

# PACIFIC HEALTH JOURNAL

## AND TEMPERANCE ADVOCATE.

VOLUME III.

OAKLAND, CAL., MARCH, 1888.

NUMBER 3.

J. N. LOUGHBOROUGH, . . . . . }  
E. J. WAGGONER, . . . . . } *Editors.*  
A. T. JONES, . . . . . }

**A 32-PAGE MONTHLY.**

Subscription Price, . . . . \$1.00 per Year.

**Address.**—All business for the JOURNAL should be addressed to Pacific Press, Oakland, Cal.

All Drafts or Money Orders sent in payment of subscriptions should be made payable to Pacific Press.

All Communications for the JOURNAL should be addressed to PACIFIC HEALTH JOURNAL, care of Pacific Press, Oakland, Cal.

DISEASE is the interest paid for many pleasures.

THE drunkard's ladder—spices, tea, coffee, tobacco, and rum.

"If it be possible, as much as lieth in you, live peaceably with all men." Rom. 12 : 18.

THE celebrated Lord Nelson said he owed all his success in life in being ready for every duty a quarter of an hour beforehand.

THERE is a little poem which says:—

"A little word, in kindness spoken,  
May heal the heart that's well-nigh broken."

FALSE friends are like our shadow, keeping close to us while we walk in the sunshine, but leaving us the instant we cross into the shade.

A MUDDY stream, flowing into one clear and sparkling, for a time rolls along by itself. A little further down they unite and the whole is impure. So youth untouched by sin, may for a time keep its purity in foul company, but a little later and they mingle.

A GENERAL custom prevailed in ancient Egypt, to take at least two emetics every month; "to inquire of acquaintances and friends how those medicines had operated, and to wish each other joy upon these occasions." I need not observe that this singular method of prolonging life is not to be recommended as worthy of imitation. (Willeh, 1789, on Means of Preserving Health and Prolonging Life.)

### HOW SHALL WE EAT?

THAT our bodies are made *from* and *of* what we eat and drink is a truism so well established that it hardly needs the stating. Those who, without reference to the nourishing quality of their food, eat and drink simply for the momentary gratification of taste, fail of obtaining the real benefit to be derived from eating. Many there are who act as though what they say was a settled truth, that, "It does not make any difference *what* I eat, or *how* I eat it, for I have a strong stomach, and can digest almost anything." By and by such find, to their cost, that it does "make a difference" how they eat, for the digestive apparatus refuses to do the unwelcome task so often imposed upon it, and they learn, alas! too late, that they are confirmed dyspeptics.

When we have settled in our own mind the question what kind of food is best calculated to build up and nourish the body, it is equally important to know the most proper times of eating that food, as well as the best condition of body for the reception of the same, that it may be the most readily digested, assimilated, and appropriated to the various wants of the body. On this point we will quote from an article written by Marion Harland, in *Journal of Reconstructives*:—

"Anybody can, and everybody does, eat after his or her fashion. That the fashion of doing what is so natural and so necessary to the continuance of human existence should often be so vile that man's meat becomes his bane, is a fact accepted quietly because it is so common. Sufferers and their friends talk of indigestion as of unavoidable friction of machinery. The processes of the stomach in its normal state are adjusted and regulated with an admirable regard for causes, uses, and effects that reduces needful wear and tear to a minimum.

"Eating and walking are both natural operations

of the same human body. There are as many ways of doing one as the other, but the wrong way of feeding is attended by far more serious consequences than a slouch, or a stoop in carriage, or a hitch in locomotion. The fable of the Belly and the Members has a profound practical application which Æsop may or may not have discerned.

"It goes without saying that the primal essential to digestion is to furnish the stomach with material that may be easily assimilated by the gastric fluids. It is equally patent that this point cannot receive justice now and here. The thought of the undertaking suggests the apostle's magnificent hyperbole: 'I suppose the world itself would not contain the books that would be written.' We must spur the imagination to take for granted that one out of ten Christian families in easy circumstances sits down tri-daily to meals properly prepared and served. Pass we, then, to the second proviso of—

"II. *Regularity in the times of eating.*

"I heard a member of the above-admitted tenth family congratulating himself the other day on his ability to fast without discomfort. According to his showing his stomach was as manageable as a stop-watch. He took his breakfast at any and all hours, dispensed with the mid-day lunch as often as not, and shifted dinner-time to suit his convenience, or that of his customers. Men of business are the chief of sinners in this respect. The noon spell—a beneficent institution bequeathed to us by our forefathers with the now almost everywhere obsolete nine o'clock curfew—shuts up the mechanic and day laborer to the wholesome necessity of dining at a given hour the year around. Many women have 'hunger-headaches,' angels in disguise, that remind them of the void and faintness which are enfeebling their nerves and generally vitiating their physical forces. Such a constitutional infirmity, instead of being objurgated by the possessor, should be regarded as an alarm-clock hung in the citadel, faithful to the duty of signaling the approach of danger. It is a proof of weakness, not health, when the stomach gives no token of consciousness that the season has arrived for renewed supplies. It should rest after disposing satisfactorily of each meal. At the end of a reasonable period of quiescence it will, if all be well, awake and cry for more. In this day of common sense and plain speech, it should be an established truth that there is nothing degrading to the higher nature

in the reasonable activity of a natural animal appetite. It is not disgraceful to be hungry. Gluttony is lust. The woman who proclaims that she cares nothing for eating, and has no fixed hours for family meals, is foaming out her own shame. If other interests are not jeopardized by her slipshod desultoriness, the health and happiness of her household are.

"III. Bring to the meal served well and punctually, a body in the state most propitious to receptivity. Even in our exceptional tenth household, this law is habitually disregarded. The mother hardly knows what she is eating at breakfast in her flurry of anxiety lest the children may not get off to school in season, and 'father' may lose his street-car or train. Her husband 'devils' his egg with stock-market reports, and toughens his steak with political broils. The morning repast is a Gentile version of the Passover, swallowed with loins girded for the day's journey and fight; edged tones, tart words, and worried faces typifying the bitter herbs. He who eats his meat in gladness and singleness of heart takes his stomach into confidence and perfect sympathy with himself.

"The early dinner usually finds the eaters in worse plight still for the reception and assimilation of nourishment. Father, mother, and children are wearied, body and mind. There is no rally of the alimentary organs to welcome the new deposit committed to their ministration. The elders of the domestic group certainly have seen fagged and heated horses left in the stalls to rest until it is safe to feed them, and yet inferior animals prefer sleep to food when fatigued. But the head of the house wipes his heated brow with his handkerchief as he draws back his chair, and carves furiously while declaring that he is 'tired to death.' Roast beef, potatoes, and pudding are a load of hot lead in the pit of his stomach all the afternoon, paralyzing energy and obfuscating perceptions. By night, he 'wonders if it would be possible to do without eating altogether; a fellow feels so like a fool after a hearty dinner.' Of all forms of dyspepsia the direst is that which afflicts our driving and thriving business man. His wife's lighter meal revenges itself on the preoccupied and anxious partaker in sick headache, heartburn, and the blues. Neither can make time for deliberate and restful enjoyment of the excellent food provided by one and prepared under the direction of the other.

"Nature compounds interest according to a sys-

tem of her own for the sum exacted of her. The right kind of nourishment taken in moderation when body and spirits are in just and pleasant tune, is refreshment and not oppression. The partaker eaves the table stronger and blither than when he sat down.

"IV. *Mastication* is almost a lost art with our average busy men and women. What the knife and fork do not accomplish in severing flesh and fiber is deputed to the gastric juices. Chyle, when put on its mettle, is potent and patient, but, not having been appointed to the office of millstone or meat-chopper, must, perforce, sometimes disappoint great expectations. Children should be taught to *chew* at whatever expense to the mother's time and temper. Alfred Ayres, the celebrated orthoepist, says in the *Mentor*—"The chief reason that Americans have bad teeth is that we do not use our teeth sufficiently. We live almost exclusively on food that requires very little mastication; and as for the front teeth, we scarcely use them at all."

"He might have added that we make ourselves too busy to masticate solids when they are given to us. Joe Gargary's horror of 'bolting' did credit to his sound sense and was hardly to be looked for in a country blacksmith. The toss and gulp that pass with our industrious householder for eating, are disgusting to behold and as pernicious in consequences as infectious in example. If he were a ruminating animal, with a quartette of stomachs, his boast, thinly veiled under a sham of confession—"I eat at railroad speed"—would be less humiliating to him and the race."

In addition to the above wholesome words we will add a *fifth* point, which is this, *ALL our eating should be at regular times*, avoiding all eating between meals. It is this giving the children a *piece* almost every hour in the day that tends to make them continually fretful, peevish, and puny. They come to the time of a regular meal with no desire for food, because the stomach has been kept continually digesting and wants to rest. But no rest is allowed, for in the afternoon, it is this same *piece*, *piecing* till bed-time. Decide the number of meals your child or yourself should have in a day, be as regular as possible with the times of those meals; and as you value health and life, *conscientiously refrain from eating anything between meals.*

J. N. L.

TRUE eloquence consists in saying all that is necessary, and nothing but what is necessary.

#### NOT DONE AWAY.

WE affirm on the authority of the sacred Scriptures, that the ordinance relative to eating the flesh of swine (Deut. 14:8) is not done away. We design to prove that the command, "Ye shall not eat of their flesh," is as really binding upon Christians as the precept, "Thou shalt not steal." This we shall make appear evident from careful examination of the two kinds of law given in the books of Moses.

In the pentateuch there is one kind of laws, properly termed moral, which relate to man's duty to God, to his fellows, and to himself. These grow out of existing relations between God and man, and between man and his fellow-men. And these must continue so long as the relations exist. Of this class of moral precepts, the ten commandments are pre-eminent, they are the grand constitution of God's moral government of fallen man, and in strict accordance with this constitution, the Old Testament abounds in moral teachings and minor precepts, inculcating justice, mercy, cleanliness, health, and the love of God. These cannot cease while God's moral government in this mortal state shall remain. Change of dispensation can no more affect these than it can change the character of God, or that of fallen men.

The books of Moses contain another kind of ordinances, which are simply shadowy ceremonies, given to serve a certain purpose, during a limited period of time. These were the shadows or types, pertaining to the Jewish religious services, which find their substance, or antitype, in the good things of the Christian age.

"The law," says Paul, "having a shadow of good things to come," etc. Heb. 10:1. The apostle illustrated the subject with the familiar figure of a shadow, and the body which casts the shadow, as in the case of a monument, tree, or a building. The death of Christ, his priesthood, or ministry, and the good things he does for his people in this age, cast their shadows back into the Jewish age, as the monument before the rising sun casts its long shadow back to the west. The Jewish sacrifices, where blood was shed, were the shadow, the death of Christ, the body that cast the shadow. The Jewish priesthood was the shadow; the priesthood of the Son of God in Heaven in this dispensation is the body that casts the shadow. And as we would follow down the shadow to the base of the monu-

ment, where the shadow must cease, so the Jews, in their services, followed down to the death, resurrection, and ascension of Christ, where these shadowy ordinances ceased by limitation. This is expressed by the apostle in these words, "Blotting out the handwriting of ordinances that was against us, which was contrary to us, and took it out of the way, nailing it to his cross. . . . Let no man therefore judge you in meat, or in drink, or in respect of an holy day, or of the new moon, or of the sabbath days, which are a shadow of things to come; but the body is of Christ." Col. 2: 14-17.

The cessation of shadowy ordinances of the class of these mentioned, the apostle expresses by the terms, "blotting out," and "nailing it to his cross." And let the reader mark well this qualifying passage, "which are a shadow of things to come; but the body is of Christ." This shows that shadowy ordinances *only* were done away at the crucifixion of Christ. These shadows having served the purpose for which they were designed, could exist no longer, being superseded by the body that cast them.

Now, we affirm, without fear of contradiction, that the ordinance forbidding the use of swine as food, does not belong to this class of ordinances. These were shadows of things to come. But the ordinance relative to swine's flesh is no more a shadow than the precept, "Thou shalt not bear false witness." The death of the Son of God, and the change of dispensations, could therefore no more abolish the precept forbidding the use of swine as food, than it could change the precept forbidding adultery and murder.

This is a question worthy of a candid and thorough discussion. We will give any of the swine-eating clergy a reasonable amount of space in this journal to sustain their practice in this respect, from the Bible. Candid and brief articles will be given in connection with a review. If our position upon the swine is incorrect, someone will show a great favor in showing where we err. But if our position is correct, that the prohibition of swine's flesh is not a shadowy ordinance, and not done away, then it should be acknowledged, and obeyed, by at least all Bible Christians.—*Elder James White, in Health Reformer, 1872.*

We indorse the request made by this pioneer in the diet reform. If there is Bible evidence that the Lord has pronounced as clean, in this dispensation, what in the past he positively declared to

be unclean, and unfit for food, let it be forthcoming. We have not seen the proof undertaken in the sixteen years since that challenge was made. The man has not yet appeared to claim the honor of proving that swine's flesh is a sweet, clean, wholesome article of food for Christians.

