

Physical Reform, the True Basis of Mental and Moral Reform.

PACIFIC
Health Journal
 AND TEMPERANCE
 ADVOCATE.

Devoted to Temperance Principles and the Art of Preserving Health.

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CONTENTS.

PURE
 AIR
 FOOD
 WATER



	PAGE.		PAGE.
GENERAL ARTICLES — Good Nutrition,			
Good Health,	219	Tobacco Blindness,	233
Bible Hygiene,	221	Died from Tea Drinking,	233
Sunshine,	227	Early History of Tea,	233
Mouth Breathing,	223	Esquimaux Diet,	233
Cheerfulness and Good Digestion,	224	Price of This Journal,	233
The Rural Health Retreat,	224	MISCELLANEOUS — A Young Doctor's	
A Foolish Waste of Strength,	225	Story,	234
Right Use of Time,	225	Summer Complaint,	234
Disease and Its Causes,	226	Consumptive Poultry,	235
Mrs. Blake's Lesson,	227	Diphtheria,	236
Social Purity,	229	HOUSEHOLD — Mending,	
Beer for School Boys,	229	Hints for Mothers,	238
TEMPERANCE — The Two Workers,		Necessity of Ventilation,	238
True Temperance,	230	Summer Clothing,	239
Who Is It?	231	Sun-stroke,	239
Alcohol Is Our Worst Enemy,	232	What Is Stale Bread?	239
The Dirty Rope,	232	Variety in Food,	239
Murdered His Wife,	232	Household Hints,	240
		Mouth and Stomach Colloquy,	242



Temperance Leads to Health, Wealth, Happiness and Long Life



RURAL HEALTH RETREAT,

ST. HELENA, CAL.

THE NATURAL SURROUNDINGS



THIS Retreat equal those of any other health resort. Across the valley lies the Sonoma Mountain Range, breaking the sea breeze, and shielding the Retreat from the chilling atmosphere of the coast, and presenting a safeguard against catarrh and lung diseases. The grandeur of its mountain ranges, with shrubby cañons lying in beauty at their feet, the famous Mt. St. Helena rearing its lofty head to the clouds, the grassy plain lying beneath, reflecting the sunbeams like a grand mirror in the valley below, all lend enchantment to the scene.

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Crystal Springs,

Where the treatment invigorates you, gives you a light heart, a quiet stomach, and a cheerful countenance. Come, and we will do you good. Especial attention is given to the treatment of

Chronic Diseases.

New facilities are constantly being added to make this a most desirable and efficient, as it now is one of the most natural and healthful Winter Resorts in America. On our grounds Geraniums, Verbenas, and Callas bloom in the open air all winter; and just above our buildings, on the hill-side, we have an orchard of Orange, Lemon, Olive and Fig-trees.

While the Chief Object of this institution is to afford a Sanitarium for those in need of Hygienic and Surgical Treatment, ample means is provided for the entertainment of boarders and order-loving pleasure seekers. There are walks in the shady groves, drives, a spacious croquet ground, swings, hammocks, etc., etc. We are only twelve miles from the famous petrified forest, to which parties may make a nice trip almost any day. While a "radical table" may be furnished to patients whose ailments require a prescribed diet, we have a "wholesome and liberal table" for such as may desire to spend a few weeks or months in recreation and receive benefit from rest and breathing this mountain air, the evenness and purity of which are unsurpassed.

Before you conclude to go to some other place, where "rare mineral waters" are offered, come and see for yourself this beautiful Resort, with water pure as crystal.

Persons desirous of knowing whether their case is one of probable cure can ascertain by addressing RURAL HEALTH RETREAT. All questions cheerfully answered.

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Specially favorable terms for families, and others, by the month. Some rooms in cottages can be furnished at reduced rates. Office treatment and surgical operations extra.

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For Further Particulars address: RURAL HEALTH RETREAT,
ST. HELENA, CAL.

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THE safest remedies in the world are warmth, rest, and abstinence. The brutes employ these.

WE judge ourselves by what we feel capable of doing, while others judge us by what we have done.

"THE sleep of a laboring man is sweet, whether he eat little or much; but the abundance of the rich will not suffer him to sleep." Eccl. 5:12.

As the soil, however rich it may be, cannot be productive without culture, so the mind without cultivation can never produce good fruit.—*Seneca*.

AN old Greek philosopher said: "Man has two eyes, two ears, and but one mouth, which teaches him to see a great deal, hear a great deal, and talk very little."

IF we wish to save our nation, we must save our boys and girls, and if we save our boys and girls, we shall have—what the friends of purity are demanding—a clean nation.

CANON FARRAR says that Cruikshank, the artist, offered £100 for proof of a violent crime committed by a total abstainer, and that the money remains unclaimed to this day.

FROM only one word many quarrels begin;
 And "only this once" leads to many a sin.
 "Only a penny" wastes many a pound.
 "Only once more," and the diver was drowned.
 "Only a drop" many drunkards has made.
 "Only one play" many gamblers have said.
 "Only a cold" opens many a grave.
 "Only RESIST" many evils will save.

FOR the benefit of the man who "blows out the gas," it should be generally known that a few drops of acetic ether on a lump of sugar will usually revive people who have become insensible from the effects of illuminating gas. Hotel clerks should paste this in their hats.—*Chicago Hotel Reporter*.

GOOD NUTRITION, GOOD HEALTH.

IT is essential to good health that the blood should circulate freely to every part of the body, for it is through the medium of the circulating blood that the life particles are carried to every organ of the body, and the waste and worn-out tissue is gathered up and eliminated from the body. In order that life and vitality may be conveyed to every part, it is important that the blood contain those elements that will build up the tissues of the body.

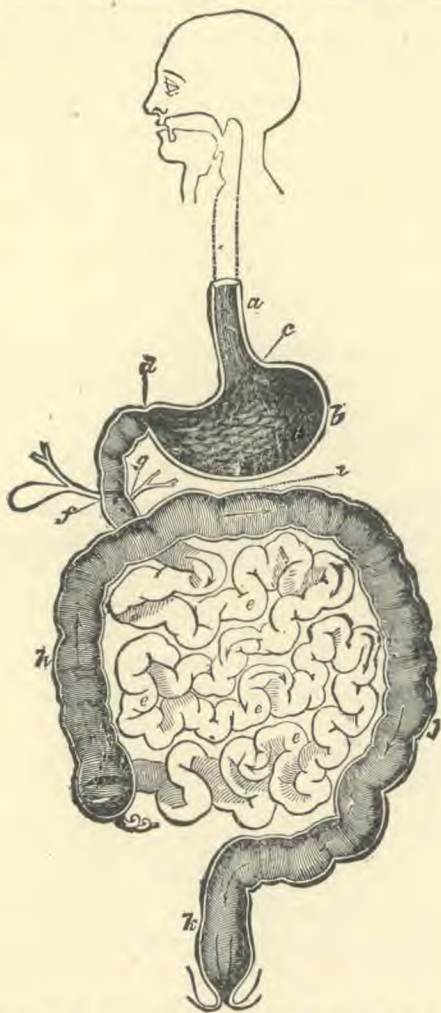
As the blood is made *from* and *of* the alimentary substance contained in our food, and the quality of that aliment depends on the quality of the food eaten, so, if we would have our blood properly freighted with suitable nutriment, and our body kept in a healthy condition, it becomes a matter of the highest importance that we give the most scrupulous care and attention to the proper selection of our food, as also to selecting that kind of food which our system can most readily digest and assimilate to its own uses. Otherwise we cause a useless wear of the system, and thus shorten our lives.

We would not recommend being of "a doubtful mind" as to the heavenly Father's provident care for his creatures (Luke 12:29), yet it is of some consequence to ask the question, What shall we eat, and what shall we drink? As the body is composed of bone, brain, nerve, muscle, etc., it is important that our food contain elements which can be used in repairing the waste in all these parts. If the body possesses strong bones, it will be because bone food, in proper quantity, is furnished in the diet. To have the brain strong and ready for active service, the individual must partake of a proper amount of brain food, etc.

In this article we wish to call more especial attention to the organs of digestion. Some may suppose that the work of digestion is only accomplished in the stomach. This is a mistake, for the stomach is only one of the organs of digestion. "The digestive apparatus consists of a long, tortuous tube, called the digestive or alimentary canal, to which are appended various accessory organs. This canal is about thirty feet in length, and is lined throughout with mucous membrane, which is variously modified according to its location. Each end of the canal is guarded by a circular muscle, the upper, the mouth, being by this means opened or

closed at pleasure, while the lower is involuntary in its action, only opening when overcome by force applied from above. This canal presents at least five distinct portions, the *mouth, œsophagus, stomach, small intestine, and large intestine, or colon*. Each of these possesses peculiar and important functions."

These different parts of the alimentary tube are seen in the accompanying cut.* Some portion of



the work of digestion and absorption of the food is carried on through the entire length of this alimentary canal. In the mouth, which we might denominate the mill of the body, the food should receive that grinding and insalivation that would fit it for the stomach. But, alas in too many cases the food is bolted down the œsophagus as hurriedly

as though the eater had no teeth, and the mouth had no other office, in the matter of eating, than simply to slightly taste the food as it passes along.

There are three sets of glands in the mouth which secrete the saliva or solvent fluid of the mouth and pour it freely into the oral cavity during the process of mastication and whenever any exciting substance is taken into the mouth. These glands secrete about three pints of saliva in twenty-four hours, and it is said that about one-half of this is secreted during the period of masticating the food. The sight, the smell, and even the thoughts of savory substances will cause an increased secretion and flow of the saliva. By the action of the saliva upon the food in the mouth, the food is not only prepared for swallowing, but the process of digestion is commenced. This work is performed to a greater or less extent, according to the length of time the food is kept in the mouth. If, then, the food is hurried down, either by washing with drinks or otherwise, just so much is the work of digestion rendered imperfect. The process of chewing increases the flow of saliva. If the food is not properly masticated, the stomach is irritated, and all irritations of the stomach greatly affect the condition of the salivary glands, and the nature of their secretion.

By improper mastication a fourfold injury is done to the stomach: 1. It compels the stomach to receive the food more rapidly than is consistent with its welfare. 2. It compels the stomach to secrete a larger quantity of solvent fluid than would be necessary if the functions of the mouth had been properly performed. 3. It compels the stomach, at a great inconvenience, to reduce by maceration those masses which ought to have been broken down and finely ground by the teeth. 4. By increasing the duration and difficulty of gastric digestion, it increases the expenditure of the functional powers of the stomach, and thus causes a greater degree of vital exhaustion in that organ, tending to debility and disease.

The stomach is furnished with what are called *peptic* glands, and these minute structures are said to number five million in an ordinary stomach. These secrete the gastric juice, to the amount of twelve or fourteen pints in twenty-four hours. By the action of this juice as the food is moved about in the stomach, the mass is turned into chyme. We often see advertisements of *pepsin* for dyspepsia.

*From "Home Hand-Book," by J. H. Kellogg, M. D., page 246.

But no *pepsin* prepared by the chemist can accomplish the effects produced by the natural *pepsin* prepared in nature's laboratory. How much better to regard the laws of mastication and digestion, thus retaining a healthy action of the stomach, than to be brought into a condition where the stomach fails to secrete its own healthful *pepsin!*

When the food has been properly chymified in the stomach proper, it passes through the pyloric orifice into the first part of the small intestine, which is called the *duodenum*, or second stomach. Here the chyme is supplied with two more juices, the *bile* and the *pancreatic juice*. The former is a secretion from the liver, and the latter is secreted in the pancreas. The ducts for the passage of these juices are represented in our diagram by F and G. By the action of these juices upon the chyme, it is turned into *chyle*, and prepared to pass on its way through the alimentary canal, where it receives the addition of another fluid called *intestinal juice*. This juice is said to have no power to dissolve food that has not been properly acted upon before it reaches this part of the canal.

