viz: "The Atonement: in the Light of Nature and Revelation," by Elder J. H. Waggoner, 368 pp.; "The Marvel of Nations: Our Country, its Past, Present, and Future," by Elder Uriah Smith, 282 pp., over forty illustrations; "The Life and Words of Christ," by Cunningham Geikie, D. D., over 800 pp.

The Temperance Advocate, a 24-page health and temperance bi-monthly, one year, and either of the above-mentioned valuable books, post-paid, for \$1.25 (5s.).

THE SIGNS OF THE TIMES one year, and your choice of any one of these books, post-paid, for \$2.50 (to foreign countries, 12s.), or the SIGNS one year and the illustrated "Great Controversy," post-paid, for \$3.00; foreign, 14s.

"SORTS."

Not many people are aware of the fact that the death-rate is governed largely by the fashions. When fashion said, Wear thin shoes, then thin shoes were worn, no matter what the weather might be, and though pneumonia and consumption stood rapping at the door. Medical statistics showed that when corsets went nearly out of fashion in Paris, the mortality of women decreased about eighteen and one-half per cent.; and when chignons came in fashion, brain fevers among women increased at the rate of about seventy-three per cent.

PACIFIC HEALTH JOURNAL.

WITH the present number ends the first year of the publication of this JOURNAL, and it also ends the connection of the present editor therewith. Believing that such a paper was much needed on this coast, we consented to take charge of it for one year, though our other labors were so abundant that we should have utterly refused to attempt it if we had consulted our own personal interests. Not only has the year ended, but we are very soon to change the place of our labors, leaving this State, and therefore our connection with the JOURNAL ceases of necessity.

It was commenced in compliance with a vote of the Board of Directors of the Rural Health Retreat. At the time when that vote was taken, arrangements had just been made to permanently open the Retreat. We think we can safely say that the success of the Retreat is now assured. It has become quite well known throughout the country, not only by means of the JOURNAL, which has brought it into favorable notice in many places, but through the many patients and visitors who have been at the Retreat during the past year. And we are happy to be able to say that every one who has visited it has given a very favorable report of the efficiency and faithfulness of the physicians, of the courtesy and kindness of the managers and helpers, the excellence of the food, the purity of the water, the salubrity of the climate, and the unrivaled beauty of the scenery. In all these respects taken together, we do not believe the Retreat has its equal in the world.

We shall never lose our personal interest in the JOURNAL, because we cannot lose our interest in the principles and truths which it advocates. And we are pleased to know that these truths are more

and more coming into favor with the people. We could readily note many evidences that this is the case.

This number has been necessarily delayed until the annual meetings of the Publishing and Health Retreat Associations. Arrangements having been perfected for the permanent continuance of the JOURNAL under the management of competent workers, our friends are requested to renew their subscriptions, and to assist us in extending its circulation. Improvements contemplated by the editor will be carried out by the future managers.

MARKETABLE PORK.

THERE is one thrifty farmer in Michigan. He is bound to get rich if prudent management is of any account. In proof, we copy the following item from a Michigan paper:—

"A Marcellus man has stamped out the cholera, which threatened all his hogs. As soon as the Marcellus man discovered a sick porker, he shipped him to the Chicago market, and by close attention he has got rid of all the diseased animals without serious loss."

They who used the pork never knew the difference. It only added variety to disease.

AMONG all the associations or societies with which the world abounds there is none doing better service to the poor than the Vegetarian Society of Manchester, England. Its publications are of rare value, teaching the laboring classes how they may live well at very small expense. The society publishes the *Dietetic Reformer*, 56 Peter Street, Manchester. We wish all the poor in the United States would read its publications. They are worth more than a dozen "strikes."

WOMEN CONSIDERED ADJECTIVELY.

THE origin of the following paragraph we do not know. Like many other good items, we find it credited to an "exchange," which is really no credit at all. It is brief, but expressive:—

"To be a woman, nowadays, seems to be the most difficult thing in the world. To be a creature, bewigged, bewigged, bepowdered, bepuffed, rolled, coiled, padded, bagged, stuffed, frizzled, curled, tied, tortured, strained, dyed, beaded, dotted, streamered, fringed, trimmed, ruffled, plaited, trailed, jetted, jeweled, frilled, roughed, jerked, smirked, till the very fashion-plates hide their diminished heads, is one thing; to be a human soul, with an eternity to live, with other human souls to help, with actual working and suffering, self-denying, conquering, learning, and ennobling before it, is another."

GRAHAM GEMS.

THE following letter was received at the office while the editor was in the East, and accidentally mislaid. We publish it for the benefit of others:—

"I am a subscriber of your excellent HEALTH JOURNAL, which thus far I like very much. Having been troubled with dyspepsia, and desirous of eating plain, nutritious bread, I had some Graham gems made after the directions given in No. 2 HEALTH JOURNAL, under the head 'Good Cooking.' Endeavored to follow directions to the letter. The result was, an unexpectedly light gem (in the absence of baking powder and shortening) with good flavor; but the crust was decidedly hard and tough, so that not only the toothless, but those also having pretty good teeth would not find it an easy walk-over to masticate. They were baked three-fourths of an hour in a coal stove, and made of improved graham flour containing the 'entire wheat,'—a nice article. Thinking that possibly some detail may have been overlooked in the make-up of the gem, I write for any suggestion you might be pleased to make, and would like to know if, when you speak of kneading, you mean stirring with a spoon in the mixing-pan, or working with the hand on a kneading-board."

We are pleased with the success of the writer in making good, light gems without baking powder or yeast. Everybody can do it if they try. The difficulty in the above case was that they were too long in the oven. Doubtless the oven was not hot enough; had it been they would have burned in three-fourths of an hour. The pans must be quite hot when the dough is put in; then if they are not thoroughly baked in half the time indicated above, the oven is too cool.

The mixing is done with a strong spoon; not by stirring it round and round, but by a lifting motion, so as to mix the air as much as possible in the batter. It should be mixed stiff enough so it will not run down level when dipped into the pans; but if mixed too stiff the bread will be dry and hard. Patience and persistent effort is all that is needed—"If at first you don't succeed, Try, try again."

At a "banquet" given to the poor in a city in England, six hundred children and one hundred adults partook of a satisfying dinner, which consisted of "good soup, bread, and rice pudding, with a plentiful mixture of currents, raisins, spices, etc.," at a cost of about \$18!

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The second package, costing forty cents, post-paid, contains the above list and the following in addition:—

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The third package, costing \$1.00, post-paid, contains in addition to the above:—

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