J. N. L.

#### THE HUMAN BODY; ITS OBJECT AND ATTENTION.

It is to be lamented that so little attention is paid to the human body. We do not mean the adornment of the exterior; for, as a rule, too much thought, time, and money are devoted to this purpose. It is the sad neglect to study the true object, and obey the natural laws of the "human form divine," to which we refer. A great deal is done for what is commonly termed the soul, while but little is done to care for the body. There are ministers who are very earnest in the study and promulgation of theological questions, who daily violate the most important laws of their own bodies. We build and furnish expensive churches for man's spiritual good, and leave him to ignorantly and mercilessly violate the sacred laws of his physical frame. This is certainly a grave error.

Doubtless one reason to be assigned for such an unreasonable course is the distinction made by many between the body and the "soul" or "spirit." Believing, as they do, that the soul is the real, thinking, feeling part of man, that it is a separate, conscious entity, and that the body is merely an old shell in which the soul is temporarily lodged, they seem to think it matters little what treatment the body receives, provided the soul is cared for by religious services. Again we say that this is a grave error; it is a serious mistake. It leads many professing Christians to be blind and deaf to the imploring laws of their own bodies. And while violating these laws by disfiguring the body, injuring the organs of digestion, poisoning the blood, and shattering the nervous system, they often feel pained that they are such poor Christians, and that instead of *overcoming evil*, they are *overcome by evil*.

From a careful study of the subjects of anatomy, physiology, and hygiene, we are impressed with the fact that a radical change must be made in the treatment of the human body. The body and the mind are very closely related. In fact, the mind is but a result. It seems to be produced by the body, the brain being the organ of thought. How do we

get ideas of light, color, etc., but by means of the eye, or organs of sight? And by the ear we get ideas of sound. Thus the mind is produced, and seems to be the sum total of all the impressions received through the organs of sense. How evident, then, that the perfection of the mind largely depends on the perfection of the organs of sense. How evident, too, that whatever in any degree affects these sense-organs, correspondingly affects the mind, since it is through the operation of these organs that the mind is produced.

But these sense-organs are parts of the body. They are material, and are built up and nourished by food, the same as other parts of the frame. Every movement of the eye produces death and waste of tissue. But the blood, laden with nutritious food elements, bathes all parts of the tissues of the eye, thus keeping the organ in repair. The same is true of all the organs of the mind. If this be true, it would seem that the mind of man is influenced by the condition of his body to a much greater extent than might at first appear.

And more, man's capacity to appreciate and enjoy spiritual things depends largely on his mental condition. In just the proportion that his mind is clouded by acts of intemperance, or warped by sin, it loses its power to grasp and enjoy that which is heavenly and spiritual. This we presume none will deny. We therefore conclude that he who would be the most truly religious, must possess a clear, vigorous, cheerful mind; and he who would be in possession of such a mind must take great care of the body by which the mind is produced. He must not neglect its real wants, nor injure any of its organs; for such violation weakens the body, impairs the intellect, and renders one more or less incapable of appreciating and performing those religious duties which God requires.

These truths, obtained from a careful study of the body and the mind, are in perfect agreement with what God has revealed in his word. In 1 Cor. 6:19, 20 we read: "What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? for ye are bought with a price; therefore glorify God in your body and in your spirit, which are God's." Paul here states that the body is the temple of the Holy Ghost. Because of this important truth, the Lord declares: "If any man defile the temple of God, him shall God destroy." That it is possible to defile the body with improper

food we learn from the prophet Daniel. This great man of God "purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank." Dan. 1:8. For this reason Paul says: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God." And that the body should receive careful attention we learn still further from the course pursued by the apostle Paul. He says: "But I keep under my body, and bring it into subjection; lest that by any means, when I have preached to others, I myself should be a castaway."

Looking at this subject in the light of either revelation or science, we can but conclude that it is our duty to understand the object of the human body with its various organs, and the attention it should receive.—*A. G. Daniells.*

#### ADULTERATION OF FOOD.

A "CANNED GOODS" Bill has been before the New York Legislature, upon which Governor Hill commented interestingly. He says: "It would seem that everything that we eat is adulterated. In hearing testimony about the Canned Goods Bill, for instance, all kinds of imposture and deceit of customers were brought to my attention. This adulteration of groceries is becoming a national evil, one that we shall have to adopt severe measures to check. France is an elysium for those who desire to buy pure articles when they go to the grocery. The French Government has taken extraordinary steps to protect the people, steps that perhaps could not be taken in this country, but the object has been accomplished. When you buy pepper in France you know that you are getting pepper and not some weak adulteration of it; and so it is with all other articles. One of the measures of the French Government to check adulteration which has proved successful is a law which compels every grocer when convicted of the crime to place a large placard in his store window and keep it there for a year, with the words inscribed upon it, 'Convicted of Adulteration.'"

Some curious facts were revealed by the packers of canned goods in private conversation. "You would not think the parings and cores of apples of any use, would you?" said one of the packers to a friend. He then continued: "Well, a fruit-packing establishment makes use of everything, like the pork-packing factories, which save everything ex-

cept the pig's grunt. When we are packing and drying apples we have tons and tons of parings and cores. These we sell to the makers of jelly. All kinds of jellies are made of the material. Every bit of it is apple with some essence in it. But that is not the sole use of apple parings. Occasionally we keep them so long that they cannot be converted into jelly. Then we sell them to the makers of strained honey. All the 'strained honey' that you see in the market is made of it."—*Good Housekeeping*.

#### THAT FOOD TABLE.

A FRIEND, referring to the last number of this journal, says; "The statement you make on the third page, last column, is hard to accept as accurate. Your own table given on page 139 of the last volume of the PACIFIC HEALTH JOURNAL gives to beef 45 per cent of nutriment, while to rice is accredited only about 56 per cent of nutriment. I think this is a mistake. You must have intended to say that rice has 86 per cent of starch, instead of 46 per cent, as it reads. But grant you the privilege of correcting the error of the table just named, your statement on page three of volume three is still very extravagant, and seems untrue, unless you had some meaning in mind which is not fully made plain in the article.

"The leading idea in this column against meats is that they do not contain enough nutriment to nourish the human body. If any student should gain this impression his knowledge would be incorrect, because meats do contain abundance of nourishment. Their poverty is not their fault.

"They are objectionable, first, because they exhaust unduly the digestive and secretory organs; secondly, because they stimulate the nervous system too much; thirdly, because they are sometimes (often) diseased, and may communicate disease to him who eats them; and, fourthly, they are expensive, more expensive than better foods, as you very graphically and forcibly showed by means of your diagram on page 139 of volume two."

#### REPLY.

We have carefully looked over what was said on page three, and have looked at the said table with its explanations, and are not able to find what our friend seems to see there. The table puts the water in beef at 50 per cent, the nitrogenous matter at 15 per cent, and the oil and fat at 30 per

cent. The 45 per cent he claims to see there, must be gained by taking the position that the 30 per cent of oil and fat is wholly nutrition.

As to the rice, if we had said that 86 per cent of rice is starch, and 14 per cent water, it would be saying that rice is composed wholly of starch and water, for the 86 and 14 would make the whole 100 per cent composing the starch.

We are glad to have the table studied and criticised. The 46 per cent to rice is a misprint. According to Dr. Kellogg's "Home Hand Book," page 370, rice contains 79.5 per cent of starch and sugar.

As to the statement respecting the meat, it seems to us that our friend is reasoning on the same line exactly intended in the article, that other foods will *better* sustain the body than flesh meats. To our mind the very objections he mentions to the use of meats fully answer his claim that they are not poor in nutrition for the body. Let us see; they "nourish" the body, but "exhaust unduly the digestive and secretory organs." They "nourish" the body, but "they stimulate the nervous system too much." Those things that stimulate without proportionate nourishment are not good for the body. They "nourish" but "they are diseased, and communicate disease." Yes, and when Jewish inspectors of meat killed in the slaughter houses of our large cities claim that over four-fifths of the cattle killed for food are diseased, and that of sheep not more than one in a hundred killed, over one year of age, are free from disease, it would seem to be time for someone to talk of a "*better* way in diet." J. N. L.

#### CARE OF CATTLE.

THE following remarks are taken from a speech made by Mr. Clement Stephenson, of Newcastle, before the North of England Veterinary Medical Association (1885), and repeated in the *Provisioner* of November 2, 1885: "In taking a general view of this subject, we must remember that all domesticated cattle are kept more or less in an artificial, therefore unnatural, condition; a condition which favors both functional and structural changes. They are necessarily kept in, and surrounded by, conditions far removed from natural. They are fed with artificial stimulating foods; even the grass and hay they consume is in many cases produced by stimulating chemical compounds. They are

often short of air space, and the air is often impure and loaded with exhalations from drains, manure, and other decomposing material; while as to water, any stream, pond, or pump, however polluted, and whatever its source, is thought by some to be good enough for cattle. I admit that in many herds great attention is paid to cleanliness, ventilation, and pure water, but besides these important factors there is also needed a close adherence to the laws of nature."—*Vegetarian Messenger*.

#### APPETITE AND RELIGION.

RELIGION has but little to do, in the estimation of many persons, with appetite. They so assort the commands of God as to throw out as cullings those that forbid carnal indulgence, especially in its more fashionable forms. The command, to be filled with the Spirit, is accepted, but the first part of the same precept, "Be not filled with wine wherein is excess," is practically rejected. "Perfecting holiness in the fear of God," is approved and acted upon; but the other part of the same verse, "Let us cleanse ourselves from all filthiness of the flesh and spirit," is another part of speech obsolete and not understood. It is an unknown tongue, a dead language. They must be explained, as are the apocalyptic visions, with generous latitude. On this account we find many accepted Christians who make a very limited and slight application of the following command to professors of religion, though particularly addressed to them: "Dearly beloved, I beseech you as strangers and pilgrims, abstain from fleshly lusts, which war against the soul." 1 Pet. 2: 11. This is handed over to wantons, and the baser sort of unconverted sinners. Hence it is supposed a Christian man may moderately sip, swig, and guzzle his ale, wine, and beer. He may excite himself with narcotic stimulants and run the risk of perverting taste, and engendering forbidden thoughts and feelings by loose but fascinating fiction. Sin lurks here because the light, we must think, is not permitted to penetrate through the avenues of the moral sense. See that Christian man. He tilts himself back on his chair, after a luxurious meal, crosses his legs or rests his feet upon andirons, fender, or mantle, and puffs away, or chews, and expectorates, this way and that, with infinite justification. What if he cannot give twenty dollars to missions, and spends a hundred per annum on his appetites? This is an inno-

cent and compensatory luxury—the replenishment of composure and nervous rest. It is like the inhalation of the fragrance of a flower, or like a draft of the sunlight's gentle stimulus, during a pleasure ride or walk. Sin in all these covert retreats must be exposed by the penetrations of light and destroyed by the Spirit. Entire sanctification secures this end. It strips the delusive mask of seeming innocence from many indulgences. Holiness is light. And "if we walk in the light as he is in the light, the blood of Jesus Christ his Son cleanseth us from all sin."—*Sel.*

#### THE OCCUPATION OF GREAT MEN.

THE *Medical Age* has been investigating this subject, and says the father of Demosthenes was a blacksmith; of Euripides, a dealer in vegetables; of Socrates, a mediocre sculptor; of Epicurus, a shepherd; of Virgil, an innkeeper. Columbus was the son of a wool carder; Shakespeare, of a butcher; Luther, of a miner; Cromwell, of a brewer; Sixtus V., of a swine-herd; Linnæus, of a poor country minister; Franklin, of a soap boiler; Rousseau, of a watchmaker; and Murat, of an innkeeper. The writer concludes that the mothers of these men may have been the source from which their genius was derived, and indeed it is known that some of them were women of more than ordinary excellence.—*Ex.*

MOST men think that self-denial means taking things hard; therefore some men put on hair-shirts; but they would be a great deal nearer righteousness if they would put on clean shirts. Perfunctory suffering does nobody any good. Suffering is good or bad, as is the flame, according to the gold it melts from the gross ore and sets free in its purity.

THE highest knowledge which it is possible for man to acquire is that which makes him familiar with the laws of his own being and destiny.

MANY a child goes astray, not because there is any want of prayer or virtue at home, but simply because home lacks sunshine.

A WISE man will desire no more than he may get justly, use soberly, distribute cheerfully, and leave contentedly.

GOD lets his sun shine on the evil and on the good, but the evil need it most.—*T. W. Higginson.*

## DISEASE AND ITS CAUSES.

Words to Christian Mothers on the Subject of Life, Health, and Happiness.

BY ELLEN G. WHITE.

HEALTH is a great blessing, and can be secured only in obedience to natural law. Good health is necessary for the enjoyment of life. A calm, clear brain, and steady nerve, are dependent upon a well-balanced circulation of the blood. In order to have good blood, we must breathe well.

Mothers are accountable, in a great degree, for the health and lives of their children, and should become intelligent in regard to laws upon which life and health depend. Their work does not end here. They should carefully educate their children upon this subject, that they may, by obedience to nature's laws, avoid disease, and secure health and happiness. It is not necessary that all mothers should teach their children all the details of physiology and anatomy. But they should avail themselves of all the means within their reach to give their children instruction relative to the simple principles of hygiene.

It is well that physiology is introduced into the common schools as a branch of education. All children should study it. It should be regarded as the basis of all educational effort. And then parents should see to it that practical hygiene be added. This will make their knowledge of physiology of practical benefit. Parents should teach their children by example that health is to be regarded as the chiefest earthly blessing. They cannot do this while the love of money and of display is made of greater consequence than the health of their children.