Throughout the entire length of this winding intestine, changes are taking place in the chyle, and the nutritive elements of the digested food are being absorbed by the action of minute absorbing glands which communicate with the blood-vessels of the system. So we see, indeed, that this whole alimentary canal is a digestive apparatus. It is, then, as all may see, essential to health, happiness, and longevity, that we give special attention to proper food and its proper mastication. Thus we will aid instead of overburdening the digestive organs in their work.

J. N. L.

BIBLE HYGIENE.

IN the records of God's providential dealing with the race, the Hebrews hold a high rank. These descendants of the worthy patriarchs, Abraham, Isaac, and Jacob, were proud of the blood in their veins, and, in the days of Christ, are heard to say, boastfully, "We have Abraham to our father."

Abraham was a truly grand character in his day. "I know him," says the great God, "that he will command his children and his household after him." Gen. 18:19. He is made the father of all the faithful. Rom. 4:11, 16. The reason his children were to be in number like the dust of the earth (Gen. 13:16), or as the sand upon the sea-

shore (chap. 22:17), or as the stars of heaven (chap. 15:5; 26:4), is given thus: "Because that Abraham obeyed my voice, and kept my charge, my commandments, my statutes, and my laws." Verse 5. The secret of his moral greatness lay in the fact that he was true to principle, and possessed unlimited faith in God, and in his providential dealings with the faithful.

During four hundred and thirty years of slavery in a heathen land, the habits of the Hebrews became more or less corrupted. And as their moral powers became weak, in the same degree appetite and passion grew stronger. With a mighty hand, and with an outstretched arm, God brought them from the land of servitude into the wilderness, where he proposed to reform them. Their wrong habits in Egypt had made them irritable, and had disqualified them to endure the pangs of thirst, or the gnawings of perverted appetite.

The waters of Marah were bitter, and a general cry of murmuring rang through the host of Israel, and reached the ear of Moses, "What shall we drink?" A certain tree cast into the waters made them sweet. This quieted their murmurings for the time. And the Lord "made for them a statute and an ordinance, and there he proved them, and said, If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians; for I am the Lord that healeth thee.

The candid reader will not fail to see that the gracious God of the Hebrews regarded the health of his people as a matter of first importance. He promised them health if they would obey. Indeed, no fact appears more distinct upon the Sacred Record than this, that in the great work of reforming them, and restoring them from wrong habits contracted in Egypt, which affected their physical, moral, and spiritual natures, God commenced with the appetite.

Thirty days after the departure from Egypt, the Hebrews were encamped in the Wilderness of Sin, and there the circumstances of their position tested their trembling faith. It was evident that the chances for food were against them, unless God should work a perpetual miracle. And the infidel question was murmured through the camp, "Can God furnish a table in the wilderness?" And the whole congregation murmured against Moses and

Aaron, saying, "Would to God we had died by the hand of the Lord in the land of Egypt, when we sat by the flesh-pots, and when we did eat bread to the full; for ye have brought us forth into this wilderness, to kill this whole assembly with hunger." Ex. 16:3.

The necessity of his people was God's opportunity there to miraculously send them food from heaven. It came in abundance, and lay round about the host. The God and Father of his people being judge in the case, he most certainly gave them that food best adapted to their wants. What did the God of Israel provide as food for that vast host? The simple language of the Sacred Record gives the following interesting facts:—

"Then said the Lord unto Moses, Behold, I will rain bread from heaven for you; and the people shall go out and gather a certain rate every day, that I may prove them, whether they will walk in my law, or no." Ex. 16:4. God was about to repeat his law in the ears of all the people. Would they obey? Their appetites and passions were such that the matter was one of doubt. God proposed to prove their moral powers, and he did this by testing them in the matter of appetite.

It appears from the record that the people were not at first restricted to manna alone. In the morning they were to eat of the manna, and in the evening they were to eat of the flesh of the quails. Whether flesh was given them once a day at first that the change of their habits might be more gradual, or because of their frenzied murmurings, may be a matter of debate. But at a later period they were restricted to manna alone, as the following statement of their frantic murmurings shows:

"And the mixed multitude that was among them fell a lusting; and the children of Israel also wept again, and said, Who shall give us flesh to eat? We remember the fish, which we did eat in Egypt freely; the cucumbers, and the melons, and the leeks, and the onions, and the garlic. But now our soul is dried away. There is nothing at all, besides this manna, before our eyes." Num. 11:4-6. God gave them flesh—not because it was best for them—but to teach them that he best knew their real needs. As other means of instruction had failed, he let them have their own way this time to humble them, and bring them to submission.

The leader of murmuring Israel was instructed to say to his people: "And ye shall eat flesh; for

ye have wept in the ears of the Lord, saying, Who shall give us flesh to eat? for it was well with us in Egypt; therefore the Lord will give you flesh, and ye shall eat. Ye shall not eat one day, nor two days, nor five days, neither ten days, nor twenty days; but even a whole month, until it come out at your nostrils, and it be loathsome unto you; because that ye have despised the Lord which is among you, and have wept before him, saying, Why came we forth out of Egypt?" Num. 11:18-20.

We are sometimes gravely informed by those knowing gentlemen who give their influence on the side of indulgence of morbid taste, that the appetite indicates that which is best adapted to the wants of the system. And tens of thousands are acting the glutton, and hastening to a premature, wretched end over this miserable untruth. How terribly false in the case of the Hebrews! And on the same ground men may justify the drunkard, the opium inebriate, and the tobacco slave.—*Elder James White, in Health Reformer, 1871.*

SUNSHINE.

SECLUSION from sunshine is one of the misfortunes of our civilized life. The same cause which makes potato vines white and sickly, when grown in dark cellars, operates to produce the pale, sickly girls that are reared in our parlors. Expose either to the direct rays of the sun, and they begin to show color, health, and strength.

One of the ablest lawyers in our country, a victim of long and hard brain labor, came to me a year ago, suffering with partial paralysis. The right leg and hip were reduced in size, with constant pain in the loins. He was obliged, in coming up stairs, to raise the left foot first, on every stair, dragging the right one after it. Pale, feeble, miserable, he told me he had been failing several years, and closed with, "My work is done. At sixty, I find myself worn out."

I directed him to lie down under a large window, and allow the sun to fall upon every part of his body; at first, ten minutes a day, increasing the time until he could expose himself to the direct rays of the sun a full hour. His habits were not essentially altered in any other particular. In six months he came running up the stairs like a vigorous man of forty, and declared, with sparkling eyes, "I have twenty years more of work in me."

I have assisted many dyspeptic, neuralgic, rheumatic, and hypochondriacal people into health, by the SUN-CURE. I have so many facts illustrating the wonderful power of the sun's direct rays in curing certain classes of invalids, that I have seriously thought of publishing a work to be denominated the "SUN-CURE."

I take the liberty of introducing another case, which greatly impressed my mind at the time. Many years ago a clergyman, who had for forty years been a victim of dyspepsia, and who had prayed for death, as the only door of escape, came, through the advice of a mutual friend, to consult me. I advised the disuse of all medicines, the generous use of cracked wheat, good beef, and much exposure to sunshine. To secure the last-mentioned influence, I directed him to inclose twenty feet square in his garden with a close fence and plant the ground within with something, the cultivation of which would occupy his mind. Then, when the weather was warm, shutting himself in, he was to busy himself, *quite nude*, with the cultivation of his vegetables, from ten to sixty minutes a day, always indulging in a thorough bath and friction before leaving. *He was radically cured.*

I was practicing my profession in Buffalo, New York, during 1849 and 1851, those memorial cholera seasons. I saw at least five cases of cholera on the shady side of the street and houses, to one on the sunny side. One eminent physician in New Orleans reports from his own practice eight cases of *yellow fever* on the shady side of the street to one on the sunny side.

Who has not read of Florence Nightingale's observations in the Crimea, showing the difference between the shady and the sunny sides of the hospitals? In St. Petersburg the shady side of the hospitals was so notoriously unfavorable to the sick soldier that the Czar decreed them into disuse.

The shade trees about our dwellings have done much to make our wives and daughters pale, feeble, and neuralgic. Trees ought never to stand near enough to a dwelling to cast their shade upon it; and if the blinds were removed, and nothing but a curtain within, with which to lessen, on the hottest days, the intensity of the heat, it would add greatly to the tone of our nerves and to our general vigor. The piazzas which project over the lower story always make that less healthy than the upper story, especially for sleeping purposes. I am sure I have cured a great many cases of rheu-

matism by advising patients to leave bedrooms shaded by trees or piazzas, and sleep in a room and bed which were constantly dried and purified by the direct rays of the sun.—*Dio Lewis.*

MOUTH BREATHING.

NATURE has provided all creatures with separate and distinct passages, or canals, for breathing and the taking of food. Fishes breathe through gills, with few exceptions. Reptiles breathe more or less by the lungs, the nose and mouth communicating. In birds, the nostrils open into the back of the bill, generally nearest the base. Man, however, is by nature a nose breather, and mouth breathing is acquired by carelessness, ignorance, or a local nasal or mouth trouble.

In the Bible we are told (Gen. 2:7), "He breathed into his nostrils the breath of life." Isa. 2:22: "Man, whose breath is in his nostrils." The infant always breathes through its nose. During quiet or sleep the infant always keeps its mouth closed, provided there is no local nose trouble. In sleep the tongue always lays in contact with the hard palate. The air in passing through the channels of the nose is raised to the temperature of the body before it reaches the larynx. This can easily be demonstrated.

On a cold day let one breathe through his mouth into the open air. The sensation of cold will at least be felt as far down as the larynx, and an irritating cough will be induced, when through the nose the sense of cold is not felt below the border of the soft palate, provided the mouth is closed during the act. Catlain tells us that a man can breathe through his nose for a certain length of time mephitic air in the bottom of a well without harm, but if he opens his mouth to answer a question, or call for help, in that position, his lungs are closed and he "expires." Man, with his superior intelligence, is the only animal that breathes through the mouth. All domestic animals breathe through the nose. The savage races, more nearly allied to the brute creation, live and sleep chiefly in the open air. They rigidly enforce "nature's laws" in this manner until the habit becomes fixed for life, the importance of which they seem to be fully aware. In one hundred tribes visited by Catlain, living in a primitive condition, and containing over two million people, cases of deafness, dumbness, spinal curvature, and disease of the respiratory passages were almost unknown.

The causes which lead to habitual mouth breathing are to be looked for in the nose, throat, and mouth. The habitual mouth breather can always be recognized, as the practice always stamps itself on the face. It gives the person an idiotic and silly expression. Mouth breathing from closure of the nasal passages is without doubt a cause of impaired hearing. Chronic catarrhal laryngitis is also a frequent consequence of mouth breathing. Now, although the air may enter the lungs by two avenues (nose and mouth) it is to be remembered that respiration through the nose is the natural method. Consequently when it takes place habitually through the mouth, that method is indication of some obstruction in the nasal passages, or in the upper portion of pharynx, temporary or permanent, as the case may be.

If you are troubled with mouth breathing, the local cause, if any, should carefully be considered. To avoid danger by delay, consult a skillful surgeon at once, and have the cause, if possible, removed. Confidence in the popular opinion that children "will grow out of it" will only end in prolonged suffering, to be finally terminated by the interference which should have been instituted long before.—*Sel.*

CHEERFULNESS AND GOOD DIGESTION.

NOTHING is better understood than that there is a connection between cheerfulness and good digestion; and the trite expression, "to laugh and grow fat," undoubtedly had its origin in observation, if not in philosophy. What an astonishing amount of food can be disposed of, and perfectly digested, at one sitting of two or three hours, by a company of cheerful and happy, not to say jolly and merry, old friends, and that without alcohol, or any other unnatural stimulus to help digestion! I venture to say more than three times as much as the same individuals could eat and digest in the same time if each took his meals by himself.

And this one fact is worth more than all else I can write to show the dependence of the digestive powers on the state of the mind, and to prove that he must be lean and haggard who, keeping his mind constantly on his business, bolts his meals in silence and solitude, even in the presence of his family. I commend it to the careful consideration of uncomfortable mortals who never properly digest their food, and whose bones are too poorly

clothed with flesh, and too poorly protected to ever allow them quiet rest, and who, therefore, envy "fat, sleek-headed men, and such as sleep o' nights."

From these considerations I venture to affirm that any man not absolutely sick, who so trusts in Providence as to be able to obey the spirit of the injunction, "Take no thought for the morrow;" who keeps from his stomach, except as they are needed for animal heat, such heating food as butter, starch, and sugar, and who, therefore, digests all he eats; who eats at such regular and appropriate times as to secure rest for his stomach, and a good appetite; who never taxes the stomach with food when tired and exhausted; who eats nothing that cannot be relished, and nothing the relish of which is not natural, or allows anything to enter the stomach that is not needed as food or drink; who takes his food so deliberately as to have it properly masticated and lubricated, and who eats his "meat with gladness and singleness of heart," will be exempt from dyspepsia, and his bones will be covered with a comfortable and comely coating of flesh.—*Bellows' Philosophy of Eating.*

THE RURAL HEALTH RETREAT.

THE *Pacific Rural Press*, in its issue of May 28, thus speaks of this institution:—

"Among the many delightful places for rest, recreation, and restoration of mind and frame in California, is the 'Crystal Springs, Rural Health Retreat.'

"There are no stagnant pools or marshes within range; rainfall is plenteous, rendering irrigation unnecessary, and malaria is a stranger at the Retreat, and in all this beautiful valley.

"The Rural Health Retreat is twofold in its character. In the first place it undertakes to do direct work in the cure of diseases by hygienic and rational practice, by thoroughly competent physicians resident in the Retreat. It is also a summer and winter resort to all who desire to spend a few weeks or months in recreation, and receive the benefit from rest and breathing this mountain air, whose healthfulness and purity is unsurpassed. For such a liberal table is especially provided. . . . To accommodate their increasing patronage the proprietors have been enlarging and building quite extensively, and in many ways improving their facilities for making the Retreat yet more comfortable for their guests.

"It is certainly one of the best sanitariums, all things considered, in the United States. We feel an especial interest in the Rural Health Retreat, because one of the proprietors of this paper, with his family, has greatly enjoyed a recreation season there. They assure us that they are exceedingly well pleased with the Retreat, for its natural and added beauties and comforts, and for the pure moral tone, the kindness and cordiality, which prevail in the management. The accessibility of the Retreat should also contribute to its desirability, both to the invalid and the pleasure-seeker. We advise health and pleasure-seekers to send for printed reports and further information."

A FOOLISH WASTE OF STRENGTH.

A GREAT many women of refined and acute sensibilities waste their strength and sometimes undermine even life itself by giving full vent to their emotions. This is a good world, but there are a great many briars and nettles in it; human nature is still imperfect and our best friends have their sharp points—and so we get wounded. Perhaps the young husband, in a fit of absent-mindedness, goes away in the morning without bestowing the customary and coveted kiss; Mary is hurt and offended, and grieves over it all day, and begins to think herself a neglected wife—and she weeps and takes a mournful comfort in feeling injured. And when John comes whistling gaily home, his whistle is suddenly stopped by the vision of a little half-sick woman with a red nose and tumbled hair and swollen eyes. If this is the first time, he will hasten, with caresses and self-reproaches, to undo the mischief he began and she worked out; if it is the fiftieth, he will be more likely to say something uncomplimentary and may even call her a fool—which is neither kind nor wise, and we do not excuse him for it. Men forget sometimes what is due from them, so do women; and if Mary wants to live happily with John she would better consider cheerfully that he didn't *mean* to forget or neglect her, and meet him pleasantly when he returns, for there is scarcely a less attractive creature on the face of the earth to a man than a woman who has wasted her time and strength weeping over herself. If a woman wants to remind a man of any neglect, let her do it pleasantly and kindly, and show that she doesn't hold a grudge for it.

There are too many real troubles in the world to pour out one's emotions on trifles. Women

who are inclined to mourn over slights, real or fancied neglect, or even a hasty word quickly repented, would do well to take object lessons from those of their acquaintance who are bearing great troubles bravely and cheerfully—whose pleasant faces and good words spoken while their own hearts may be breaking help make the world seem brighter to other discouraged souls. But oh, it takes a hero to shed tears of sympathy with others' griefs, and smile above his own wounds!—*Sez.*

RIGHT USE OF TIME.

WE are less apt to grumble at our lot and more ready to appreciate the blessings that we slight, if the mind communes with the great thoughts of the age, and we are made cognizant of what is going on in the world. It is a good way to have a variety of work ready, crochet work, embroidery, patch-work, etc. If a friend drops in to spend an hour with you, take up some work that does not tax your attention too much, and work while you talk. Your friend will think none the less of you for your habits of industry. I pieced a whole quilt in this way in one year and gave it to an "aid society." It was a mite, to be sure, but perhaps it was "bread cast upon the waters." It is sorrowful to meet with a sister who does not know what to do with her time. "I don't know how to put in the time this cold weather. I can't get out without half freezing," said a friend to me the other day. It is almost wicked to say such words, thought I, as I took an inventory of the suffering of the poor around us. There is much to be done—the moments are so golden, how dare we be prodigal with them? And what a bankruptcy we make for ourselves by waste of any of God's gifts. Time is all ours, and we must give an account of it at the day of reckoning.

After all, we each strive for happiness on earth. True happiness is only found in performing duty. Let us not disdain to drop in at our neighbor's when we know the mother of a large family is ironing, and let us take hold of the iron and finish one of the half-dozen shirts she has yet to iron before tea-time. In the meantime we can say cheerful things while we iron and she can rest. Then as we are ready to go home ask her to let us take home the sewing that she has picked up, and finish it, stating kindly that we have so much leisure that it will be a pleasure to relieve her. The look of gratitude that we receive on such occasions more than repays us for any little inconvenience the work may occasion. We always feel so contented with ourselves if we are conscious of having made someone happy.—*Sez.*

DISEASE AND ITS CAUSES.

BY ELLEN G. WHITE.

WHEN severe sickness enters the family, there is great need of each member giving strict attention to personal cleanliness and diet, to preserve themselves in a healthful condition, and by thus doing, fortify themselves against disease. It is also of the greatest importance that the sick-room, from the first, be properly ventilated. This will be beneficial to the afflicted, and highly necessary to keep those well who are compelled to remain any length of time in the sick-room.

It is of great value to the sick to have an even temperature in the room. This cannot always be correctly determined if left to the judgment of attendants, for they may not be the best judges of a right temperature. And some persons require more heat than others, and would be only comfortable in a room which to another would be uncomfortably warm. And if each of these are at liberty to arrange the fires to suit his ideas of proper heat, the atmosphere in the sick-room will be anything but regular. Sometimes it will be distressingly warm for the patient; at another time too cold, which will have a most injurious effect upon the sick. The friends of the sick, or attendants, who through anxiety and watching are deprived of sleep, and who are suddenly awakened in the night from sleep to attend the sick, are liable to chilliness. Such are not correct thermometers of the healthful temperature of a sick-room. These things may appear of small account, but they have very much to do with the recovery of the sick. In many instances life has been periled by extreme changes of the temperature of a sick-room.

The sick in no case should be deprived of a full supply of fresh air. Their rooms may not always be so constructed as to allow the windows or doors to open in their rooms without the draft coming directly upon them and exposing them to take cold. In such cases windows and doors should be opened in an adjoining room, and thus let the fresh air enter the room occupied by the sick. Fresh air will prove more beneficial to the sick than medicine, and is far more essential to them than their food. They will do better and recover sooner deprived of food than of fresh air.

Many invalids have been confined weeks and months in close rooms that shut out the light and pure, invigorating air of heaven, as though air

was a deadly enemy, when it was just the medicine they needed to make them well. The whole system was debilitated for want of air, and nature was sinking under her load of accumulating impurities, in addition to the fashionable poisons administered by physicians, until she was overpowered and broke down in her efforts, and the sick died. They might have lived. Heaven willed not their death. They died victims to their own ignorance and that of their friends, and the ignorance and deception of physicians, who gave them fashionable poisons and would not allow them pure water to drink and fresh air to breathe to invigorate the vital organs, purify the blood, and help nature in her task in overcoming the bad conditions of the system. These valuable remedies which Heaven has provided, "without money and without price," were cast aside, and considered not only as worthless, but even as dangerous enemies, while poisons, prescribed by physicians, were in blind confidence taken.

Thousands have died for want of pure water and pure air, who might have lived. And thousands of living invalids who are a burden to themselves and others, think that their lives depend on their taking medicine from the doctors. They are continually guarding themselves against the air and avoiding the use of water. These blessings they need in order to become well. If they would become enlightened and let medicine alone and accustom themselves to outdoor exercise, and to air in their houses, summer and winter, and use soft water for drinking and bathing purposes, they would be comparatively well and happy, instead of dragging out a miserable existence.

It is the duty of attendants and nurses in the sick-room to have a special care for their own health, especially in critical cases of fever and consumption. One person should not be kept closely confined to the sick-room. It is safer to have two or three to depend upon, who are careful and understanding nurses, and these changing and sharing the care and confinement of the sick-room. Each should have exercise in the open air as often as possible. This is important to sick-bed attendants, especially if the friends of the sick are among that class who continue to regard air, if admitted into the sick-room, as an enemy, and will not allow the windows raised, or the doors opened. The sick and the attendants are in this case compelled to breathe the poisonous atmosphere from day to day

because of the inexcusable ignorance of the friends of the sick.

In very many cases the attendants are ignorant of the wants of the system, and the relation which the breathing of fresh air sustains to health, and the life-destroying influence of inhaling the diseased air of the sick-room. In this case the life of the sick is endangered, and the attendants themselves are liable to take on diseases, and lose health and perhaps life.

If fever enters a family, often more than one have the same fever. This need not be if the habits of the family are correct. If their diet is as it should be, and they observe habits of cleanliness, and realize the necessity of ventilation, the fever need not extend to another member of the family. The reason of fevers prevailing in families and exposing the attendants, is because the sick-room is not kept free from poisonous infection by cleanliness and proper ventilation.

If attendants are awake to the subject of health, and realize the necessity of ventilation for their own benefit, as well as that of the patient, and the relatives as well as the sick oppose the admission of air and light into the sick-room, the attendant should have no scruples of conscience in leaving the sick-room. They should feel themselves released from their obligations to the sick. It is not the duty of one or more to risk the liability of incurring disease and endangering their lives by breathing a poisonous atmosphere. If the sick will fall victims to their own erroneous ideas, and will shut out of the room the most essential of Heaven's blessings, let them do so, but not at the peril of those who ought to live.

The mother from a sense of duty has left her family to administer in the sick-room where pure air was not allowed to enter, and has become sick by inhaling the diseased atmosphere which affects her whole system. After a period of much suffering, she has died, leaving her children motherless. The sick who shared the sympathy and unselfish care of this mother, recovered, but neither the sick nor the friends of the sick understood that precious life was sacrificed because of their ignorance of the relation which pure air sustains to health. Neither did they feel responsibility in regard to the stricken flock, left without the tender mother's care.