Mental and moral power is dependent upon the physical health. Children should be taught that all pleasures and indulgences are to be sacrificed which will interfere with health. If the children are taught self-denial and self-control, they will be far happier than if allowed to indulge their desires for pleasure and extravagance in dress.

The great burden of life with very many is, What shall I eat? what shall I drink? and wherewith shall I be clothed? Many mothers indulge in pride, and in many things which are hurtful to the health of the body, in order to be in fashion. What deplorable lessons they are giving their children in this respect. They do not, by precept and exam-

ple, educate their children to practice self-denial as a sacred duty, in order to possess health, serene tempers, goodness, and true beauty. Good health, sound minds, and pure hearts, are not made of the first importance in households.

Many parents do not educate their children for usefulness and duty. They are indulged and petted, until self-denial to them becomes almost an impossibility. They are not taught that to make a success of Christian life, the development of sound minds in a sound body is of the greatest importance. The dear children should be taught to flee every taint of sin. In order to do this, they must separate from the hurtful fashions of the world.

It is a sad fact that many, even professed Christians, make their pleasures, their amusements, the gratification of pride in dress, the gratification of appetite, almost everything; while the cross of Jesus Christ, and purity of heart and life, are left out of the question. God has claims upon them, but they do not, by their life, show that they have a sense of their duty to him. They acknowledge the claims of the world in their obedience to fashion. They devote time, service, and money to its friendship, and in so doing prove themselves to be not the true friends of God. He demands of his people the first place in their hearts. He requires their best and holiest affections. The Christian religion invites, urges, and claims self-denial, and the bearing of the cross for Christ's sake. And the soul's interest should come first.

The world may clamor for our time and affections, fashion may invite our patronage; but the words of the apostle should be enough to lead Christian mothers from the indulgence of pride in dress and demoralizing amusements. "Know ye not that the friendship of the world is enmity with God?" "Whosoever, therefore, will be a friend of the world, is the enemy of God."

Christian mothers should take their position on the platform of truth and righteousness; and when urged to unite with the world in patronizing fashions which are health-destroying and demoralizing, they should answer, We are doing a great work, and cannot be diverted from it. We are settling the question of our everlasting destiny. We are seeking to develop in our children sound and worthy and beautiful characters, that they may bless the world with their influence, and have immortal beauty and glory in the world to come, that will never fade. If children had such an example from their parents,



it would have a saving influence upon their lives.

But it is a lamentable fact that many professed Christian women, who are mothers, take the lead in patronizing the fashions, and those who make no pretensions to Christianity follow in the footsteps of professed Christians. Some who are in humble circumstances in life, in their efforts to keep pace with fashion, that they may retain their position in fashionable society, endure privation, and work far beyond their strength, that they may dress equal to the example given them by their more wealthy Christian sisters. Unless they can dress somewhat to compare with their more wealthy sisters, they have no desire to attend church, where there is such a display of costly adorning. The contrast is humiliating, say they, and they can only think of their humble dress.

The temptation is so strong before some to come up to the standard of fashion that they are sometimes led into dishonesty and theft to gain their desired object. Others sell their virtue, that they may have the means to decorate themselves for display. They see this is the great aim of life with many who profess to be righteous. Professed Christians, whose example thus proves a stumbling-block to their weak sisters, will have a fearful account to meet in the final day of reckoning. They have, by their example, opened a door of temptation to the inexperienced, who are charmed with the respect paid to those dressed in fashionable style, and they became so infatuated that they at last sold honor and virtue, woman's greatest adornments, and sacrificed health and happiness, for artificial decorations for display. I clip the following pointed remarks from the *Marshall Statesman*, under the caption of "Fashionable Ruin:"—

"At a fashionable party in Fifth Avenue, New York, a few evenings since, a beautiful young woman turned sharply upon an elderly dowager who was prosing about the Magdalens, and the hopelessness of doing anything for these 'lost women,' with the assertion: 'I know a class more hopelessly lost than they. We fashionables, who murder time and squander money, and lead women to become Magdalens that they may dress like us, why does nobody send missionaries to us?' The intensity of the utterance was eloquent of better possibilities. No doubt there are more ways than one of being lost. The sirens are not all of one class, or confined to one locality."

The apostle presents the inward adorning, in contrast with the outward, and tells us what the great God values. The outward is incorruptible.

But the meek and quiet spirit, the development of a beautifully symmetrical character, will never decay. It is an adornment which is not perishable. In the sight of the Creator of everything that is valuable, lovely, and beautiful, it is declared to be of great price. "Whose adorning let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price. For after this manner in the old time the holy women also, who trusted in God, adorned themselves, being in subjection unto their own husbands." 1 Pet. 3:3-5.

It is of the greatest importance that we, as Christian mothers, show, by precept and example, that we are cultivating that which the Monarch of the universe estimates of great value. In doing this, what an influence for good we can have upon our children; and how important we can make our lessons of instruction, that purity and holiness should be the great aim and object of their lives. The following should be read with attention:—

#### DRESS.

"Female loveliness never appears to so good advantage as when set off with simplicity of dress. No artist ever decks his angels with towering feathers and gaudy jewelry; and our dear human angels, if they will make good their title to that name, should carefully avoid ornaments, which properly belong to Indian squaws and African princesses. These tinselries may serve to give effect on the stage, on the ball-floor, but in daily life there is no substitute for the charm of simplicity. A vulgar taste is not to be disguised by gold or diamonds. The absence of a true taste and refinement of delicacy cannot be compensated for by the possession of the most princely fortune. Mind measures gold, but gold cannot measure mind.

"Through dress the mind can be read, as through the delicate tissues of the lettered page. A modest woman will dress modestly; a really refined and intellectual woman will bear the marks of careful selection and faultless taste."

A great amount of time and money is squandered upon needless adornments. Many inventions have been sought out in extra puffings, tucks, and trimmings, which have a direct tendency to lessen vitality and shorten life. Almost every conceivable style of dress may be seen in our crowded cities, and upon the great thoroughfares of travel. There are customs and styles in dress current now that a

few years ago would have been looked upon by Christians as monstrosities.

The corset, which is again being generally worn to compress the waist, is one of the most serious features in woman's dress. Health and life are being sacrificed to carry out a fashion that is devoid of real beauty and comfort. The compression of the waist weakens the muscles of the respiratory organs. It hinders the process of digestion. The heart, liver, lungs, spleen, and stomach are crowded into a small compass, not allowing room for the healthy action of these organs.

The following item is clipped from the *Herald of Health* :—

"A female servant died suddenly a short time since in the East. The doctor could not account for the death, and made a *post-mortem* examination, which showed that the stomach had been reduced to the size of a child's, and the heart pushed out of its place, through tight lacing."

Where tight lacing is practiced, the lower part of the chest has not room sufficient for action. The breathing therefore is confined to the upper portion of the lungs, where there is not sufficient room to carry on the work. But the lower part of the lungs should have the greatest freedom possible. The compression of the waist will not allow free action of the muscles.

#### HOW SHE WAS DRESSED.

It was on one of the bleakest mornings in December that my little patient and her mother came to my office for a third consultation.

The little girl looked blue where there should have been a mantling red. They had been delayed by detaining street-cars, and, as the mother expressed it, they were pierced to the bone by the searching raw wind. Women nearly always make the unwise choice when it is a question of sitting ten minutes in a derailed car or walking half a mile. A man rarely sits and shivers thus. The consideration of warmth naturally came uppermost as I undressed my little patient to examine her clothing, as I had promised.

"I'm sure you will find her all right as regards dress," said her mother, confidently, "still I thought I would come."

But I frequently find a mother's idea of "all right" to be my idea of "all wrong."

I looked at her shoes; they were made of kid.

The soles were thin. Her brother shod thus would have felt as though he had gone into the street in his stocking feet. There was sleet on the ground, but she wore no overshoes. The heels were an inch and a half high, pointed, sloping toward the middle of the foot, and they were worn off and rounded at the edges, and that must sometimes have "turned" under the poor little wearer unexpectedly.

"My heels do turn under me, mother," said the girl as I spoke this.

The neatly fitting stockings were cotton, extending over the knees, where they were held in place by a broad elastic. I drew one of them off. The poor little foot was as cold as ice, and nearly as colorless. The stocking was impressed upon the skin about the ankle from the pressure of the shoe. Above the knee the elastic had reddened the flesh and indented it in ridges.

I placed the cold foot on a piece of paper, and drew an outline of it to show the mother the contrast in width to the sole of the shoe. I bade her observe, too, how she must poise on the toes of the bare foot to bring its heel on a level with the heel of the booted foot.

"Can you wonder she does not take kindly to long walks?" I asked. "Walking or standing, she must balance herself on her toes and a peg under her heel. The body is thrown forward, out of balance, and all the muscles from the hips downward are put upon a strain. I assure you they often fairly quiver from fatigue. No wonder she is not a gentle, graceful walker, and that she never runs. She is obliged to hobble, my dear madam. And do you see those callouses, the beginnings of corns and bunions? Perhaps you think that the ankles are really supported by this tight leather that encases them up so high, but it is not so. The English Alpine mountain-climbers who endure the best, wear a low shoe."

"Still I hope you won't prescribe for her those ugly 'Maccombers' that some of the New York women are wearing, such ugly shapes," said the mother.

"They are proper boots to wear, nevertheless," I said; "and had you studied how most effectually to impede the circulation of the blood to her extremities, you could not have done it more successfully. Elastic bands are injurious, no matter where worn; but the worst place of all is just above the knee, where there are such prominent blood-

vessels and nerves. And have you really considered these thin stockings?"

"She has always worn them," said the mother. "Of course I would not put them on her suddenly of a winter's day. But, as one may say, she is hardened to it."

"So are the Esquimaux and Laplanders hardened to cold. Look at the stunted creatures; and look at this thin, cold little leg. It has no plump calf, no curves; it has no warmth to develop it."

The child, in whom there was probably a latent conception of beauty, looked hurt and tearful; but how could I spare her?

"Now try a full, deep breath! See, something prevents her. She breathes from the upper part of the chest. There is no distention at the waist, no movement at all of the abdominal muscles, as there would be if the lungs filled to their natural capacity."

Investigation revealed a corset, and that brought forth the following dress history from mother and daughter:—

Up to eleven years of age my little patient had worn loose-fitting waists, her skirts buttoned upon them.

"And how could you," I interrupted, "have taken them off at that critical age, when her form was changing and rounding out, and needed room and freedom to do it in, and substitute a laced, boned, and steeled jacket?"

The mother hesitated; but the little girl answered: "I had a weak stomach, and mother thought it would do me good to have the support of the steels. She said I sat over in a bunch; and besides I must have some shape given to me, or else would have a waist as big as a boy."

"Yes," said the mother, "and Mamie wanted corsets. Her school-mates were putting them on, and she did not want to be odd, so I bought her some. She did not wear them tight."

"O mother! they were tighter than you thought, because when I went to stay with Clara White one night, she said I would look ever so much better if my waist was smaller, and so she laced me, and after that I wore corsets so, so as to look as slight and pretty about the waist as I could. I used to be ever so glad when I got them off at night and could take a long breath. But if I didn't wear them, I had an all-gone feeling and couldn't hold myself up."

"Well," said I to the mother, "it is as I thought.

The corsets, and the elastics, and the tight, narrow-soled, high-heeled boots, are the causes of much of the mischief here. The corsets alone prevent her breathing right; have brought the muscles of her waist into disuse; have interfered with the circulation of her blood by pressing upon the very fountain-head of circulation, the heart; have weakened her power of digestion by making it impossible for the stomach to dilate and contract with freedom; have undermined her nervous vitality by pressing upon her nerve centers. You have, too, heated her about the waist unduly by the disproportionate number of thicknesses over that region compared with other parts of the body, parts that should have more instead of less heat, because of the greater distance from the center of circulation. Look! from the knees to the feet one thickness of thin cotton; the under-flannels extend only just below the knee. Now count the layers of cloth at the waist: undervest, chemise, corset of the cloth in double, corset cover, lined dress waist, to say nothing of various bands; and over all, drawing all into the smallest possible compass, is this broad, unyielding leather belt. How can flesh, blood, muscle, nerve, and bone under this heat and pressure remain true to the functions assigned to them?

"This heavy quilted skirt, too, that fashion has again brought into wear, is especially objectionable, hanging, as it does, from her slender hips; and when wet around the bottom it is too thick to dry quickly, and damp ankles is the result of a walk on a wet morning."

"Nothing is right, it seems," said the mother, half-vexed. "And still, what am I to do? Her clothes are made for the winter. It is impossible that I should go to the expense of refitting her, nor," added she, "shall I enjoy seeing her as a dowdy."

"I see. But you can do much with needle, thread, and buttons. Unite her undervest and drawers with buttons and button-holes. Take the steels and bones from the corset, and button or hook it. Add to it shoulder-straps, and also buttons to button on skirts, and side elastics to hold her stockings up, taking care that this attachment is made back of the prominent hip bones. Set her boot-buttons forward until you can put your finger between boot and stocking. Replace the heels with broad ones only a half-inch high. She must wear overshoes with these boots, but when new ones are bought let them be heavy, to avoid overshoes. She

\*also must wear leggings until you buy thick stockings.

"Meantime, I will give you the address of hygienic outfitters in women's wear, so that you may acquaint yourself with healthfully-cut garments before dressing her for the summer. You will be delighted to see how few pieces are needed, and that wearing them your daughter may still be elegantly dressed."