Mothers sometimes permit their daughters to take care of the sick in illy ventilated rooms, and, as a result, have had to nurse them through a

period of sickness, and because of the mother's anxiety and care for her child, she has been made sick, and frequently one or both have died, or been left with broken constitutions, or made suffering invalids for life.

There is a lamentable catalogue of evils which have their origin in the sick-room from which the pure air of heaven is excluded. All who breathe this poisonous atmosphere violate the laws of their being, and must suffer the penalty.

MRS. BLAKE'S LESSON.

"TEN whole dollars! Now *that's* what I call lucky. Well, here I've been worrying as to how under the sun I was going to get money enough to buy lining and border for my crazy quilt; but when Henry gave me this bill at breakfast-time to buy groceries with, the idea popped into my head like a flash that now was just my chance; I must say it is just splendid luck." So said Mrs. Blake to her young sister, Nell Foster, who, as Mrs. Blake's only assistant in doing housework and caring for the two troublesome little Blakes, was also treated as confidante by this impulsive little woman, and in return Nell received board and clothing and the shelter of a home. Although but sixteen years of age, Nell was in most matters far more practical and thoughtful than her sister, who was about a dozen years older.

In reply to her sister's remarks about the money she said: "But what about the groceries, Mary? Henry didn't say you might use the money as you pleased."

"Don't fret about the groceries, Nell. I'll get them on trust, and Henry will never know the difference—unless you tell him, but of course you won't. Don't you see? I'll pay the bill myself by saving a little at a time out of money that Henry gives me every month to buy them with. I'll get cheaper things, and he'll never know."

"Oh, Mary!" replied Nell, "how dare you act in that way, when you know how strongly opposed to debts Henry is, no matter how small the bills are?"

"Yes, I know all that; but I must have those things for my quilt. Here I've been ever since folks began making them trying to get one done, while Mrs. Phelps has made two, such beauties they are, too, with real silk velvet borders. I'll be satisfied if I can get velveteen, I'm sure. And then she had some of the loveliest painted blocks—hired

it done too. Oh, dear! it does seem as though she has more than her share of pretty things, while I have to pinch and scrape and save to get anything pretty at all. Yesterday when I was there she showed me the loveliest mantel lambrequin that you ever saw, Nell; she had just finished it. I believe that must have cost something, for it was made of crimson silk velvet, and embroidered with white silk, narrow ribbon, and tinsel thread, and a few lovely beads. I'm going to make one, too, just as soon as possible; but I suppose I'll have to do with felt instead of velvet. And then, besides all that, she was making the prettiest pair of silk mitts to match her new spring suit. Oh, dear! if I were only rich, what lots of nice things I'd get."

"No doubt, Mary, of that, for you are always copying or envying somebody's nice things," replied Nell, "but you must remember that Mrs. Phelps is able to get all these things, or at least seems to be, for they certainly have built a nice house, and you know too, Mary, that she has no children to take up her time and money. It seems to me you are more discontented every time you call there. I wouldn't visit there if I were you."

Mrs. Blake got the border for her quilt—dark blue velveteen, with farmer's satin to match for lining; the quilt was soon completed and spread on the spare bed to be shown to admiring friends. She thought she was happy now; she tried hard to think so, but often the thought of that appropriated ten-dollar bill, and the consequent amount of groceries charged to her husband—which somehow she never could find the spare money to settle—intruded itself on her mind; for just as soon as she could get hold of an extra dollar there was some extra bit of finery that she knew she must have, or some pretty trifle that her little parlor would not be complete without. Mr. Blake often complained of the poor quality of tea or coffee, or of the disagreeable taste of the canned fruit, for he well knew that he provided his wife with sufficient money to buy a first grade of groceries, and he could not understand matters. But Mrs. Blake and Nell knew. Time passed on; the little bill never was paid at the grocer's; indeed it had been added to, a little at a time, till Mrs. Blake had no idea how it had grown.

One evening some months after the crazy quilt had been finished, Mr. Blake remarked to his wife at the tea table that he had bad news for her about their friends, the Phelps. "They have

been sold out by the sheriff," he continued, "as Mr. Phelps had failed in his business and made an assignment, and now the fine new house and furniture must be all sold for what they will bring. It is rumored," he added, "that Phelps blames his wife as the principal cause of their failure on account of her extravagance and love of display."

Mrs. Blake listened as one half dazed at the news; at first she could scarcely believe it true, but her husband assured her that it was only too true; and he added, "A man may be thankful when he has a wife whom he can trust, as I have," this with a loving look at his wife. This was too much for Mrs. Blake; she burst into tears and hastily left the table and the room. Mr. Blake looked puzzled and asked Nell if she knew what ailed his wife. Nell replied that she thought she did, but added that he had better ask Mary for the reason. Going in search of his wife, Mr. Blake found her in their room, where she had thrown herself on the bed and was sobbing as though her heart would break. In answer to her husband's inquiries concerning her grief, she replied by beginning at the first and giving every detail of the deceitful management she had practiced. She did not spare herself in the least; she told him of the ten dollars and consequent deceptions—in fact she seemed to find relief in thus confessing her faults. "But," added she at the conclusion of the recital, "I'm afraid, Henry, that now you know what a weak, deceitful wife you've got, you will never trust me again."

To this he replied that he must say he was both grieved and surprised at her story; but now that he knew how sorry she was for her deception, he should trust her just the same as ever.

Mrs. Blake thought she never could be grateful enough for her husband's forgiveness, and that he did not scold her. But her regrets were intensified when she learned that in order to liquidate the grocer's bill, which to her great surprise proved to be thirty dollars instead of ten, her husband must go without the suit of clothes for which he had with difficulty managed to save the money, and which she well knew he needed badly, as his best suit she often told him was too shabby to wear to church. This was a bitter lesson to her, rendered more so by the fact that her husband never reproached her, which she well knew she deserved. —*Sel.*

BE your own master and master of your calling, and you will soon become master of others.—*Hall.*

SOCIAL PURITY.

It is time that good women should teach that men not only are by nature as good as women, but they ought to be as good, and there is no excuse for them if they are not. The thought that they have no reason to aspire to the same moral and spiritual excellence, has a lax influence on our young men.

Fathers and mothers should teach their sons that they are and ought to be as good as their sisters. Reason and observation do not confirm the thought that men are feminine in their nature because they are noble, faithful, and true to their highest sense of right.

They are simply Christ-like.

Christ was the ideal man.

All right-minded people admire such men. And if any good woman thinks she is not acquainted with many such men, she is either blinded by her prejudice, or very unfortunate in her acquaintances.

While tens of thousands of our best male church members are quite as good and useful as ministers, no one need contend there is any difference by nature in ability to do the right.

The boy should be as carefully nurtured in moral and spiritual worth as the girl, even more constantly if their surroundings are more evil.

Young men should be condemned as heartily and constantly for evil habits as young women.

When public sentiment and education begin to tell in this direction, the young women will not seem to outnumber by half the young men who live a pure, noble, and useful life.—*Inter-Ocean*.

BEER FOR SCHOOL-BOYS.

"A GOVERNOR" sends the following letter to the *British Medical Journal*:—

"I have just received the annual report of the Royal Medical Benevolent College, and I wish to draw the attention of the governors and subscribers to an item in the report which I consider not only unnecessary, but one which is a grave reflection upon the council. I allude to the sum of £242, 5s. for beer. I understand that each pupil is allowed beer twice a day. I leave it to your readers to say whether beer is a proper thing for children or not. In my humble opinion it is not only not necessary, but positively injurious; and I for one could not send my children to a school where they run the chance of laying the foundation of an

after life of intemperance. In the face of the great medical declaration, and the sifting which the subject has lately gone through in the *Journal* and other medical papers, I am grieved to see that at a college founded for the sons of medical men, and managed by medical men, beer should cost twice as much as milk. I hope my letter may stir up such a discussion as will lead to the withdrawal from the diet of our children of that which we ourselves have refused to be charged with at our own annual banquet."

THE average duration of life throughout the world is estimated to be thirty-three years.

About one-fourth of the population of the world die before the seventh year.

About one-half the population die before the seventeenth year.

Only about one in every ten thousand reaches the hundredth year.

Only about one of five hundred reaches the eightieth year.

Only about one of one hundred reaches the sixty-fifth year.

It is difficult for a mother to keep her boys from acquiring a taste for liquors or tobacco if the father indulges in them. We advise such to get a good school physiology, and in connection with this study some scientific work which teaches plainly and exactly the effects of these poisons on body and mind. Get books that have plenty of cuts to appeal to the eye, and study them carefully with your children.

At the Rural Health Retreat we have two nice *sun-bath rooms*. These are a great aid in the treatment of disease, especially during the rainy season of the year, when it is not always convenient for feeble patients to get out-of-doors in the sunshine. With these rooms sun-baths can be enjoyed on any fair day.

Patient—"DOCTOR, we have been using medicine for a long time, and various methods, without improvement. Suppose we make a change."

Doctor—"Well, certainly; what is it?"

Patient—"Doctor, let us stop the whole line of medicine and give nature a chance."

THE most healthful form of exercise is that which involves exhilarating outdoor activities.

Temperance.

THE TWO WORKERS.

TWO workers in one field
Toiled on from day to day;
Both had the same hard labor,
Both had the same small pay.
With the same blue sky above,
The same green grass below,
One soul was full of love,
The other full of woe.

One leaped up with the light,
With the soaring of the lark;
One felt it ever night,
For his soul was ever dark.
One heart was hard as stone;
One heart was ever gay;
One worked with many a groan,
One whistled all the day.

One had a flower-clad cot
Beside a merry mill;
Wife and children near the spot
Made it sweeter, fairer still.
One a wretched hovel had,
Full of discord, dirt, and din;
No wonder he seemed mad—
Wife and children starved within.

Still they worked in the same field,
Toiled on from day to day;
Both had the same hard labor,
Both had the same small pay;
But they worked not with one will.
The reason let me tell—
Lo! one drank at the still,
And the other at the well.

—Selected.

TRUE TEMPERANCE.

TRUE temperance is temperance in *all things*. To be temperate in one thing and intemperate in others is not temperance at all. This will be the more readily seen when it is understood, as it always ought to be, that *temperance is self-control*. Whatsoever it may be in which a person has not the control, the mastery, of himself, just so far he is intemperate. Thus it will be seen at a glance that the practice of temperance is not completed when a person has only renounced the use of strong drink. A person may never have touched a drop of spirituous or of malt liquors, yet at the same time he may be intemperate in many ways. In many things he may not have control of himself.

Some there are, yes a multitude, who have not control of their temper. They are as quick tempered as a flash. In this respect they have hardly any control of themselves at all. They are intemperate. Others there are by the thousands who are ruled by their passions. Such was Felix, before whom and with whom Paul reasoned of

righteousness, *self-control*, and judgment to come. Such are intemperate. Others again are ruled by their appetites—things which in themselves are perfectly lawful, but by which thousands of people allow themselves to be controlled, instead of assuming the mastery themselves, and acting with self-control. These are intemperate. Others yet again allow the desire of gain to rule, and to drive them onward into many foolish and hurtful things. All such are intemperate.

So it is in all things, in every phase of life. Instead of ruling themselves they allow themselves to be ruled by some wicked, sinful thing. One is controlled by strong drink, another is controlled by impure thoughts and lustful desires, another by a gluttonous appetite, and so on through the long list of human frailties. All are intemperate. Each one lacks something of that self-control which he owes himself, in filling the place of a real, manly man, or womanly woman, in the world. No one of us has much in which he can boast himself over his fellow-mortals.

“Happy is he that condemneth not himself in that thing which he alloweth,” saith the Lord. Rom. 14:22. It is perfectly allowable to eat and to drink. How should any live without it? But the human race from the first pair onward through the world’s history has condemned itself in that thing which in itself is one of God’s good gifts to men. God created men and women in the world together. He himself established the marriage relation and surrounded it with his own holy sanctions. He created men and women with social qualities, capable of enjoying and mutually profiting by the social relation with the sanctions which he established. But for men and women to condemn themselves in these relations, which in themselves are perfectly allowable, has been not the least of the banes of human existence. The Lord directs that men shall be diligent in business, and prosperity is the inevitable result of such a course. But instead of holding the course with an even hand under God, men allow prosperity to lead them into the love of it for its own sake, and so condemn themselves in the thing which in itself is not only strictly allowable, but highly commendable. In all these things we must needs keep ourselves the subjects of our own control, or else we shall always be what we always have been, and that is, very slaves sold to serve under the arbitrary and cruel mastery of a perverted appetite or an unholy ambition.

It is for this cause that in the Scriptures we are so often exhorted to the practice of self-control, that is, temperance. Does the great apostle tell of "the faith in Christ"? He does it by reasoning of "righteousness, temperance [self-control], and judgment to come." Acts 24:24, 25. Does he call men to a race for the heavenly crown? He lays down the one great rule of the contest, "every man that striveth for the mastery is temperate in all things." 1 Cor. 9:24, 25. Does he give directions as to who shall be intrusted with the care of the flock of God? One of the necessary qualifications is that he shall be "temperate." Titus 1:8. Does he enumerate for us the fruits of the spirit of God? One of these precious fruits is "temperance." Gal. 5:23. Does Peter show us how we shall obtain an abundant entrance into the everlasting kingdom of our Lord and Saviour Jesus Christ? It is by adding to "faith virtue; and to virtue, knowledge; and to knowledge, *temperance*," etc. 2 Peter 1:5, 6, 11. Does Jesus himself tell us who shall be his follower? He says: "If any man will come after me, let him *deny himself* [control himself, master himself], and take up his cross daily, and follow me." Luke 9:23.

This is true temperance. Without it man is not himself. Without it he is not the whole man that God wants him to be, and which he must be to enjoy the full, symmetrical measure of all his powers. But out of Christ none can attain to it. Christ filled the measure of every perfection. He did it as a man, that *in him* man might do it. Out of Christ man is not himself, as he ought to be, nor as God wants him to be; he is handicapped with the weight of his own wrong tendencies, entailed upon him, or acquired by him, and of himself he cannot rise to the complete dignity of a man. But in Christ his lapsed powers are restored, he recovers the strength that he must have to control himself completely. In Christ, and in him alone, can man surely acquire the mastery of himself and so succeed in the practice of true temperance—self-control. Then he will be his own free man and Christ's servant forever.

We shall give ample proof of this in our next.

A. T. J.

Few are aware of the influence upon morals exerted by that filthy habit, tobacco using. When acquired early; it excites the passions, and in a few years converts the once chaste and pure youth into a veritable volcano of lust, belching out from its

inner fires of passion torrents of obscenity, and the sulphurous fumes of lasciviousness. If long continued, the final effect of tobacco is emasculation; but this is only the necessary consequence of previous super-excitation.

We are aware that we have made a grave charge against tobacco, and we have not hesitated to state the naked truth; yet we do not think we have exaggerated in the least the pernicious influence of this foul drug. As much might be said against the use of liquor on the same ground.—*Plain Facts for Old and Young.*

WHO IS IT?

Who is it that loaf at ease while-you-toil from morning till night?

The saloon-keeper.

Who is it that makes 200 per cent. profit from what causes the misery and degradation of families and the woes of little children?

The saloon-keeper.

Who is it sets tempting food to draw you into his den, as a bait is set to lure a rat into a trap?

The saloon-keeper.

Who is it buys houses and lands, and struts in fine clothes, with the money which might have kept your family from being turned into the street, and from going in rags?

The saloon-keeper.

Who is it that takes your last cent for his poisonous drinks, and shuts the door in the face of your wife when she asks credit for a five-cent loaf of bread?

The saloon-keeper.

Who is it when your money and reputation are gone, and you have no friend left to pay for your drink, will take you by the collar and kick you into the gutter?

The saloon-keeper.

Who is it robs you of sense and reason, puts you lower than brute beasts, drives you into jails and penitentiaries, and sends you to the gallows?

The saloon-keeper.

Is this man that lives by crushing human hearts, the man you should delight to honor by placing him in office?

Throw his chain off your neck, and shake his clutch from off your soul.—*Union Signal.*

If we subdue not our passions, they will subdue us.

ALCOHOL IS OUR WORST ENEMY.

I CANNOT forbear to say a word in regard to what seems to me one of the most important changes in medical opinion and practice growing out of careful scientific observation of the effects of articles of diet in health and disease. I allude to the present aspect of professional judgment on the alcohol question. I believe I am speaking within bounds when I say that the majority of thoughtful physicians who have studied carefully the effects of what is regarded as the moderate, as well as the immoderate, use of alcoholic beverages are persuaded that as foods, excepting possibly in the febrile state, their value has been largely overestimated, and that in the normal condition of the body they are not only quite unnecessary to the maintenance of healthy nutrition, but are always more or less baneful in their effects. That they add, as Matthew Arnold has said, to the agreeableness of life, that their use is universal, that through their stimulating influence upon the nervous centers they have been potent factors in the progress of civilization, and that they are of inestimable value as stimulants and anæsthetics, are considerations entirely apart from the facts concerning them which are especially interesting, namely, their effects upon nutrition; that these are harmful and deteriorating to such a degree as to constitute the most powerful cause of physical degeneration at the present day, there can, I think, be no question. The drift of professional opinion in this country and in Europe is surely tending toward the restriction of their use as articles of diet, and simply for the reason that they are the determining cause of many functional derangements and structural degenerations.—*Dr. W. H. Draper.*

THE DIRTY ROPE.

SOME time about the year 1870, a large congregation assembled at a church in L—, in Eastern Pennsylvania. They had gathered from the region round about to listen to an able minister, Isaac P—, who, though devoted to the work of the gospel, was also a man of business, and kept a country store, by which he supplied the varied wants of the surrounding population.

On this occasion, when the congregation had assembled, a sister of the preacher, Mrs. L—, a person of much intelligence, but subject to occasional attacks of mental disorder, came into the

meeting-house, with a long, *dirty rope*. Walking down in front of the pulpit where her brother was, she laid the rope on the table before him, and turning to the congregation, said:—

"Friends, this is a very dirty rope, but it is to hang a very dirty man. It is to hang Isaac P—, who does not practice as he preaches. He preaches the gospel, but he *sells tobacco*. Now he has got to stop selling tobacco, or *he does not preach here to-day.*"

We need not say that this address produced a sensation. The speaker had often expostulated with her brother on the tobacco question, but had never been able to persuade him to abandon the traffic; but this testimony did the work. Isaac P— left the house. He did not preach that day. He was sorely grieved at the publicity of the rebuke; but he stopped selling tobacco, and to the day of his death would not deal in the dirty stuff.

Which is the worst, to sell tobacco or to use it? Are there other ministers who deserve to be hung—just a little—with a dirty rope?—*The Safeguard.*

MURDERED HIS WIFE.

NOT long since I was walking in the city with a celebrated physician. As we passed a house, surrounded with every evidence of wealth and refinement, he spoke: "I have a patient in there, an idolized wife, who is dying, and beyond all help, and none of them know what is the matter with her, and still her husband has killed her." "Why, doctor," says I, "what do you mean?" "I mean just this," he said; "her husband is just literally steeped in tobacco until the insensible perspiration from his body has become a deadly poison, and his wife has absorbed enough of this, and had, before I was called in, so that she will die." "Have you told them?" "No; what good? It would only add to their misery now." "But, doctor, are you sure?" "Yes, I have seen such things before; some constitutions can bear the poison and some cannot. Why, just to give you an idea, I saw this experiment tried, among others, at an establishment where they treat patients for the cure of the tobacco habit. A man just brought in was washed as clean as soap and water could make him, and then some flies were allowed to light on him. In five minutes by the watch they were dead. There was poison enough in the perspiration that came out of a man

washed as clean as possible to kill them." This was all new to me, and I was completely dumbfounded. I don't use tobacco, thank God, and never did; but if I had, that physician's statement would have stopped me as surely and quickly as a bullet would. Run any risk of killing my dear wife by my filthy habit? Not much! I would have slept in the stable, or in the pig-pen; no, outdoors under a tree, far from every live animal, until the poison was all out of my system.—*Ex.*

TOBACCO BLINDNESS.

THE anti-tobacco people ought to have their attention called to the fact that "tobacco blindness" is becoming quite a common affliction. At present there are several persons being treated for it at one London hospital. It first takes the form of "color blindness," the sufferers who have smoked themselves into this condition being quite unable to distinguish the color of a piece of red cloth held up before them. That is the popular medical test, though there is also a more scientific one. Eventually the victim of tobacco blindness sometimes loses his eyesight altogether.—*St. James Gazette.*

DIED FROM TEA DRINKING.

A PHYSICIAN tells a story of a woman who, while living alone during the winter, her husband and sons being absent in the lumber woods, attempted to subsist on strong tea and fine-flour bread. The result was a gradual diminution in the natural desire for food, and after a time contraction of the stomach from disuse to such an extent that she finally died of actual starvation.

This incident presents a strong practical argument against the theory held by some that tea is a kind of substitute for food, taking the place of nourishment by lessening the wastes of the body.—*Sel.*

EARLY HISTORY OF TEA.

WHEN first introduced, tea was not a universal favorite. It was most vehemently opposed as a immoral, unwholesome decoction, from whose use the worst of results must be expected to follow. In 1633 a learned German decided that it was nothing better than black water with an acrid taste; and a few years later, a Russian ambassador at the court of the Mogul, declined a large pres-

ent of it for the Czar, his master, "as it would only encumber him with a commodity for which he had no use."—*Sel.*

ESQUIMAUX DIET.

A RECENT writer on vegetarianism in England maintains that the diet of the Esquimaux is one of necessity rather than choice. These people, living the entire year in the frigid zone, are forced to procure their food more from the animal than the vegetable kingdom, but their taste for vegetable food is always gratified whenever opportunity exists.

"They eat as much as eight pounds of flesh meat at a meal," says Dr. Ray, "and they usually die of scrofula between thirty-five and forty-five years of age." In the spring they will eat scurvy-grass, wild turnips, wild oats, etc., while in autumn they find a few scattering blackberries, blueberries, cranberries, etc. It is stated that the women, who gather these fruits, and eat more of them than the men, live much longer in consequence.—*Phrenological Journal.*

PRICE OF THIS JOURNAL.

OUR readers will see by the notice on page 243 that the price of the journal will be \$1.00 per year from the first of January. It will then be issued monthly. Those who subscribe now, paying \$1.00, will get the remainder of the year, two numbers, free. At the rate of 50 cents a year the subscriber was entitled to six numbers only, as the JOURNAL has only been issued each alternate month.

DR. B. W. RICHARDSON, F. R. S., London, said: "Smoking tobacco, and the use of tobacco in every form, is a habit better *not* acquired, and when acquired is better *abandoned*. The young should especially avoid the habit. It gives a *doubtful* pleasure for a *certain* penalty.

AN Irishman complained to his physician that he stuffed him so much with drugs that he was sick a long time after he got well. "Many a truth is told in jest."

I SEE with regret the habit of smoking formed amongst the lads and young men. It is to many of them the first step on the wrong road.—*Rev. Charles Garrett.*

I LIKE to see some poy enjoy himself all he can, but if he vhas preaking my windows instead of my neighbor's dot vhas deerferant.—*Sel.*

Miscellaneous.

A YOUNG DOCTOR'S STORY.