"I know one thing, mother," said the daughter, "I can't go to the gymnasium and then feel comfortable in these clothes the next day. This morning I felt as if I'd outgrown every single thing I put on."

I felt, as she spoke thus, that, once set in the true way, the child herself would right her wrongs. So, with a real interest in her, I asked them to come once more and talk with me about what she ate.—*Grammar School.*

#### FAMILY TROUBLES.

AMONG all the fooleries of the present day, none are more marked than the matrimonial infelicities that so curse the world. People who are miserable when they are apart, think they will be happy when they are together; and then finding themselves miserable when together, they will be happy if they can only get apart. The fact is, the devil is in them, and they are miserable anywhere, whether single, married, or divorced. And the most of the misery they enjoy is the fruit of their own faults or follies. Good husbands make good wives, and any man who regards his wife as his inferior, or boasts of his superiority over her, will do well to remember that he showed something of the extent of his wit in picking out a fool for a wife, while wives making the same complaints may participate in the same consolation.

"Trouble in the family!" Well, who does not have trouble in the family? Do not all people have troubles, trials, and vexings, and temptations, and faults to deal with? But is that any reason why people should make fools of themselves, and quarrel, and separate, and spread scandal and discord on every hand? We all have troubles; let us bear them with patience and love, and let us remember that in married life, as everywhere else, we are to overcome evil with good, and conquer all difficulties in the spirit of Christian fidelity and tenderness.

A gentleman who did not live very happily with his wife decided to procure a divorce, and took advice on the subject from an intimate friend, a man in high social standing. "Go home and court your wife," said the wise adviser, "and then tell me the result." They bowed in prayer and separated. When another year had passed away, the once complaining husband came again to see his friend, and said: "I have called to thank you for the good advice you gave me, and to tell you that we are as happy as when we were first married. I cannot be grateful enough for your good counsel." "I am glad to hear it, dear sir," said the other, "I hope you will continue to court your wife as long as you live."

A fortnight of honest, careful, loving effort on the part of husband or wife, would heal nine-tenths of the family broils and sad troubles that curse the world to-day; and if both would join in the endeavor, they could, as a rule, settle their difficulties in fifteen minutes, and be at peace among themselves as long as they live.—*The Christian.*

#### LABOR AND RECREATION.

RECREATION is intended to the mind, as whetting is to the scythe, to sharpen the edge of it, which otherwise would grow old and blunt. He, therefore, that spends his whole time in recreation, is ever whetting, never mowing; his grass may grow and his steed starve; as, contrarily, he that always toils and never recreates, is ever mowing, never whetting; laboring much to little purpose. As good no scythe as no edge. Then only doth the work grow forward, when the scythe is so seasonably and moderately whetted that it may cut and so cut that it may have the help of sharpening.

#### POOR GEORGE'S EXERCISE.

*Uncle Zeb* (visiting niece)—Maria, put on your wraps and come with me for a drive. My carriage is at the door.

*Young Wife*—Please excuse me, uncle. I have been shoveling the snow off the walks, carrying in coal, and emptying ashes, and I am too tired to dress.

*Uncle Zeb*—H'm! Where's George?

*Young Wife*—He's at the gymnasium, practicing on the lifting machine. Poor dear George has to have some exercise, you know.—*Chicago Tribune.*

## SENSATIONAL LITERATURE.

WHEN we look for a moment at the mass of fictitious reading that is flung out broadcast over the world, can we wonder that the young so early wander away in the paths of vice, or that the vile dens in our cities that are seething in impurity, are peopled with wrecked manhood and fallen womanhood? We look in astonishment at the evidences of blighted intellects, lost virtue, and ruined lives; and yet how many of these learned their first lesson in vice *at home*, over the pages of some impure novel! In how many of our homes does the Bible lie, all covered with dust from disuse, while dime novels are eagerly read by parents and children day after day! And I have seen professed Christian parents remain away from the house of God, to read a weekly journal burdened with impure thoughts, to feed the imagination and the heart.

Parents, you cannot keep your homes too pure. If the young heart is not educated to love purity, it will love sin and follow after it; and if you crowd your libraries with fiction, and pervert your own lives by its perusal, how can you expect to lead your children heavenward?

The young gain more education from novels to-day than from the sciences. They pore over the unchaste pages, and shed fountains of tears over some luckless heroine that never lived, and whose counterpart never will live; but they have no sympathy for the sorrows of a beggared widow or orphan, and their hearts are unmoved at the sight of actual human suffering.

Can it be that those to whom God has given ten talents will waste them all in wrecking humanity? Shall they be willing, for dollars and cents, to send young souls, reeling beneath a burden of shame, into penitentiaries, dance-houses, and grogeries? Will it pay at the bar of God?—*Rural New Yorker*.

INFALLIBLE RECIPES.—For preserving the complexion, temperance; for whitening the hands, honesty; to remove stains, repentance; for improving the sight, observation; for improving the voice, civility; to keep away moths, good society; a beautiful ring, the home circle.

“THE FOWLS OF THE AIR.”—An English Sunday school teacher, after reading to her class the text containing the above words, inquired what were the fowls of the air. After a pause, a little girl volunteered the reply, “Please, Miss, it is the bad smells.”

## A GOOD PLACE.

THIS expression is emphatically true of the Rural Health Retreat, near St. Helena, Cal. It is a good place for the sick to go in order to get well, and for the well to go in order to get better. The old epitaph, “I was well; I wanted to be better; I took physic, and died,” can never be written by the well man who goes to the Health Retreat, in order to get better; for there he will take only nature’s remedies under the most favorable circumstances.

Great improvements have lately been made at the Retreat. The main building has been enlarged to more than double its former capacity, so that now a family of one hundred can be well provided for. The building is four stories in height, with a well-lighted room and a promenade upon the fifth floor, which is the roof. An elevator run by water, of which the Retreat has now an abundant supply, provides easy access to every floor. Besides this, the rise of the mountain is such that one can step from every floor, and also from the top of the building, directly out upon the ground.

The view from the Retreat is most delightful, and from every spot of ground in the neighborhood round about, a different landscape is presented to sight. The climate is so mild that invalids can, even at this season of the year, take comfort in sitting out upon the verandas. The variation of temperature is not great, and what Eastern people would call cold weather is never known there.

As for the fare, we can say that the tables are provided with everything that is good. The only difficulty anyone will find will be to restrain his appetite when so great a variety of nourishing and toothsome food is spread before him.

Genial managers and kind attendants combine to make the sum of happiness complete for the invalid or the wayfarer. Given the bracing air, the mild and equable climate, the medical attendance and the good treatment, the rest, alternated with judicious exercise, either active or passive, according to the strength of the patient, and the nourishing diet found at the Retreat, and if a sick person cannot recover his health there, it is because recovery is impossible; while the professional man who feels worn out with close confinement to his office and the daily routine of business, will find his spirits wonderfully revived by a week’s stay at the Retreat. In short, the place is what its name implies, a quiet home where one can retreat from the noise and bustle of the world, and find the blessing of health.—*Signs of the Times*.

## THE NEW BUILDING.

WE had hoped to present in this number a cut of the new building at the Retreat. There has been some delay in getting a photograph. This is now in the hands of the engraver, and the electrotype is promised for the April number.

## Temperance.

### BEWARE OF THE CUP.

BY MRS. L. D. A. STUTTLE.

FAREWELL, my boy, you are going now  
From the home of your early years,  
And the joy dies out from my aching heart.  
Oh! list to my warning before we part,  
For my spirit is filled with fears.

#### CHORUS.

Beware, my boy, as you prize your soul,  
Of the terrible fiend in the drunkard's bowl.  
It will hold your brain in its fearful spell,  
And send you down to the depths of hell.

Your father drank of the fiery cup  
Till my poor heart knew no joy;  
Till it bound him fast, like the cowering slave,  
And laid him low in the drunkard's grave.  
Oh! beware of the cup, my boy.

The wide, wide world is before you now,  
So beautiful, gay, and fair,  
But snares are spread for the youthful feet,  
And the voice of the tempter soundeth sweet.  
God help you, my boy, *beware!*

*Bancroft, Mich.*

### USE FOOD AND NOT STIMULANTS.

THE best definition that has ever been given of a stimulant is that given by Dr. Edmunds, of London, and it is this: "A stimulant is that which gets force out of a man without putting it into him." This is precisely what a stimulant is, and that is exactly what it does. The only occasion, therefore, on which it is proper to use a stimulant, is that which is spoken of in the Bible, when it says, "Give strong drink to him that is ready to perish." If, for instance, a person be about to perish from cold or privation, it is necessary to make a sudden call upon the vital forces, and to rally them to as strong an effort as possible as quickly as possible. At such a time a stimulant of some kind must be used, if life is to be saved, because the vital functions are so prostrated that it is impossible to get force out of the system by putting it into it; therefore if the force which must be developed in order to recover, is to be aroused at all it must be by something that will get force out of a man without putting it into him, and that is a stimulant.

At such times and in such cases only is it proper

to use a stimulant upon the human system. At all other times stimulants are only robbers, and the habitual use of them is only the persistent robbery of the human system of its vital forces.

On the other hand *food is that which gets force out of a man (or beast) by first putting it into him.* He who takes food supplies himself with force; while he who takes a stimulant robs himself of force. In other words, he who takes food, lives and works upon the food; while he who takes a stimulant lives and works upon his constitution.

If you are on a journey, and your horse grows tired, give him a good feed and he will go on as freely as when you started, and by keeping this up he will carry you any number of journeys with no more wear than that which is the natural effect of age. But when he first begins to grow weary you can get him to go on more briskly without feeding him, that is, by application of whip or spur; that is giving him a stimulant. By the use of whip or spur you can get him to make extra exertions, you can get force out of him, but it is force that he cannot give without drawing on his constitution; while by giving him food you also get him to make extra exertions, you get force out of him, but it is force which the food gives him, and he is himself still. By giving him food you get extra wear out of him, but it is only *wearing out the food*; while by the use of whip or spur you also get extra wear out of him; but it is wearing out the horse.

It is the same way with men and women. When in cold weather, starting on a journey, take whisky along, and when the heat from the food which has been eaten begins to run low, then take whisky, which stirs up the vital functions to greater exertion and causes an expenditure of more heat; but that is only to rob the very constitution of its necessary heat, and so the more to weaken the body in its power of resistance to the cold. Better a thousand times would it be to take food, than whisky or any other stimulating drink—this too without any reference to the duty or the question of total abstinence. On the single question of maintaining warmth to the body in a cold day food is a thousand times better than any stimulating drink. Food will supply additional heat to the body, a stimulant will only the sooner exhaust the already failing heat which the body has. This contrast is equally true between food and stimulants, in the matter of the supply of strength to a man in his daily labor.

And in this thing women wear themselves out fully as much as men, and in fact it may fairly be questioned whether they do not do so *more* than do the men. Because the women, being in the house, are always within easy reach of stimulants, while the men, working out-of-doors, or in the shop, are not so. It is, perhaps, wash-day, there is a large washing to do, besides a workingman's breakfast, dinner, and supper to get for husband and his hired hands. She soon begins to feel languid and weary, or perhaps a little faint, and goes straightway and gets herself some strong tea or coffee; that strengthens (?) her for a while, and by frequent repetition of it she gets through the work of the day. She had a good deal better eat some good nourishing food, and not touch a drop of tea or coffee or any other stimulant. The food will give her strength, the tea or coffee will rob her of it. By the use of whip or spur she may urge herself through the work of that day, but she is only so much the more unfitted for the work of the following days. No man or woman should attempt to do any amount of work which cannot be done upon the force derived from the food which he eats. The amount of work that can be so done is all-sufficient, and is in fact greater than can be done by drawing upon the constitution by the use of tea, coffee, whisky, or any other stimulant.

The principle touched upon in this article is a sound one, and if carried out, it cuts up by the roots the use of every stimulant from tea to hash-eesh. We only hope the reader will make the application of the principle. A. T. JONES.

**DEAD TOWNS IN KANSAS.**

THE following is from Prohibition Kansas, as one of the straws in the wind:—

“Three years ago at least fifty newspapers in Kansas were abusing the prohibitory law and pleading the cause of the rum-sellers. But the law is enforced and not one paper in Kansas now advocates the re-establishment of the grog-shop. Here in this beautiful city of Topeka, the law conquered its way step by step, until it now finds us with a *bona fide* population of nearly fifty thousand people—twice as many as we had three years ago—business is brisk, streets are being paved, building is in progress, railroad construction extending, the people all busy, happy, and hopeful, with a prospect ahead most encouraging, and not a man, or woman, nor

a paper advocating the dram-vender's business. We get along well without licensing dram-selling. We have a clean, sober, prosperous city that we are proud of, and nothing has helped us more than the banishment of the saloon. The Atchison *Globe*, Democratic, confesses that although it has steadily adhered to the belief that without saloons Atchison would be the deadest town in the State, it is now called upon to chronicle the fact that the town, without an open saloon in its midst, has the only genuine boom it has had in nine years past. In the future the *Globe* is a prohibition organ with a bomb attachment.”—*Topeka Capital*.

**WHAT MAKES THE DIFFERENCE?**

I AM sitting by an open window. It is that witching hour just after sundown, before it has grown dark. All sorts of vehicles are in the street before me. I am looking out upon the business thoroughfare of a very lively town.