Mrs. ROGERS lay in her bed,
Bandaged and blistered from foot to head,
Bandaged and blistered from head to toe,
Mrs. Rogers was very low.
Bottle and saucer, spoon and cup,
On the table stood bravely up;
Physic of high and low degree;
Calomel, catnip, boneset tea;—
Everything a body could bear,
Excepting light and water and air.

I opened the blinds; the day was bright,
And God gave Mrs. Rogers some light.
I opened the window; the day was fair,
And God gave Mrs. Rogers some air.
Bottles and blisters, powders and pills,
Catnip, boneset, syrup, and squills,
Drugs and medicines, high and low,
I threw them as far as I could throw.
"What are you doing?" my patient cries.
"Frightening Death," I coolly replied.
"You are crazy," a visitor said.
I flung a bottle at her head.

Deacon Rogers, he came to me;
"Wife is comin' round," said he,
"I really think she will worry through;
She scolds me just as she used to do.
All the people have poohed and slurred—
'Twas better to perish, some of 'em say,
Than to be cured in such an irregular way."

"Your wife," said I, "had God's good care,
And his remedies—light and water and air.
And the doctors, beyond a doubt,
Couldn't have cured Mrs. Rogers without."

The deacon smiled and bowed his head;
"Then your bill is nothing," he said;
"God's be the glory, as you say;
God bless you, doctor; good-day! good-day!"

If ever I doctor that woman again,
I'll give her medicine made by men.

—Selected.

SUMMER COMPLAINT.

SUMMER COMPLAINT is an inflammation or irritation of the mucous membrane of the intestines, and by some is called intestinal catarrh. Owing to dentition and change of food, children are more liable to have this affection in their second summer. They are then the subject of anxious solicitude by their parents and friends.

If the discharges are only frequent and yellow, unaccompanied by pain and fever, there is no cause for anxiety. It is simply an effort of nature to restore normal conditions, and should not be interfered with. Too hastily checking this diarrhea is frequently the cause of disease.

Under all circumstances avoid opiates and astringents. These stop the discharges without re-

moving the cause, and if the disease does not recur in the same form, some other organ is liable to become affected. If the child seems to need nourishment and is not able to take it, an enema of a thin bran tea will prove nourishing without being irritating.

Keep the child quiet, in a well-ventilated room, or in the open air. A bed made from the inside corn husks stripped fine is best. A new material for bedding made of Florida moss is excellent. A child, sick or well, should not sleep on bed or pillows of feathers. By observing these simple directions, most cases of this dread disease can be saved.

The symptoms of summer complaint proper are frequent, watery movements; at first may be green, but soon become gray, brown, and frothy, sometimes having a mixture of phlegm and mucus; frequently are fetid, and at times contain undigested food. It may or may not be accompanied by pain. Nausea and vomiting are frequent symptoms, and if severe, constitute cholera infantum. The surface of the body is cold, often in a cold perspiration, while the soles of the feet and palms of the hands are dry and hot. It is usually attended with great thirst, a quick pulse, and increased temperature.

Some children are prostrated at once by the attack, losing flesh and strength rapidly, while others keep about many days. Appetite fails, or else there are morbid cravings, often for the very things that increase the irritation. If the disease is not abated, the fever and thirst increase, the tongue becomes dry and brown, pulse is more rapid, the strength fails, great restlessness ensues, the brain becomes affected, coma ensues, and death closes the scene.

Impure air and improper diet are the principal causes of this disease. Sleeping and living rooms are not sufficiently ventilated; the blood becomes poisoned. Children are fed a mixed diet too soon. Rich and highly seasoned food that is even unsuitable for adults, except in a vigorous outdoor life, is given them, and at irregular hours. The delicate organs are overtaxed, and inflammatory conditions produced. When a child is weaned it should be fed on oat, wheat, and corn-meal mush, bread and milk, rice, cracked wheat, wheatlet, barley, and ripe fruits. Meats, condiments, tea and coffee, and food containing fats should be avoided. Even most of the vegetables are not adapted to children.

Give them simple but nutritious diet, turn them, like colts, outdoors to run and play, and you will save yourselves anxiety, save doctors' bills, and, best of all, save your children. Blood that is too carbonaceous can be oxygenized by plenty of outdoor exercise, both by adults and children. The less clothing a child wears in hot weather the better, only I would advise that flannel be worn next the skin. This will prevent sudden checking of perspiration. By all means let the children go barefoot. A child that has a sand pile to play in, and is allowed to go barefoot, can scarcely have summer complaint. By direct contact with the earth, superabundance of electricity is carried off, and thus is lessened the possibility of inflammation. *The child that spends most of its waking hours outdoors, barefooted, seldom gets summer complaint.*

He has,

"Sleep that wakes in laughing day;
Health that mocks the doctors' rules;
Outward sunshine; inward joy;
Blessings on thee, barefoot boy!"

In summer complaint, give but little food, and that only in a liquid form. Barley water, rice water, oatmeal gruel, bran jelly, lemon jelly, and orange whey are all good. Milk can be used, if relished and digested. It is ordinarily better to be reduced by adding one-third boiling water. All of these must be given in small quantities, and at regular intervals. The best drink is soft water. If there is vomiting, a drink made by steeping whole parched corn, is excellent. Also oatmeal coffee is good. The juice of acid fruits is beneficial, and can be used freely. But on no account allow the pulp, seed, or skin to be eaten. Remember very little nourishment can be appropriated. The child often takes food on account of thirst.

A compress wrung from cold water should be applied if there is local heat, covered well, and allowed to remain for two or three hours, then removed, and the parts bathed in tepid water. If there is pain, hot fomentations or hot enemas will be advantageous.

A general pack is exceedingly helpful where fever attends this or other affections.

To pack a child, remove all its clothing, put on its nightdress, lay it in the crib, or on a woollen blanket; wet the nightdress with tepid water, using a sponge; put a hot bottle to the feet.

Wrap the child closely in the blanket, and be sure reaction takes place. Let it lie in this one hour, when it should be sponged carefully and wiped dry.—*Housekeeper.*

CONSUMPTIVE POULTRY.

A MEETING of the San Francisco Microscopical Society was held on the evening of March 9, at 120 Sutter Street. Professor Wickson presided, and, after the election of C. C. Reddy to membership, Dr. Stallard gave an account of his discovery of a case of tuberculosis in a fowl. The Doctor stated that some time ago, after a severe attack of sickness, he became convalescent and fancied he could pick the bones of a young and tender chicken. A "broiler" was procured, and during the process which it underwent to render it fit for cooking, its liver, spleen, mesenteric glands, and lower part of the œsophagus were found, on microscopical examination, to be covered with tubercles. It is a well-known fact among scientists that kindred diseases afflicted animals as well as human beings, and he thought that consumption might be conveyed by chickens as well as through other means. Other chickens had been bought by the Doctor, and in every case ulcers on the liver, spots on the spleen, with the presence of the tubercular bacillus in various portions of the system, were discovered. The dealers in chickens state that the tubercular disease is prevalent, but more so in the autumn.

Cooks should, when cleaning chickens, take out, in addition to the livers and spleen, the lungs and every portion of the intestines. The meat of sick chickens is always tough and hard. Dr. Stallard remarked that chickens contracted this disease from eating the expectoration of persons who were afflicted with consumption. An examination of chicken ranches would be beneficial, and the medical profession might find this subject worthy of attention. A slide showing the tubercles on a chicken's glands was exhibited.—*Morning Call.*

The above item from the *Call* is worthy of more than a passing notice. First, because it shows a great danger to which meat eaters are subject; for none can fail to see that there can be no surer way of conveying consumption into the system than by eating the flesh of tuberculous animals. And second, it is worth while to notice the ignorance and indifference that is exhibited on this vital subject, even by educated persons. For instance, the *Call* advises that the livers, lungs, etc., of chickens be rejected before they are cooked. The idea evidently is, that by so doing all danger of contracting disease, if the organs should be tuberculous, would be avoided. It seems strange that the *Call* writer

should not know that consumption is not a local disease, although the tuberculous deposits are made in the lungs, liver, and intestines, but that these tubercles are simply local manifestations of a disease which affects every tissue of the body. It is absolutely impossible that the vital organs should be seriously affected, and the general system remain sound.

Some years ago the writer of this made a call upon a family in an Eastern State, and found the men engaged in their annual hog killing. The viscera of the swine had been removed, and the livers had been placed in a large pan, preparatory to being carried into the house to be cooked. One of the livers was very tuberculous, and on one side these had united, forming a loathsome ulcer about twice the size of a silver dollar. The attention of one of the men was called to this, with the expectation that the liver would be summarily thrown upon the manure heap. Not so, however. The farmer simply took his knife and cut off the portion of the liver which contained the ulcer, leaving the principal part of the diseased organ to be carried into the house. It doubtless formed a delicious dinner for the hungry workmen; we did not stay to see.

Is it any wonder that people die of scrofula and consumption? or that those whose death is not attributed directly to these diseases are low and vicious in their tastes? It is reported that Lord Byron once asked a man whom he saw making a hearty meal of fat pork, if he was not afraid that he should commit a murder; and a noted scientist once said that there was no use in trying to teach science to a pork eater. This was said of those who ate the presumably healthy animal; but when to this is added the devouring of animals when they are fairly rotten from disease, how can the person so doing do otherwise than degenerate? If he does not have energy enough to become openly vicious, he will certainly be sluggishly impervious to all good influences.

The idea that taking out a part or even the whole of a diseased organ removes the disease and the possibility of contagion, is as absurd as would be the idea that one could purify a vessel of water into which a dead carcass had been thrown, simply by removing the carcass. Yet so blinded have people become, possibly because of their previous habits of eating, that they are unable to see so simple a proposition. There is only one positively safe course. It is, "touch not, taste not, handle not."

E. J. W.

DIPHTHERIA.

CONCERNING the prevention of this disease we read in *Health and Home*:—

"Diphtheria is a dreadful disease at any time, but especially does it become so when it breaks out in a family of children or in a school. It is both dangerous and contagious. The germs are easily carried in clothes from one person to another. Probably the best disinfectant is sulphur. Besides preventing the spread of diphtheria, sulphur has a salutary effect on those already afflicted. Great care should be taken in schools. No children should be allowed to attend from families where the disease already exists. The school-room should be thoroughly fumigated every day after school hours. In families where there are two or three afflicted at the same time they should be isolated and confined in one bedroom, and all the children not afflicted should remain in a secluded room, or, if feasible, should be removed entirely from the house. In any case, every room in the house should be fumigated with sulphur two or three times daily. An easy way of fumigating is to drop a pinch of sulphur on a hot stove, or, if a stove is lacking, a few coals on a shovel will answer the purpose. A little experience will determine the amount of sulphur needed for each room. It is not necessary to fill the room with smoke to suffocation. If the fume is offensive, the windows can be raised for a minute or two.

"There are other useful disinfectants, but the sulphur is as good as the most expensive. We breathe freely its fumes and our clothes become saturated with them. Families having fear for their children would do well to fumigate daily. This will often prevent outbreaks of diphtheria in families who would otherwise suffer. In any event, the use of sulphur can do no harm."

While it is important to know how to proceed to prevent the spread of this dread disease in our families when it does break out, it is far more important for us to know how to prevent the occurrence of this preventable disease. We say *preventable*, for it is now quite evident, from the researches of those who have made this disease and its origin their careful study, that it is produced by the same causes that will generate typhoid fevers and similar complaints, namely, the swallowing of the germs of the disease either in the food or drink, probably in the latter, or in the breathing of impure air. By these means the germ of the diphtheria is communicated to the respiratory tract—to the nostrils, the fauces, the windpipe, and the bronchial tubes.

Dr. Benjamin Lee, M. D., secretary of the State Board of Health of the State of Pennsylvania, gives,

in the *Annals of Hygiene*, an interesting account of an outbreak of diphtheria in the city of Pittsburg, from June to October, 1877, when the death-rate from this cause ran up from 0 in June to 92 in August, to 267 in October. The Doctor says that the portion of the city where the disease was most fatal in its ravages was along the line of Washington Street sewer. He says there was in this sewer "a solid mass of filth from one to three feet deep," and that "the specific poison, or whatever you are pleased to call it, which produces this disease known as diphtheria, had found a lodgment and a favorable soil for its development and multiplication." He further states that "at the time of the outbreak this sewer had not been cleaned since its construction in 1851, a period of more than twenty-six years." Not only was there a mass of filth that had not been carried out of this sewer, but, there being no proper ventilation to the sewer, the gases arising from this mass of filth pressed into every available channel, into houses, etc., for many of the connections made with the sewer were not properly protected with traps.

Dr. Lee quotes Dr. Snively as saying: "Sewers will always be dangerous enemies in our midst, until the sanitary engineers show us how to ventilate them. Until this be successfully accomplished, the residents possessing sewer connections will be compelled, in order to protect their health and lives, to resort to traps. These, in whatever manner constructed, may, under certain circumstances, be unreliable. During a heavy rainfall these sewers are filled with water. The gas must therefore be displaced, and, as the man-hole covers are tight, and the street-drops, already trapped, are rendered still more secure by the floods of water passing through them, it must of necessity blow out the weaker traps in the house connections and enter the dwellings."

He also quotes, from the *Plumber*, the words of Mr. Edward S. Philbrick: "The out-falls of sewers that empty into tide-water are generally covered, at high water, either every day or at spring-tides. If the ends have no gates, the tide enters and fills the sewer as far back as its level allows. If gates exist, they shut with the flow of the tide, and sewage accumulates behind them with a result almost exactly similar to what would occur without gates. In either case a large volume of air is driven up from the out-falls toward the ramifications of the system by every flood-tide which covers the mouth of the

sewer, only to be drawn back again when the ebb-tide allows the sewer to empty itself."

The doctor very quaintly says: "Not without its mournful basis of truth was the old superstition which tenanted the caves of the earth with foul dragons ever on the watch to seize and wrap in their loathsome folds the unwary mortal who ventured within reach of their pestilential breath, even stealing, under the cover of night, into human habitations, and stupefying sleeping victims with their noxious exhalations, until they fell easy victims to their rapacity. Under every home, in every city, lies such a cavern, filled with like noisome beasts. 'Eternal vigilance is the price of safety' from their insidious approaches."

We cannot better close this article than by quoting from one of our exchanges on the importance of a proper state of things about our dwellings:—

"Keep the back ground clean all the year around. A spring cleaning of the door-yard is not enough. Everything around the house should be neat and tidy. There are families who make a practice of throwing all the bones, cabbage stumps, tea grounds, and vegetable peelings out of the back door, and raking them up only once or twice a year. This is not only unsightly, but extremely dangerous to the health of the family. Watch these things carefully, at least in hot weather, and be sure that your cellar has been perfectly cleaned and received a coat of lime. Burn all refuse that will burn, carry the rest to a distance from the house, and cart it away as often as possible. Cholera and other plagues always go where they find filth—seen or unseen—to feed upon. Many ordinarily neat people are blind, blind about some of these important matters which they have not been brought up to consider seriously. Little children are taken sick and die—not because God wills it necessarily, but because there are rotten cabbages and potatoes in the cellar, and foul air arising from every dark closet and vault about the dwelling and out-houses, sometimes from the very ground itself."

J. N. L.

IN India as soon as a child is born a match is made by the parents. If the boy dies, the girl becomes a widow and must wear mourning for her intended as long as she lives.

EXERCISE to the extent of great fatigue does more harm than good.

HEALTH and good-nature are generally associated together.

TIME passes more speedily in proportion as it is happy.

THE way to greatness is through difficulty.

Household.

MENDING.

OVER and under, in and out,
The swift little needle flies;
For always between her and idleness,
The mending basket lies;
And the patient hands, though weary,
Work lovingly on and on
At tasks that never are finished,
For mending is never done.

HINTS FOR MOTHERS.

THERE are thousands of mothers who are so overburdened with trying to meet the daily material wants of the family, that there really seems to be no time for training their children's minds and souls. Let such consider the following incident:

I have seen a woman who was absolutely ignorant of her children's habits of thought, who never felt that she could spare a half hour to read or talk with them—I have seen this woman spend ten minutes in ironing a sheet (there were six in the washing), one hour in fluting and arranging the puffs of her little girl's "sweet white suit," thirty minutes in polishing tins that were already bright and clean, thirty minutes for frosting and decorating for tea because "company was expected."

When the mother, a good orthodox Christian, shall appear before the great white throne to be judged for "the deeds done in the body," and to give in her report of the Master's treasures placed in her care, there will be questions and answers like these:—

"Where are the boys and girls I gave thee?"

Answer—"Lord, I was busy keeping my house clean and in order, and my children wandered away!"

"Where wert thou when thy sons and daughters were learning the lessons of dishonesty, malice, and impurity?"

Ans.—"Lord, I was polishing the furniture, ruffling dresses, and making beautiful rugs."

"What hast thou to show for thy life-work?"

Ans.—"The tidiest house, Lord, and the best starching and ironing in all our neighborhood!"

Oh, these children! these children! The restless, eager boys and girls whom we love more than our lives! Shall we devote our time and strength to that which perisheth, while the rich garden of our child's soul lies neglected, with foul weeds

choking out all worthy and beautiful growths? Shall we exalt the incidentals of life to the rank of a purpose, to the shutting out of that work whose results reach beyond the stars?

Fleeting, O mother, are the days of childhood! Speckless windows, snowy linen, the consciousness that everything about the house is faultlessly bright and clean, will be poor comfort in that day wherein we shall discover that our poor boy's feet have chosen the path that shall take him out of the way to all eternity.—*Christian Observer.*

NECESSITY OF VENTILATION.

"Few persons," says Dr. Reid, "consider the necessary consequences of twenty respirations per minute, one thousand two hundred per hour, or twenty-eight thousand eight hundred in a single day and night, for every adult human being, and of his abstracting during this period of twenty-four hours from the atmospheric magazine his portion of air, amounting to fifty-seven hogsheads, of which he retains vital oxygen to the amount of about twenty pounds that enters into his blood, and there serves to maintain the activity of all the functions of life, corporal as well as mental. Ten cubic feet of air per minute is a fair estimate for the respiration of an adult person; that is certainly a low enough average for comfort and safety, and with such an allowance, the air in a moderate-sized apartment would become too much vitiated for healthy respiration at the expiration of sixty minutes; and allowing that the air is partially replenished during that brief period, the atmosphere would be decidedly unwholesome at the expiration of two or three hours; or, by taking the lowest estimates within the limits of safety, as given by Dr. Neill Arnott, viz., about three cubic feet per minute, such an apartment could not be considered a healthy sleeping-room for a single person, much less a safe dormitory for a whole family. Even should no immediate effect be produced by the prolonged inspiration of a poisoned atmosphere continually charged with these gases, still at the same time a predisposition is acquired, and the vital forces become lowered to such an extent that any slight change in the atmosphere or in the diet may act on the already debilitated system, and provoke disease which, under other circumstances, would not have occurred."—*People's Health Journal.*

SUMMER CLOTHING.

FOR all persons, especially invalids, and those who take cold easily, a thin material of woolen gauze next to the skin is safest and best, because—

First, it is a non-conductor, carries heat from the body more slowly than cotton, linen, or silk. All colds are caused by the body becoming colder than natural, especially if it is made colder rapidly, and woolen material next the skin is the best thing known to prevent this rapid cooling, especially after exercise which has caused perspiration, and does not cause that disagreeable sepulchral dampness which wet linen does when it comes in contact with the skin.

The warmer the weather, the more need for woolen next the skin; hence British sailors are required to wear woolen next their skin in tropical latitudes in summer, as the best observed precaution against disease.

All garments worn next to the skin during the day should be removed at night and spread out for thorough airing and drying.

Cotton is the best material to be worn next the skin at night. All changes from a heavier to a lighter clothing in summer should be made by putting on the lighter clothing at the first dressing in the morning.

It is greatly safer for children, for invalids, and for old persons, to have too much clothing than too little.—*Sel.*

SUN-STROKE.

IF working in the sun, wear a light hat (not black, as it absorbs heat), and put inside of it on the head a wet cloth or a large green leaf; frequently lift the hat from the head and see that the cloth is wet. Do not check perspiration, but drink what water you need to keep it up, as perspiration prevents the body from being overheated. Have, wherever possible, an additional shade, as a thin umbrella, when walking, a canvas or board cover when working in the sun. When much fatigued do not go to work, or be excused from work, especially after 11 o'clock in the morning on very hot days, especially if the work is in the sun. If a feeling of fatigue, dizziness, headache, or exhaustion occurs, cease work immediately, lie down in a shady or cool place, apply cold cloths to, and pour cold water over, head and neck. If anyone is overcome by the heat, give the person cool drinks of

water, if able to swallow. If the skin is hot and dry, sponge with or pour cold water over the body and limbs, and apply to the head pounded ice wrapped in a towel or cloth. If there is no ice at hand, keep a cold cloth on the head, and pour cold water on it as well as on the body.—*Sel.*

WHAT IS STALE BREAD?

"THE stale crumb," says Professor Horsford, who has experimented upon this matter, "may be regarded as a framework of gluten, coated with glossy, dried starch, not readily dissolved by the saliva. But by heating, the watery hydration of the gluten is driven out, the starch is moistened, and the whole crumb, recovering the elasticity of fresh bread, is palatable. On cooling, the water is withdrawn from the starch and restored to the gluten, and the bread becomes stale."

Now as stale bread is the most easily digestible, it deserves to be restored to palatability, and this is easily done by reheating it, as we have seen. It should be done in a covered dish, so as to prevent undue loss of moisture. Thus reheated it renews its youth, but does not resume the qualities that make fresh bread indigestible. It is thus possible to combine the taste of fresh bread with the virtues of stale bread; and the process is one that should be familiar in every house where cereal foods continue to be the staff of life.—*Dr. F. M. Coan.*

VARIETY IN FOOD.—We are requested by those who are interested in hygiene to give a list of healthful combinations of food for every day in the week. This would be difficult to do, as the condition of the human stomach differs in different persons. The various kinds of grain found in bread, crackers, and mush, are staple articles of diet, but all of these, or a great variety of them, should not be eaten at the same meal.

Fruits of different kinds, cooked or uncooked, are good morning and noon, if not combined with vegetables. Neither would we recommend the use of milk at the same meal with sugar or very sweet or very sour fruit, or with vegetables. Bread made with whole meal is more nutritious than that made of fine flour, there being but little nutriment in the latter.

Doctor—"My dear man, you have no organic trouble, no symptoms of disease, properly speaking; but you are simply run down. What is your occupation?"

Patient—"I am a city laborer, and work upon public streets."

Doctor—"Ah! it is as I suspected. You require exercise."—*Boston Transcript.*

HOUSEHOLD HINTS.

If you keep your feet warm it is almost impossible to take cold.

A MIXTURE of powdered chalk and vinegar is a sure and speedy cure for a felon.

If you put a piece of bread on the top of your knife when peeling onions they will not affect your eyes at all.

TO KEEP EGGS.—Pack them in dry sawdust; it is superior to salt, lime, oats, or anything. Put the small end down.

To flavor cake after baking, turn out and drop essence on the bottom while hot; turn back and let the flavor steam through.