Three places of business right across the way are open, and they are all having a good trade, for it is Saturday, and people from the country have poured in, as they always do on that day.

Out of one of those open doors there comes a plain-looking man, leading a little boy by the hand. The boy has on a new suit of clothes, and is happy in the consciousness of being well dressed. The sign over the door where they have been, reads:

.....  
: CLOTHING AND FURNISHING GOODS. :  
.....

Several persons have gone in at the next door, but they have not come out yet. At the third door there stands a farmer's two-horse wagon; a cook stove, bright with tinware and copper boilers, has just been lifted in. They are putting in the end board, and now they start—brown-faced man and buxom wife, for their home in the country. Over the door of the place they came out of, I read in great wooden letters:

.....  
: HARDWARE STORE. :  
.....

Between these two places there is another door. It admits you to a very attractive place. The windows are a perfect curiosity shop. There are stuffed birds, mounted on the dry branches of an evergreen. There are also stuffed animals, so naturally placed

that they seem instinct with life. Strains of music from time to time come from that elegantly kept place of business. But whom do I see going in there? That well-dressed gentleman, with a red nose, is one of our principal business men. The young fellow who comes after him belongs in a dry goods store. The seedy-looking man who brings up the rear is a day laborer. He has just been paid fifty cents for sweeping a cellar and picking up the rubbish in a door-yard. Lucky fellow, he is going to invest in what he calls internal improvements. The sign at the middle place of business, reads:

.....  
 : LIQUORS AND CIGARS. :  
 .....

This kind of business is regarded as a necessary one. I heard a prominent business man—one of our City Fathers—say the other day that grass would grow in our streets were it not for the places where liquor is sold. I, for one, would let our city or any other city go to grass, and would try the dairy business on the spot for a living, sooner than I would thrive by a business that is kept moist with the tears of women, and red with the blood of murdered humanity.

But glance at those three open doors again. Let us ask each of the men who preside within them the same question:—

“Mr. A, what do you pay for the privilege of selling ready-made clothing?” “What do I pay? why nothing at all. Thank God, I live in a free country.”

“Mr. B, what do you pay for the privilege of carrying on your business?” “I pay three hundred dollars, sir,” says Mr. B, as he takes the change for a “set-em-up-all-round,” and drops it in his till. “And,” continues he, “it’s a cursed shame to make me pay it, I tell you, and don’t you forget it.”

“Mr. C, what do you pay for selling hardware?” “Nothing at all, sir. Can’t I sell you a lawn mower, or a George Washington hatchet, or a catch-em-alive mouse-trap?” “No,” I say, “I’ve just come out of a catch-em-alive trap that keeps the grass from growing in our streets; a trap that does double duty, like the old-fashioned clock that kept the time of day accurately and gave two quarts of milk on Sunday; I don’t want to buy anything.”

I go out of that place, the last of the three, with a puzzle, so to speak, on my hands. The puzzle is

this: Why does the man in the middle place of business, he who is the meaty part of the sandwich, pay for the right to sell his property when neither the man on his right hand nor the man on his left pay a single cent for the privilege of selling theirs? Is it just? Liquor dealers do a great deal of cheap swearing on the subject. Have they any cause for their profanity?

The whole community would rise up in arms if bonds were required of every business man, and if he were compelled to pay heavily for the privilege of selling his goods. If it is right to sell liquor, if it is an honest calling, if it benefits the community, then, clearly, it is unjust to make any distinction between selling liquor, and selling ready made clothing or hardware. But suppose it to be a curse, as it surely is. What then? How does it look to take money as a compensation for an injury to society, and then credit a wicked business with helping us to pay our taxes?

Our Saxon ancestors allow the most notorious offenders to commute for murder. We commute for almost everything. Cash down for a quantity buys milk tickets, dinner tickets, and railroad tickets at reduced rates. Cash down would save the neck of a Saxon murderer *after* the commission of a crime. We go further. Cash down in advance, and the seller of liquor is allowed to be an accessory to every crime under heaven. Shades of our Saxon ancestors, how your descendants have improved upon your uncouth legislation!—*Egbert L. Bangs, in Christian at Work.*

A BAD FAMILY.

“Now, why can’t you leave out cider, and then I’d sign the pledge; what is the use of making such a fuss about a little apple-juice?” said Mrs. Brown to Mrs. Manville, who was trying to persuade her to sign the temperance pledge. “Sweet cider is as harmless as milk.”

“It only stays sweet a few hours,” answered Mrs. Manville. “It spoils so soon that the only safe way is to let it entirely alone. A reformed man said, in my hearing, ‘There’s as big a devil in the cider barrel as in the whisky barrel,’ and I believe it is true.”

“Pshaw! who ever heard of cider hurting anyone?”

“I have,” answered Mrs. Manville. “Look at Mr. Edwin’s family. He puts twenty barrels of



cider into his cellar for his family's use yearly. His sons are drunkards, and his daughters married drunkards. Then there is Mr. Conrad. He was once as fine a young man as there was in the country. He married a lovely girl and has pretty children; but cider ruined him. He has been expelled from church, and he is a poor wreck, morally and physically. Then there is Mrs. Dr. Yost. There was not a prettier girl in the country than Emma Hayden, but her husband prescribed stimulants when she was in poor health, and now she is an habitual drunkard. The cellar must be kept locked to keep her from the cider barrel; and it is not safe to keep sour cider enough in the house to make vinegar, for she will drink it if she can get it."

"You make a pretty strong case, Mrs. Manville," answered Mrs. Brown. "Yet what you say is true; I had never thought of it before, however. If cider is so dangerous an enemy as that, I may as well sign the pledge." And she took the pen and wrote her name.

"Mine too, mamma," and "mine too," said little Jack and Bessie, who were so busy with their play that no one supposed them to be listening.

"We want to do as mamma does," said the little ones.

"Yes," said Mrs. Manville, "and cider belongs to the old alcohol family, which commits more murders yearly than all the other murderers in the world. It is a bad family, children. Let us have nothing to do with it."—*Temperance Banner.*

#### A FOOLISH WAGER.

DEATH was the result of a foolish wager in Paris, recently. A young man made a bet that he would smoke twelve cigars, one after another. At the end of the eighth he began to feel unwell, and when he had finished the ninth he was attacked with giddiness and shiverings. He refused to leave off smoking, but went home in charge of some friends. A medical man was called in, who could not, however, help him, and he died that night.

PETER CASSIDY, who was executed at Liverpool, wrote a letter to one of his former employers, in which he said: "Please to give my kind wishes to all the men, and I hope, by God's grace, they may see what the accursed drink has done for me. It robbed me of my senses, and caused me to commit a deed for which I am to die. I hope they may be kept from the danger in which drink always places those who use it to excess."

#### BREAKING OFF BAD HABITS.

It is easier to break off a bad habit suddenly than gradually. The gradual plan was tried at the inebriate asylums; but it was found that the best thing to do with an old toper was to cut off his supply of drink at once. For a day or two, or even for three or four days, he suffered much; but the vital powers, after being relieved of the daily poison, quickly rallied, and the man improved in health every hour.

It is so with the tobacco slave. An interesting anecdote in point is told of the late James Harper, one of the founders of the great publishing house of Harper Brothers. When he was a young publisher in Cliff Street, he tried hard to dissuade one of his neighbors from drinking. One day, when he had talked earnestly upon the subject, his friend turned upon him thus:—

"Neighbor Harper, you don't like the taste of liquor, but you are as much of a slave to tobacco as I am to rum, and you couldn't break off that habit any more than I could break off drinking."

To this retort Mr. Harper made no reply at the time, but it sunk deep into his mind. He thought it over all day, and finally made up his mind that no habit of his should ever be a snare to another. Before he slept that night, he put his pipes, his tobacco, and all the apparatus of smoking, away out of sight on the top shelf of his kitchen. To the day of his death he never used tobacco again.

It cost him a severe effort to keep his resolution; but he made it cheerfully, and did not mention the matter until the victory was complete.—*Temperance Record.*

#### A NATURAL SPELLING.

*Mrs. Muggins*—"Are you up head yet, Johnnie?"

*Johnnie*—"No, I got down to-day."

"What on?"

"On the word 'syndicate.' Teacher said it should be spelled with a 'y.'"

"Humph! She better read her Bible a little more if she thinks 'sin' is spelled with a 'y.'"—*Omaha World.*

HEALTH in the home is health everywhere. It should be one of the first duties of every housekeeper to do all in her power to promote the health of her household.

TEMPERANCE is the best physic.

## Miscellaneous.

### HERE AND NOW.

If ever we strike a season  
That is sunshine through and through,  
With no mist over the valley  
And no flowers wet with dew,—  
No shadows on the landscape,  
Or rainfall on the plain,  
I think we shall pray for a cyclone  
To visit us once again.

If limbs were never weary,  
What could we know of rest?  
If hearts could know no sorrow,  
Would love e'er stir the breast?  
No need to wait the "sometime"—  
The best time ever known  
Is the time which love and labor  
Combine to make their own.

—Sel.

### FISH AS FOOD.

CRUDE ideas in reference to diet sometimes have a great run until someone presents the actual facts in the case and exposes the fallacy of the theory. Much has been said in the public print in reference to *fish* as an important article of brain food. In the *New York Journal of Reconstructives*, for July, 1887, we read: "Because they [fish] furnish nitrogenous matter with a little oil and a fair amount of saline matter, we are all well acquainted with and believe them to be classed among the light form of diet, easily digested and full of a vital essence that could not be gotten so pure and which is so readily appropriated by the nervous system, from any other substance; therefore it is recommended as an article of food for the sick and convalescent. I am very much in doubt as to the propriety of making it a sole article of nitrogenous food in the ordinary line of diet, and feel that great care should be exercised when ordered for the sick. It is said, even at the present day, that fish-eating people are ill nourished, and in Eastern countries are particularly liable to become leprous.

"In reference to this, Sir H. Thompson says: 'I am inclined to think that if this be so it must be met with in such poverty as prevents the inhabitants from obtaining a proper variety of flesh food and vegetables, showing to my mind that it is not desirable that fish should be the sole kind of nitrogenous animal food eaten by anyone; and further, I

find that if milk and eggs be added thereto the vigor of such persons will not be equal to that of the flesh-eating persons.'

"We notice that fish is looked upon as a therapeutic food, if I may be allowed to call it so, for we find it particularly recommended in diseases of the nervous system and in convalescence, from low fevers, brain workers, neurasthenics, and the whole line of allied disorders in consequence of the widely entertained belief that fish contains certain elements which adapt it in an especial manner to renovate the brain and nervous system, giving it the vital essence of life, and so to support mental labor. There is no foundation whatever for this view. The value of fish to the brain worker is due simply to the fact that it contains, in smaller proportion than meat, those materials which, taken abundantly, demand much physical labor for their complete consumption, and which without this produce an unhealthy condition of body more or less incompatible with the easy and active exercise of the functions of the brain. We find also that the flesh of fish is less satisfying to the appetite than the flesh of either animals or birds, as it contains a larger proportion of water, as shown by Brande:—

	Water,	Albumen & Fibrin,	Gelatine
Beef,	74	20	6
Haddock,	82	13	5

If the comparison in nutritious material be considered we find that beef has the advantage over haddock. In beef it is 26 per cent while in haddock it is 18 per cent. If one wished to build up the tissue of his body he could readily find in the vegetable kingdom articles superior to beef or fish, beans and rice even containing 80 and 90 per cent.

The value of fish as a brain food was set forth by Mark Twain in the following reply to a peculiar correspondent who desired to know something concerning fish as a diet: "Yes, Professor Agassiz does recommend authors to eat fish, because the phosphorus in it makes brains. So far you are correct. But I cannot help you to a decision about the amount you need to eat, at least with certainty. If the specimen of composition you send is about your fair, usual average, I should judge that perhaps a couple of whales would be all you would want for the present. Not the largest kind, but simply good, middling-sized whales."

It is as great a mercy to be preserved in health as to be delivered from sickness.

#### ERRORS IN TREATING SKIN DISEASES.

At a recent meeting of the Medico-Chirurgical Society of Montreal, Dr. Fox read a paper on the "Common Errors in the Treatment of Skin Diseases" (*Canada Medical Record*, June, 1887). He said that the great error made by practitioners in treating skin diseases was failure to treat the patient; the disease is treated, not the patient. It is most important that the patient have fresh air, wholesome food, in short, everything that tends to the improvement of the general health. Special treatment of the disease is of no avail without improving the general health of the patient. He regarded attention to the diet as most important, and said there should be a radical change both in the quality and the quantity of the food; a strict course of diet should be given the patient; the majority of patients improve on starvation diet. He advised his patients to increase the quantity of fluids and to decrease the solids; to eat less and exercise more. A change of diet almost invariably proves of value, the more radical the better; he gets the best therapeutical effects from a vegetable diet in the treatment of inflammatory skin affections. A meat diet congests the skin. A vegetable diet relieves the congestion. He is in the habit of restricting the meat in winter and forbidding it in summer. In giving directions to patients it is better to tell them what to eat than what to avoid. Water should be taken sparingly at meals, but in quantity between meals. In speaking of local applications, he said that very few are needed. If the disease be acute, soothing applications should be given; if chronic, stimulating ones.

#### THE AMERICAN LOVE FOR EXTREMES.

It is now six years since I came to this country, and when I first walked in the streets and noticed the women's dress I thought they were masquerading. I asked, "Do you hold your masquerades in the forenoon?" But that is changed somewhat; women dress more quietly on the streets now, as a general rule, and there is much more attention paid to the proper blending and combining of colors. But as to shapes, I think they are worse. The frightful, stiff-necked dresses which hold the head in a position which can neither be graceful nor comfortable, the tightly-fitted tailor-made suits which necessitate an arrangement of underclothing

too tight from the very beginning, the bustle, which in most cases is a horrible travesty on the "human form divine," are each and all of them direct infringements of all laws of art, grace, and good taste. This stiffness in dress is probably a direct sequel to the angomania which has prevailed here for some time. The English inflexibility grafted on American love of extremes makes a terrible combination. The French only have the medium, the good taste to know what to take and what to leave.—*The Epoch*.

#### VISIT TO CRYSTAL SPRINGS.

THE editor of the *St. Helena Independent*, for November 21, speaking of his visit to the Retreat, says:—

"We arrived at our destination at 1:30, and found everybody at dinner. We were soon ushered into a large room filled with tables, at which from fifty to sixty people were eating. There were potatoes, parsnips, and greens for vegetables, a nicely broiled steak, and salt in abundance for them all, butter, white and brown or graham bread, some half dozen kinds of crackers, baked apples, and a nicely seasoned and relishable dessert. Some drank milk, and others water, and cups were present for tea or coffee, though our friends class these latter as evils, along with tobacco, and discourage their use as much as possible.

"After dinner we had the pleasure of meeting the superintendent, who informed us that they were busily engaged in piping down water from a stream some two miles above, and that the work would be accomplished in a few days. Then there would be abundance of water.\*

"Later on we met Doctor J. S. Gibbs, the physician in charge, whom we found to be an exceptionally pleasant and intelligent gentleman, and whose courtesies will long be remembered. Under his charge we made a thorough tour of the buildings and grounds, and must say that every step was a surprise to us. Running the full length of the front of the new structure is a porch, the entrance to the building being at the center. At the right of the hall is a large reception room nicely furnished with easy-chairs, sofas, etc. On the left is the business office, and there are private offices and consultation rooms at the rear of the parlor. This

\* It has since been accomplished; and there is now abundance of the purest of water.—ED.

new building is five stories high and the various floors are devoted to rooms for patients. Above all is an observatory commanding one of the most beautiful prospects to be found, not only in Napa Valley, but in California. To the rear of the new building are others, which are large and spacious, and are used for dining-rooms, baths, laboratories, dormitories, etc.

"The several floors are reached by an elevator, manufactured by the St. Helena foundrymen, Duckworth & Genung. On the top of the roof is an esplanade leading back to the hill at the rear of the building. Long, cool, shady porches are afforded where the summer days may be spent in comfort. The rooms are all heated by steam. On the ground floor of one of the buildings is the bakery, in which is made all kinds of bread and crackers used at the place. The various kinds of crackers shown us comprise the fruit, plain graham, charcoal, rye, graham No. 1 and 2, plain oatmeal, oatmeal biscuits, whole wheat, white, and gluten. The oven, a rotary, is one of the best in the State. Steam for heating purposes is supplied by a forty horse-power boiler, situated at some distance from the main structure. On further is a laundry building, where work of this kind is done with the latest improved machinery.

"In company with the doctor and his wife we visited their beautiful cottage, and were shown one of the choicest ornithological collections we have ever seen. There are birds of every description, color, and character, from horned owls and American eagles down to wee bits of feathers not larger than a thimble. The doctor is an enthusiast in this line. His elegant house is adorned with beautiful landscapes, mineral cabinets, and all those things that a man of rare taste and culture would collect around him.

"But we must not close this sketch of our visit to this delightful retreat without mention of the bath we had. With nothing but a sheet about us we sat in a room with the temperature about ninety. Our feet were placed in a tub of warm water, into which was placed one end of a telegraph line. The other end had a wet sponge attached, and with that sponge we were curried down in fine shape—every muscle and nerve was charged with electricity. Then we hopped into a tub of delightfully warm water, after dashing a quart of ice-water on our head. The attendant took a brush and began operations, and it is our opinion that we have

not been so clean before since our mothers used to wash us in the incipient days of babyhood. We thought the circus must be over when we got out of that, and was rubbed as dry as a powder flask, but not much. A comfortable couch was shown us and we were told to recline and rest. We stretched out ready to go to sleep, for we felt just like it, but we did not go to sleep. The attendant appeared beside us, rubbing his hands together in a self-complacent and happy manner, as much as to say, 'Now, old man, I've got you down.' The truth was, he had cocoanut oil between his hands, which he proceeded to apply to our right arm. Up and down he rubbed, round and round he pressed his hand, he pinched and pulled and twisted and turned the muscles, closing the ceremony with a gentle spitting. This was continued till the whole body was gone over, and every muscle and joint had its complement of oil and rubbing applied to it. This is 'massage treatment.' The Swedish manual treatment was also illustrated. When we got out of there we felt like a new man. It was too fine altogether for anything.

"At a late hour in the afternoon we bade our friends adieu, after heartily thanking them for one of the most pleasant half days we had ever experienced."

---

#### RURAL HEALTH RETREAT.

---

THE following from J. E. Caldwell, M. D., Ex-Secretary of Nebraska State Homeopathic Medical Society, speaks for itself:—

"The phrase 'science of medicine' has for a long time been considered by some as of doubtful propriety. We do not care to discuss the question whether there is now in the possession of the medical fraternity sufficient 'classified knowledge' concerning medicine to justify them in calling it a 'science' or not. We think, however, that anyone whose privilege it is, as it was ours during the closing days of '87, to visit the Rural Health Retreat at St. Helena, California, will not doubt the propriety of the terms, 'art of healing' and 'art of surgery' as there practiced.

"Though we saw the Retreat under circumstances the most unfavorable,—on cloudy, rainy days, and at a time when plumbers were putting in and adjusting pipes and radiators to heat the buildings by steam,—we were forcibly impressed with the excellence of the facilities possessed by this institution

for treating the sick. Its location,—high up among the hills that overlook the Napa Valley,—could not be improved anywhere in California, the State whose climate is so singularly favorable to the recovery of health from ordinary forms of disease.

“The buildings seen from the valley as we approach them seem substantial and inviting rather than grand. On entering one is struck with the home-like appearance of everything. No effort at display has been made. The comfort of the inmates seems to have been consulted in the arrangement of nearly every particular as to furniture and fittings. As a matter of course in an institution of this kind, patients who have been suddenly prostrated by acute disease do not often reach the Retreat during the first stages of their sickness. The greater number of patients to be seen here are those suffering from chronic maladies or from injuries which do not render them entirely helpless. Looking over the premises one can see that it is for just this class of patients that special provision has been made. The rooms are furnished with lounges and easy-chairs, and along the easy grades cut in the mountain's side are benches and rustic seats where the feeble may rest. In the gymnasium may be seen dumbbells, Indian clubs, health lifts, rowing machines, and many other contrivances for the symmetrical development of muscles and the consequent recovery of health.

“One of the principal remedial agencies at Crystal Springs—this is the name by which the Retreat is locally known, and is derived from large springs which flow out of the mountain in the immediate vicinity of the buildings—is water. This is one of the most useful curative agents known, but it is as dangerous as the rankest poison, if improperly used. Though so useful and so easy to be employed, not one-fourth of the people at large have any idea of its proper use in sickness or the *rationale* of its curative action. Here at Crystal Springs water seems to be fully understood and appreciated, and freely used both as a preserver of health and a remedy for sickness. Nearly every known form of bath is given, under direction of the physicians in charge, whose thorough education and extended observation have rendered them safe advisers. Electricity and galvanism are also largely employed in connection with water. Indeed there is hardly a curative agent known of acknowledged utility that is not here furnished, when applicable for the healing of disease. But we shall fail in our effort to point out the most

marked feature of the institution as a retreat for those seeking health until we mention the excellent facilities here offered in the department of surgery. From observation we feel competent to say that few institutions in the country have a right to promise their patients as good results in operative surgery as the Rural Health Retreat at Crystal Springs. During the late civil war the emergencies of army practice gave rise to a boldness in operative surgery which, if not reckless, was exceedingly dangerous.

“This same spirit still exerts a marked influence upon American surgery. The surgeons in charge of the Retreat are not timid, but conservative; and, under the influence of the superior sanitary regulations there maintained they are enabled to effect recoveries by operations that are often unsuccessful elsewhere.

“As a place where teachers suffering from brain fag, or business men worn down by confinement and hard work, can rusticate and regain their lost strength at the least possible expense, we do not know of any other place that is equal to the Rural Health Retreat.”

#### A SIGN OF DEATH.

AMONG the means of determining between actual and apparent death, M. Peyrand regards cauterization of the skin by Vienna paste as one of the most certain. In the living subject the eschar formed will be of a reddish-black or brownish color, while in the cadaver it is yellow and transparent. If the eschar is formed slowly and is of a yellow color, the subject is dead, but if it is red, brown, or black, it may be assumed that life is not yet extinct.—*Medical and Surgical Reporter.*

A CLASS of boys in a London Board School were asked what sort of man was Moses. In reply they said he was “meek,” “brave,” “learned,” and at last one little fellow piped up, “He was a gentleman.” The surprised official asked, “What do you mean?” “Please, sir,” was the reply, “when the daughters of Jethro went to the well to draw water, the shepherds came and drove them away, and Moses helped the daughters of Jethro, and said to the shepherds, ‘Ladies first, please, gentlemen.’”

A MAN too busy to take care of his health is like a mechanic too busy to take care of his tools.

IDLENESS is the sepulcher of a living man.

## Household.

### MY CROWN.

ONE of these days the sun will rise,  
 But will not rise for me;  
 For one of these days, all wrapt  
 In silent rest I'll be.  
 Whether that day is near or far,  
 Approaching swift or slow,  
 None know; yet each one feels  
 Some day it will be so.

So let me strive through every day  
 To do the best I can,  
 And let approving conscience be  
 My whole and highest aim;  
 That some kind friend may say,  
 When I've laid life's burden down,  
 "The world is better that he lived,"  
 And this shall be my crown.

—L. V. Winters.

### THE GAME OF SCANDAL.

THERE is a game called "scandal," which creates a great deal of amusement when it is played properly. The persons who are engaged in the game stand or sit in a circle. The more the better; thirty or forty will make more fun than ten or twelve. When all are ready, the person appointed takes his right-hand neighbor aside and whispers in his ear a short story; it may be about someone present, or about a public personage; but whatever it is he must write it down and keep it, as a proof of what his statement was. The neighbor, in his turn, repeats the story as exactly as possible to the person on his right-hand, and he, having listened, passes it on. It is said, and I believe truly, that never once has it been known to come back as it started. The most astonishing alterations occur. Innocent jokes have turned to frightful accusations, and only the reading of the first story can convince anyone that he did not repeat exactly what he heard. There is no better type than this amusing play of the time-worn game of scandal that the world is playing, and has been playing ever since it began. That a number of innocent people, with no intention of distorting facts, cannot hand the simplest story from one to another in the same room for a few moments without ridiculous alterations, proves the impossibility of getting at the truth of any story which has passed through many lips. The dispo-

sition of the hearer colors the tale even as he listens, and more than this, many people are deaf without being conscious of it, and in a peculiar way. There is auricular illusion as well as optical illusion. I know persons who, while intently listening, hear words that are not uttered, and who in repeating the impression that has been made upon them, do not intend to tell falsehoods, but will, nevertheless, say to you, with a bland smile: "I have told everyone that you told me that Mr. X's beautiful young wife had eloped, and they are so sorry for him." And while you deny that you made any such statement, and stare in wonder at the speaker, you remember having told her that "Mr. X's new country house was situated on a beautiful slope of the hill, and that he had bought it to please his young wife." I, myself, no longer believe anything I hear, and only half what I see.

When you hear an evil story of anyone you know to be good, discredit it, and say so. Grapes are not gathered from thistles. Neither do thistles grow upon a grape-vine. The fruit tells you from what tree it came; but you know also what fruit a tree is likely to bear. One you know to be good and kind and sweet and noble, is not likely to have done bad or cruel or spiteful or petty things. Why should you believe a tale of him who is the subject of scandal?—*Mary Kyle Dallas.*

### A MOTHER.

A LADY of fashion and a model mother are two distinct characters. They cannot blend so as to do justice to either. As a true and devoted mother you wish to promote the interest and welfare of your family, therefore you must devote your care and attention to their training. A mother of a household finds very little time to mingle in the gay pleasures of the world, while her hands skillfully toil for the comforts of the body. Her brain is equally engaged in imparting spiritual and worldly knowledge to the inquiring minds that are early cast to her keeping; and oft, weary and overtaken, she has the bright assurance that no lesson is so impressive or deeply stereotyped as that taught at a mother's knee; and no affection so endearing and binding to the husband of her bosom, as to realize, through her gentle patience and skillful training, a tidy and well-governed family.

While the lady of fashion follows the rounds of vain and deceitful folly, despising retirement and

domestic comforts, seeking pleasure alone in the deceitful fascinations of the gay world, home loses its attractions, life seems weary of existence, the heart becomes a wilderness, affection perishes beneath neglect, husband seeks dissipation, children grow up as rank and useless weeds, spreading sorrow and desolation at the hearth-stone, and the weary votary of fashion sinks in despair at the shrine of false idols.—*SeL.*

#### AN ANGEL'S TOUCH.

ONE evening not long ago a little girl of nine or ten entered a place in which there is a bakery, grocery, and saloon in one, and asked for five cents' worth of tea.