If there is one time more than another when a woman should be entirely alone, it is when a full line of clothes comes down in the mud.

THE rubber rings of fruit cans which have become hard with use can be softened by soaking in a mixture of one part ammonia and two parts water.

OATMEAL should be soaked overnight and then cooked for two hours; when prepared in this way it is highly nutritious, containing eighty-five parts nutritive elements.

QUICK WORK WITH BED-BUGS.—Remove furniture and clothing from the rooms and loose paper from the walls. Close the doors and windows and let the room fill with the fumes of burning sulphur. Be sure there are no bugs in the things taken back.

WE are asked to give the time in which infectious diseases may be communicated from one to another. We are not prepared to give a full list of these, but have at hand a statement made by Dr. Frederick Pearse (*British Medical Journal*), as follows: "Measles, from the second day, for exactly three weeks; small-pox, from the first day, under one month, probably three weeks; scarlet fever, at about the fourth day, for six or seven weeks; mumps, under three weeks; diphtheria, under three weeks."

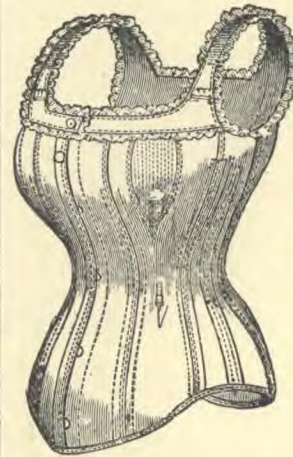
Gentleman—"I am sorry, Uncle Rastus, that I can't do anything for you this morning; but charity, you know, begins at home."

Uncle Rastus—"All right, Mister Smif—all right, sah, I'll call round at yo' house 'bout seben dis ebenin', sah."—*Harper's Bazar*.

LADIES' SKIRT SUPPORTERS.

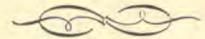
IT is the unanimous opinion of those who have made *female disorders* their life study, that one of the most fruitful causes of these complaints is supporting the under-garments from the hips. When this burden is transferred to the shoulders, there is at once an improvement in health.

Mrs. E. B. Lyman, the popular lecturer to ladies "on dress, and its relation to female diseases," says: "Pathology demonstrates the fact that during the past 15 years that class of diseases peculiar to females has been steadily on the increase, and the verdict is almost universal among those physicians who make a specialty of these difficulties that they are largely the result of the improper mode of dress adopted by our women. First, from its being too tight, or so inconveniently arranged as to prevent the free action of the internal organs. Second, from the great number of bands, with heavy skirts, resting entirely upon the delicate walls of the abdomen, causing the intestines to fall down upon the organs in the pelvic cavity. Owing to the flexible nature of the abdominal walls, NO WEIGHTY clothing should be permitted to rest upon the hips, but should, instead, be supported from the shoulders entirely."



THE HYGIENIC CORSET

Is suspended from the shoulders. It is so arranged that the garments may be attached to it by means of hooks, as shown in this diagram. This useful article, as may be seen in another column, can be obtained from the Rural Health Retreat. Price, post-paid, \$2.00.

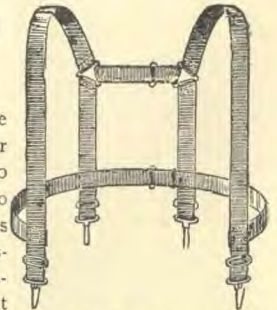


A SHOULDER BRACE AND SKIRT SUPPORTER

To which the skirts can be hooked, may be obtained for 60 cents; misses' size, 50 cents, post-paid. Those who have been using these articles could not be induced to dispense with them. Their practical utility must be apparent to all who give them even a careful look and a moment's thought.

Either of the above articles may be obtained, post-paid, for their respective prices, by addressing

RURAL HEALTH RETREAT,
ST. HELENA, CAL.



HEALTHFUL FOODS.

HAVING lately added to the facilities of our Health Retreat a revolving oven, and first-class cracker machinery, we are now prepared to furnish the foods advertised below, at their respective prices. These foods are especially adapted to those suffering from digestive ailments, but are also excellent for all persons who wish food free from lard and all other deleterious shortening. None but the purest and best articles are used in the manufacture of these foods.

OATMEAL BISCUIT.—These are about twice the thickness of an ordinary cracker, are slightly sweetened and shortened, and made light by yeast, exceedingly palatable. They are recommended for constipation, if the person is not troubled with acidity or flatulence; per lb.12 cts

MEDIUM OATMEAL CRACKERS.—Made about the same as the above, only they are not fermented; per lb.10 cts

PLAIN OATMEAL CRACKERS.—These are neither fermented, shortened, nor sweetened. They have an agreeable, nutty flavor, and are crisp and nice; per lb.10 cts

NO. 1. GRAHAM CRACKERS.—Slightly sweetened, and shortened. Just the thing for persons with fair digestive powers and inactive bowels; per lb.10 cts

NO. 2. GRAHAM CRACKERS.—Shortened but not sweetened. Very palatable; per lb.10 cts

PLAIN GRAHAM (DYSPEPTIC) CRACKERS.—These crackers contain nothing but the best graham flour and soft water, yet by the peculiar preparation of the dough they are as crisp as though shortened. If by exposure to dampness they lose their crispness it may be restored by placing them in a hot oven for ten or fifteen minutes; per lb.10 cts

WHITE CRACKERS.—These are made of the best patent flour, shortened. But they are not mixed with lard or any other deleterious substance; per lb.10 cts

WHOLE WHEAT WAFERS.—Composed of flour and water. Made especially for dyspeptics, and those of weak digestion; per lb.12 cts

GLUTEN WAFERS.—Especially good for those troubled with acid or flatulent dyspepsia; or those suffering with nervous exhaustion, and who wish to restore nerve power speedily. Such as have to live largely on meat, because they cannot digest vegetable food, will find in these wafers a valuable substitute; per lb.30 cts

ANTI-CONSTIPATION WAFERS.—Composed of rye meal and whole wheat flour. Crisp and palatable. Persons suffering with painful dyspepsia, or tenderness at the pit of the stomach, should use whole wheat crackers in preference to these. For all other forms of dyspepsia or constipation, these are just the thing; per lb.12 cts

PASSOVER BREAD.—Made from patent flour. Neither shortened nor fermented. In the form of wafers. Is very light, thin, crisp and toothsome; per lb.12 cts

FRUIT CRACKERS.—The best varieties of foreign and domestic dried and preserved fruits are used in the preparation of these crackers. They are exceedingly wholesome for those of normal stomachs, but are not recommended for confirmed dyspeptics; per lb.20 cts

CARBON CRACKERS.—These are especially intended for cases of dyspepsia in which there is acidity of the stomach, heartburn, and flatulence of stomach or bowels. The black color of the cracker is due to the presence of pulverized carbon, which acts as a preventive of fermentation, and is an absorbent of irritating gases resulting from indigestion; per lb.15 cts

WHEATENA.—This is a preparation of wheat which is subjected to a process by means of which it is partly digested, and rendered readily soluble in the digestive juices. Good for persons suffering with slow digestion and constipation; per lb.12 cts

AVENOLA.—This is some like the preceding in the mode of its preparation, except that it has also the finest oatmeal with the wheat in its combination. It contains a large proportion of bone, muscle, and nerve-forming material. It is a good food for infants, and for all invalids of weak digestion; per lb.13 cts

GRANOLA.—This is a preparation from various grains, and combines all the qualities of the preceding preparations. There is no farinaceous preparation in the market that will compare with granola. This is the verdict of those who have given it a fair and impartial trial; per lb.12 cts

DIABETIC FOOD.—This is a form of bread deprived of its starchy and saccharine elements, but retaining all the other palatable and nourishing elements of the flour. By the use of this food, and the observance of careful dietetic rules, this obstinate disease (diabetes), may be kept at bay for many years, and cured in cases where a cure is possible. It is prepared with great care, and has been thoroughly tested; per lb.40 cts

GLUTEN FOOD.—This article is a perfect substitute for animal food in cases of nervous debility, and is to be used in the same cases as those for which the gluten wafer is recommended; per lb.40 cts

INFANTS' FOOD.—Most of the foods offered in the market as infant's food contain too much starch for the digestive power of the infantile stomach. The article here offered will often be digested when other articles of food cannot be eaten without producing serious derangement of digestion; per lb.40 cts

SOME of the goods here offered may be higher priced than those shortened with lard, etc., but you may rest assured of securing, in these foods, pure, healthful articles, conscientiously prepared. Directions for using these foods will be sent with the goods.

FOR fifty cents you may receive, post-paid, a sample package of these foods, and thus decide what to order in larger quantities. Give them a trial. Address,

RURAL HEALTH RETREAT, ST. HELENA, CAL.

HEALTH GOODS.

AT THE RURAL HEALTH RETREAT there are kept constantly on hand the following valuable articles, which may be obtained, post-paid, at the prices affixed:—

HYGIENIC CORSET	\$2 00
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RURAL HEALTH RETREAT, ST. HELENA, CAL.

MOUTH AND STOMACH COLLOQUY.

Mouth (to stomach)—“Are you ready for breakfast?”

Stomach—“Yes; what are you going to send?”

M.—“You will see. Prepare!” The table bell rings. Body hurries—drops into a chair. Mouth opens, and down goes, as quickly as possible, a cup of coffee at a temperature of 145 degrees Fahrenheit. It burns the œsophagal track as it passes it, and when it gets into the stomach, burns it, and the stomach contracts, and shrivels, and cringes, and finally screeches—and the

Mouth says: “Halloo! what is the matter?”

S.—“Matter enough, I should think! Do you not know that I cannot endure *slush* at 140 to 160 degrees of heat?”

M.—“Oh, never mind! Here comes some beef-steak with hot fried potatoes, and hot rolls, and poor butter. Some salad with vinegar, some buckwheat cakes and molasses. These will heal it.”

S.—“Stop! what earthly use is there in sending these down here all at a time? They’ll make a hodge-podge.”

M.—“Here comes some more coffee.”

S.—“Hold on! wait! give me some water!”

M.—“Water! water! when you can get coffee? You must be crazy. Water has no nourishment in it. One wants water only when one is dry.”

S.—“I am thirsty. Give me some water!”

M.—“I cannot do it—they haven’t any water up here. If they have, it is hot, and I doubt if they have any of that. Persons do not like water, and you, O stomach, are eccentric; so stop complaining and get ready for some more food. Take the good the gods provide you, and be content. Are you ready? I am in a hurry. Up here, time is money. I have to furnish you with material out of which strength is to be gotten for the body’s use to-day, and I have *ten minutes* allowed me for this purpose. Now the after-part is your lookout, not mine. Take notice! Are you ready? Here comes apple pie, fried chicken, tripe, tomato catsup, boiled ham, minute pudding, corn bread, and pickles; pepper, salt, gravy, mince pie, another cup of coffee—so look out!”

S.—“Look out! oh, murder! what am I to do? Do! I must grind away at it, like a horse in a bark-mill, till I am worn out. Under such a condition of things as this, I shall break down in the fourth part of the time which I *might* work; but then the mouth—and for that matter, the heart, too—will be still, and I shall be at peace.”—*Prairie Farmer.*

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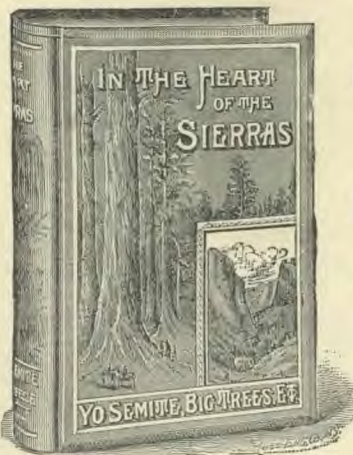
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