"How's your mother?" asked the boy who came forward to wait on her.

"Awful sick, and ain't had anything to eat all day."

The boy was just then called on to wait on some men who entered the saloon, and the girl sat down. In five minutes she was nodding, and in seven minutes she was sound asleep, and leaning her head against the barrel, while she held the poor old nickel in a tight grip between her thumb and finger. One of the men saw her as he came from the bar, and, after asking who she was, said:—

"Say, you drunkards, see here. Here we have been pouring down whisky when this poor child and her mother want bread. Here's a two-dollar bill that says I've got some feeling left."

"And I can add a dollar," observed one.

"And I will give another."

They made up an even \$5.00, and the spokesman carefully put the bill between the sleeper's fingers, drew the nickel away, and whispered to his companions, "Just look there—the gal's dreaming."

So she was. A big tear rolled out from her closed eyelids, but her face was covered with a smile. The men tiptoed out, and the clerk walked over and touched the sleeping child. She awoke with a laugh, and cried out: "What a beautiful dream! Ma wasn't sick any more and we had lots to eat and wear, and my head burns yet where an angel touched it!"

When she discovered that her nickel had been replaced by a bill, a dollar of which loaded her down with all she could carry, she innocently said: "Well, now, ma won't hardly believe me that you

sent up to Heaven and got an angel to come down and clerk in your grocery!"—*Washington Chronicle.*

#### SEEING MOTHER.

A LADY was riding one day in her carriage among the mountains, when she came upon an old woman, with a queer little hood on her head and a staff in her hand, walking on all alone. She was neat and clean, and her skin was soft and delicate, but her back was bent and she was barefoot.

The lady saw she was shoeless and stopped the carriage. "Here is some money," said she in a tender tone.

"What for," said the woman, looking up pleasantly.

"To buy shoes for your poor feet. Do you not want a pair of shoes?"

The woman laughed a little, low laugh, which seemed to come from a heart filled with simple, happy thoughts.

"Don't you want a pair of shoes?" asked the lady, a little hurt.

"I s'pose I do," said the woman, "but I didn't think of anybody's giving them to me."

"Take this, please, and buy you a pair," said the lady.

"God bless and reward you!" answered the woman heartily.

The carriage drove on, and the lady sank back on the seat with tears in her eyes. "Oh!" said she, "I thought I saw my own mother in that dear old lady. She had just such a sweet face and pleasant voice. You don't know how I felt when I thought of my mother, old and feeble, walking with bare feet over this rough, rocky road."

If we all saw our fathers and mothers, brothers and sisters, in the poor, the cold, and the hungry, what a world this would be!—*SeL.*

*Widower*—"Your bill, doctor, is excessive. You have charged more per visit for attendance on my wife during her fatal illness than was your custom at other times when she was ailing." *Doctor*—"Why, my dear sir, can't you see that a physician should have extra compensation for the damage which a lost case does to his professional standing?"—*Boston Budget.*

You cannot dream yourself into a character, you must hammer and forge yourself into one.

### HOME-MADE HASH.

"A CALF'S-HEAD hash is so unusual a dish in this country that I was obliged to look in an old English cook book for the recipe of the first one made in my own family. It is rich and very nutritious and at the same time has the merit of being economical. At this season it will keep for several days, and is one of the few things that are better on the second or third day, if warmed up. Have your butcher skin and split the head and remove the brains and tongue; place all in a soup kettle and cover with cold water, simmering until the meat slips easily from the bones. It must not, however, be boiled any longer than until it is tender, and the brains and tongue must be removed when done. Skin the tongue, and chop it fine with the meat and brains. Put into a frying-pan a teaspoonful of butter, in which fry a minced onion; if you use all the meat of the head for a hash, add to this onion a pint of beef or veal stock and a saltspoonful each of thyme, marjoram, basil, cayenne pepper, a pinch of ground cloves, a teaspoonful of chopped parsley, and the grated rind of half a lemon; add to this the meat and brains, and simmer and stir for half an hour."

We give the above as we find it in a religious journal, and can only recommend it to those who wish to make of themselves nervous dyspeptics; or to those who propose to increase the strength of their brains by eating calve's brains.

### THE APPLICATION OF THE RULE.

SOME time since the wife of a prominent citizen of New York City was trying to instill in the mind of her five-year-old son what it meant to be generous, thus:—

"Now, Willie dear, suppose mamma should give you a cake and tell you to give part of it to Harry and when you divided it one piece was larger than the other; if you gave it to him that would be generous, but if you kept it for yourself that would be selfish. Do you understand it?"

The little fellow thought he did.

The next afternoon, wishing to test the effect of her teaching, she gave Willie a large, juicy orange, saying:—

"Now, Willie, take this orange and divide it generously with Harry."

To her surprise, the child (who was passionately fond of oranges) gave it back to her, say-

ing, with a roguish twinkle in his bonny blue eye:—

"Here, mamma! won't you please give it to Harry, and tell him to divide it generously with me."—*Judge.*

### GOOD MILK FOR THE BABIES.

"SIMORIS, a Netherlands physician, recommends cleansing the nursing apparatus of artificially-fed infants by soaking it in lukewarm water, boiling the whole apparatus for a quarter of an hour, and then allowing it to cool off gradually. He says that the rubber tubing stands this process very well, so that about a yard of it will last for a year. By this means he has almost always avoided causing dyspepsia. He calls attention to the careless practice of some mothers or nurses who add fresh milk to what is left over from a previous feeding. The attempt to sterilize milk by boiling it, Simoris thinks rather harmful than beneficial, since it makes the coagula of casein in cow's milk much harder to digest. Fresh milk from healthy cows is not dangerous, and a good condensed milk comes next to this in value. Better than this, the tubing ought to be entirely discarded, and nothing used but rubber nipples fitting over the mouths of nursing bottles.

### COMMENDATIONS.

FROM the many favorable words spoken for our Journal we quote the following:—

"The PACIFIC HEALTH JOURNAL AND TEMPERANCE ADVOCATE (Oakland, Cal.) is a thirty-two-page monthly, and a family visitor of much pleasure and value. It is devoted to temperance principles and the art of preserving health, and is worth many times its subscription price (\$1.00 per year) for the conservation of these objects."—*Sacramento Record-Union, Feb. 11.*

"In perusing its contents we find much valuable information concerning hygiene, which every parent should know."—*Lassen Advocate, Jan. 12.*

"A handsome thirty-two-page monthly, full of good things."—*Weekly Antioch Ledger, Jan. 7.*

MOST of the shadows that cross our pathway through life are caused by our standing in our own light.



HINTS TO HOUSEKEEPERS.

CISTERN water may be purified by charcoal put in a bag and hung in the water.

STAINS.—To take stains out of white goods, put on lemon juice, and wash off with soap and water.

SILVER spoons, discolored by contact with cooked eggs, are easily brightened by rubbing with common salt.

To prevent drain pipes from stopping up pour a hot solution of potash into the pipes every month or two.

It is much more economical to boil potatoes before the rind is removed; then only the thin rind is lost.

CELLULOID.—Wash collars and cuffs and all articles with warm water, soap, and a cloth, just as you would a dish.

THE most effectual remedy for slimy and greasy drain pipes is copperas dissolved and left to work gradually through the pipe.

To keep cake from sticking without putting in paper, after the pan is greased sift a little flour in, then turn it over and shake out all you can.

GALVANIZED iron pails for drinking water should not be used. The zinc coating is readily acted upon by water, forming a poisonous oxide of zinc.

HARD SOAP.—Five pails soft soap, two pounds salt, one pound resin. Simmer together, and when thoroughly fused, turn out in shallow pans so as to be easily cut.

NOTHING tarnishes silver more quickly than rubber, the ring around the neck of a fruit jar being enough to color a whole cosetful of silver in one night. A lump of gum camphor in a closet will do much to protect the goods.

TO REMOVE GREASE.—Aqua ammonia, two ounces; soft water, one quart; saltpeter, one teaspoonful; shaving soap in shavings, one ounce; mix all together; dissolve the soap well, and any grease or dirt that cannot be removed with this preparation is a hopeless case.

A NEW CANVASS.

LOCAL agents and canvassers should send to Pacific Press, Oakland, Cal., for their new *American Sentinel* and *Pacific Health Journal* canvass. It will be sent free upon receipt of a two-cent stamp to pay postage. They will also send you sample copies of these periodicals post-paid.

The Largest Sanitarium in the World



THIS Institution, one of the buildings of which is shown in the cut, stands without a rival in the perfection and completeness of its appointments. The following are a few of the special methods employed:—Turkish, Russian, Roman, Thermo-Electric, Electro-Vapor, Electro-Hydric, Electro-Chemical, Hot Air, Vapor, and every form of Water Bath; Electricity in every form; Swedish Movements—Manual and Mechanical—Massage, Pneumatic Treatment, Vacuum Treatment, Sun Baths. All other remedial agents of known curative value employed. An Artificial Climate secured for those needing special care during the cold months. Special Departments for the treatment of diseases of the Eye, Ear, Nose, Throat, Lungs, and Diseases of Women. Good Water, Perfect Ventilation, Steam Heating, Perfect Sewerage. The managers have permission to refer to leading members of the medical profession. For circulars with particulars, address

MEDICAL AND SURGICAL SANITARIUM, Battle Creek, Mich.

PACIFIC PRESS  
PUBLISHING HOUSE  
Oakland, Cal.  
SUBSCRIPTION BOOKS  
AGENTS WANTED  
THE GREAT CONTROVERSY BETWEEN CHRIST AND SAHAR, THOUGHTS ON DANIEL AND REVELATION, MAN'S NATURE AND DESTINY, MARVEL OF NATIONS, MAN THE MASTERPIECE, PLAIN FACTS FOR OLD AND YOUNG, HOME HAND-BOOK, IN THE HEART OF THE SIERRAS, PARSONS' HAND-BOOK, BREAKFAST, DINNER AND SUPPER, SUNSHINE AT HOME, AND OTHER FAST-SELLING BOOKS. SEND FOR CIRCULARS

VIEWS OF NATIONAL REFORM.

PACKAGE NO. 1, 184 PAGES, 20 CENTS.

THIS package contains thirteen tracts treating upon the various phases of the National Reform movement, as follows:—

NO.	PAGES.
1. Religious Legislation,.....	8
2. Religious Liberty,.....	8
3. National Reform and the Rights of	16
4. The American Papacy,.....	16
5. Bold and Base Avowal,.....	16
6. National Reform is Church and State,.....	16
7. Purity of National Religion,.....	8
8. The Salem Witchcraft,.....	8
9. What Think Ye of Christ?.....	8
10. National Reformed Constitution and the American Hierarchy,.....	24
11. The Republic of Israel,.....	8
12. National Reformed Presbyterianism,.....	32
13. The National Reform Movement an Absurdity,.....	16

The above package will be sent post-paid to any address for twenty cents.

Address, AMERICAN SENTINEL, Oakland, Cal.

CARRIAGES were first introduced into England in 1380, and were used only for the conveyance of sick and of ladies.

# GOOD HEALTH

FOR 1888.

A FORTY PAGE . . .  
MONTHLY.

J. H. KELLOGG, M. D., EDITOR.

Devoted to Domestic Hygiene, Temperance, all subjects pertaining to the Art of Living Long, Healthfully, and Happily.

Every number presents in the following ten departments a choice resume of the wisest and newest thoughts on the subject of health:—

**GENERAL HYGIENE, DRESS, THE HAPPY FIRESIDE (Literature and Temperance), SOCIAL PURITY, EDITORIAL, DOMESTIC MEDICINE, HYGIENE FOR YOUNG FOLKS, SCIENCE IN THE HOUSEHOLD, QUESTION BOX, PUBLISHERS' DEPARTMENT.**

A number of new and able writers have been engaged for 1888.

This is emphatically a journal for the people. Each number contains SOMETHING FOR EVERYBODY.

## EVERY NUMBER ILLUSTRATED.

GOOD HEALTH is unquestionably the most popular health journal ever published in this country. It is circulated in every English-speaking country of the globe. It is ably conducted, and is printed on fine paper, with cover.

**NOW IS THE TIME TO SUBSCRIBE.**

Sent, postage paid, for \$1.00 a year.

Address, for specimen copy,

GOOD HEALTH PUBLISHING CO.,  
BATTLE CREEK, MICH.

## AGENTS WANTED

To canvass for the *Pacific Health Journal*, a 32-page monthly magazine of hygiene and temperance; price, \$1.00 per year, or with the premium book—"Practical Manual and Cooking Recipes"—\$1.40 post-paid. Terms to agents and clubs sent on application. Address, *Pacific Health Journal*, 1059 Castro Street, Oakland, Cal.

## SAFETY POCKET,

—FOR—

PENS AND PENCILS.

Attached by pin to coat or vest.

Price, with 2 pockets, 15 cents.

Price, with 3 pockets, 20 cents.

Who has not lost pencils and pens? Who is not in constant fear of losing his invaluable stylographic or fountain pen? Here is the preventive—simple, efficient and cheap.

The SAFETY POCKET is usually worn with bottom in the vest pocket, and top fastened with the safety pin, not shown in the cut. The leather, by its elasticity, holds securely any size of pen or pencil. After a trial, no student, clerk, merchant, or lawyer will do without one.

Mailed to any address on receipt of price.

Address RURAL HEALTH RETREAT, St. Helena, Cal.



## OUR GENERAL AGENTS.

Alabama and Mississippi—Elder C. W. Olds, 520 Sixteenth Street, North, Birmingham, Ala.  
 Australia—Echo Publishing House, North Fitzroy, Victoria.  
 British Guiana—George H. Amsterdam, 238 Murray Street, Georgetown, British Guiana, S. A.  
 Canada Tract Society—Mrs. R. S. Owen, South Stukely, P. Q.  
 Colorado Tract Society—Mrs. G. W. Green, Sec., 812 Nineteenth Ave., Denver, Col.  
 Dakota Tract Society—A. H. Beaumont, Sec., Vilas, Miner Co., Dakota.  
 District of Columbia—International Tract Society, 1831 Vermont Avenue, N. W., Washington, D. C.  
 England—The *Present Truth*, 451 Holloway Road, London, N.  
 Florida—Lysle Reynolds, Sorrento, Orange Co., Fla.  
 Georgia—Charles F. Curtis, 229 South Pryor St., Atlanta, Ga.  
 Hawaiian Islands—International Tract So., Honolulu, H. I.  
 Illinois Tract Society—F. T. Poole, Sec., 2 and 4 College Place, Chicago, Ill.  
 Indiana Tract Society—John Moore, Sec., 175 Central Ave., Indianapolis, Ind.  
 Iowa Tract Society—Leroy T. Nicola, Sec., 603 East Twelfth St., Des Moines, Iowa.  
 Kansas Tract Society—L. Dyo Chambers, Sec., No. 821 West Fifth St., Topeka, Kan.  
 Kentucky—Elder J. H. Cook, Elizabethtown, Hardin Co., Ky., and Elsie K. Scott, Cecilian, Hardin Co., Ky.  
 Louisiana—Elder D. T. Bourdeau, 910 Magazine St., New Orleans, La.  
 Maine Tract Society—M. Russell, Sec., No. 1 Johnson St., Bangor, Me.  
 Michigan Tract Society—Hattie House, Sec., *Review and Herald* Office, Battle Creek, Mich.  
 Minnesota Tract Society—H. P. Holser, Sec., 336 Lake St. E., Minneapolis, Minn., P. O. Box 1058.  
 Missouri Tract Society—Clara E. Low, Sec., 3625 Finney Ave, St. Louis, Mo.  
 Nebraska Tract Society—N. H. Drullard, Sec., 1505 E St., Lincoln, Neb.  
 New England—N. E. Tract Society, Mrs. E. T. Palmer, Sec., South Lancaster, Mass.  
 New York State—J. V. Willson, Sec., N. Y. Tract Society, 317 West Bloomfield St., Rome, N. Y.  
 New York City and Brooklyn, L. I.—International Tract Society, 264 President St., Brooklyn, N. Y.  
 New Zealand—International Tract Society, Turner St., off Upper Queen St., Auckland, N. Z.  
 North Carolina—Elder J. M. Rees, Springfield, Tenn.  
 North Pacific—N. P. Tract Society, Charles A. Wyman, Sec., Box 18, East Portland, Or.  
 Norway—*Sundhedsbladet*, Christiania, Norway.  
 Nova Scotia—Elder I. E. Kimball, Claremont Cottage, Göttingen St., Halifax, N. S.  
 Ohio Tract Society—L. T. Dysert, Sec., 178 Warren St., Toledo.  
 Pennsylvania Tract Society—L. C. Chadwick, Sec., 125 Main St., Wellsville, N. Y.  
 South Africa—Charles L. Boyd and Ira J. Hankins, Cape Town, Cape Colony.  
 Switzerland—Imprimerie Polyglotte, 48 Weiherweg, Basel.  
 Tennessee—J. H. Dortch, Springville, Henry Co., Tenn., and Elder J. M. Rees, Springfield, Robertson Co., Tenn.  
 Texas Tract Society—Mrs. Lee Gregory, Sec., Peoria, Texas.  
 Upper Columbia—U. C. Tract Society, Mrs. L. A. Fero, Sec., Walla Walla, W. T.  
 Vancouver Island—Bernard Robb, Victoria, B. C.  
 Vermont—Lizzie A. Stone, South Lancaster, Mass.  
 Virginia—Amy A. Neff, Quicksburgh, Shenandoah Co., Va.  
 Wisconsin Tract Society—F. W. Field, Sec., 1029 Jenifer St., Madison, Wis.

## HEALDSBURG COLLEGE,

HEALDSBURG, CAL.

### A MODEL EDUCATIONAL INSTITUTION,

ESTABLISHED IN 1882.

FIVE YEARS OF GREAT PROSPERITY BECAUSE FOUNDED ON SOUND PRINCIPLES. LABOR COMBINED WITH STUDY.

Four courses of instruction, classical, scientific, biblical, and normal; also preparatory instruction given in a primary and a grammar course.

Instruction thorough and practical, not only in the collegiate courses but especially so in the preparatory courses.

Discipline rigid, yet parental, combined with strong moral and religious influences.

Expenses moderate. The whole cost to the student for tuition, board, lodging, lights, washing,—all expenses except for books and clothes, from \$16 to \$22 per month of four weeks.

Spring term begins January 3, 1888. For descriptive catalogue and further information address the principal,

W. C. GRAINGER, Healdsburg, Cal.

# SCHOOL OF DOMESTIC ECONOMY,



OPENS  
MARCH 15,  
1888.

The undersigned have organized, and will open on the above date, a School of Domestic Economy, to be continued for twenty-five weeks. The following Subjects will be taught, both theoretically and practically:—

**SCIENTIFIC COOKERY, TABLE SERVICE, HYGIENE OF DIET, GENERAL HOUSEKEEPING, DRESSMAKING, LAUNDRY WORK, ECONOMICAL HOUSEKEEPING, DOMESTIC HYGIENE** (including Sanitary care of house and premises, tests for impure water, purification of water, disinfection, etc.), **INDIVIDUAL HYGIENE, and KEEPING OF FAMILY ACCOUNTS.** In fact, every subject pertaining to the economical and hygienic care of a home.

**TERMS: Tuition, \$25.00. Board and Tuition, \$100.00.**

A number of suitable persons who can furnish good recommendations, will be given an opportunity to meet their expenses wholly in work, and if thoroughly capable can earn moderate wages during the course.

This is an Opportunity which no Young Woman who wishes to Become a Good Housekeeper can afford to miss.

For circulars and further particulars apply at once to  
**SANITARIUM SCHOOL OF ECONOMY,**  
Battle Creek, Michigan.

## PACIFIC HEALTH JOURNAL

AND TEMPERANCE ADVOCATE.

A THIRTY-TWO PAGE MONTHLY MAGAZINE, devoted to the dissemination of true temperance principles, and instruction in the art of preserving health. It is emphatically

A JOURNAL FOR THE PEOPLE,

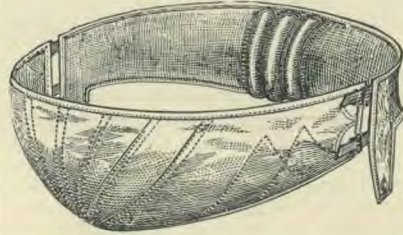
Containing what everybody wants to know, and is thoroughly practical. Its range of subjects is unlimited, embracing everything that in any way affects the health. Its articles being short and pointed, it is specially adapted to farmers, mechanics, and housekeepers, who have but little leisure for reading. It is just the journal that every family needs, and may be read with profit by all. Price, \$1.00 per year, or with the 300-page premium book—"Practical Manual of Hygiene and Temperance," containing household and cooking recipes—post-paid for \$1.40.

Address, PACIFIC PRESS, Publishers, Oakland, Cal.

*Mistress*—"I am glad to see that you enjoy sleeping so much. You seem to make a business of it."  
*Bridget*—"Enjoy slape, is it? How could I, I'd like yez to tell me. The minit I lay down I'm aslape, an' the minit I'm awake I have to git up. Where's the time for enjoyin' it to come in?"—  
*Philadelphia Call.*

## DRS. GRAY & FOSTER'S Abdominal \* Supporter.

PATENTED DECEMBER 18, 1877.



FOR many years a want has been strongly felt by all our leading Physicians and Surgeons for an Abdominal Supporter that

would more fully meet the requirements of common use. To this end, Drs. Gray and Foster, having had an extensive experience in the treatment of Chronic Diseases of Females, and knowing just what was wanted, devised this Supporter, the merits and worth of which have been at once recognized and appreciated by every Physician who has seen and examined it.

Relief to the Back.

LADIES who are suffering from pains in the back, hips, loins and sides, accompanied with constipation, nausea, headache and neuralgic pains in the limbs,—troubles which are often caused by the weight and downward pressure of the bowels, may be greatly relieved or permanently cured by the use of this Supporter; and for Ladies just before and after confinement it is especially adapted.



Aid in Walking.

THESE Supporters can be worn with ease at all times, and are the greatest aid ever yet devised to give comfort and support in walking up and down-stairs, riding over rough roads, or any active exercise whatever.

Support to the Bowels.

THEY are so adjustably constructed that they can be made to fit the form perfectly, and hold up the bowels in a comfortable position without undue pressure. Provision is also made for attaching a hose supporter, as shown in the right-hand figure above. For slender forms, this will aid greatly in keeping the Abdominal Supporter in place.

Made in two widths of front, at following prices:

Regular Width, \$2.50; with Hose Supporter, \$3.00.  
Extra " 3.00; " " " 3.50.

Orders from any part of the United States will be sent by mail, postage prepaid, on receipt of price.

Address,

Rural Health Retreat,

ST. HELENA, NAPA CO., CAL.

## HOME HAND BOOK.

—OF—

DOMESTIC HYGIENE AND RATIONAL MEDICINE.

By J. H. KELLOGG, M. D.

Member of the American and British Associations for the advancement of Science, The Societe' D' Hygiene of France, The American Public Health Association, The American Social Science Association, The American Society of Microscopists, etc.

Contains over 1,600 Pages. Is Illustrated with 500 Engravings, Including 26 Full Page Colored Plates, and a Paper Manikin.

The "Home Hand Book" tells in plain, every-day language, how to preserve health, and if lost, how to regain it. It is, by far, the most important medical work for domestic use that has yet appeared, and is rapidly making its way into the homes of the Pacific Coast. It is written in the light of the most recent scientific investigation by a physician of large experience and acknowledged ability, and contains the most approved methods for the treatment of more than 600 diseases. It is the most complete work of the kind ever issued.

THIS BOOK IS SOLD ONLY BY SUBSCRIPTION.

For sample copies, territory, and terms,  
Address, PACIFIC PRESS, Oakland, Cal.

Free DISTRIBUTION OF TEMPERANCE AND RELIGIOUS LITERATURE, ON APPLICATION TO THE MISSIONARY NEWS AGENCY. BATTLE CREEK, MICH. CORRESPONDENCE SOLICITED. PUBLICATIONS IN FOREIGN LANGUAGES A SPECIALTY.

## GOLDEN GRAINS, A SERIES OF TEN BOOKS FOR CHILDREN.

EACH LITTLE BOOK, OR PAMPHLET, CONTAINS THIRTY-TWO PAGES OF CAREFULLY SELECTED STORIES.

The following are the titles: Robin's Judgment Book, Annie's Savings-Box, Always the Bible, The Sister's Lesson, The Hard Way, The Schoolboy's Dinner, Seven Times, The Wicket Gate, The Sensitive Plant, The Two Gardens. The whole set of ten books, over 300 pages, will be sent post-paid for 50 cents.

Address, PACIFIC PRESS, Oakland, Cal.

## DIPHTHERIA:

ITS CAUSES, PREVENTION, AND PROPER TREATMENT.

By J. H. KELLOGG, M. D.

The increasing prevalence of this devastating disease, and its alarming fatality in so many cases, renders the subject of its Nature and Treatment one of the greatest importance.

This work gives a concise account of the Nature, Cause and Modes of Prevention, and also

THE MOST SUCCESSFUL METHODS OF TREATMENT

Of this prevalent and fatal malady. It should be in every household, as its instructions, if faithfully carried out, will save many a precious life. Price, in board covers, 25 cents.

Address, PACIFIC PRESS, Oakland, Cal.

## How to Dress Healthfully.

THE Fashionable Corset and every other device for compressing the waist or any other part of the body, should at once be discarded, as they are the most fruitful sources of consumption, dyspepsia, and the majority of the ills from which women suffer. Suppose the waist does expand a little, the step will be more elastic and graceful, and a general improvement in health will soon result.

### What Drags the Life Out of a Woman.

There are other modes of dress that cause serious injury to the delicate organs of the pelvis. The many heavy skirts and undergarments which are hung about the waist, drag down the internal organs of the abdomen, causing them to press heavily upon the contents of the pelvis. Soon the slender ligaments which hold these organs in place give way, and various kinds of displacements and other derangements occur.

Dress reform corrects these abuses, and educates the people in the proper modes of dress. It requires that no part of the clothing should be so confining as to prevent unrestrained movement of every organ and limb. It requires, also, that the feet and limbs shall be as warmly clothed as any other portion of the body.

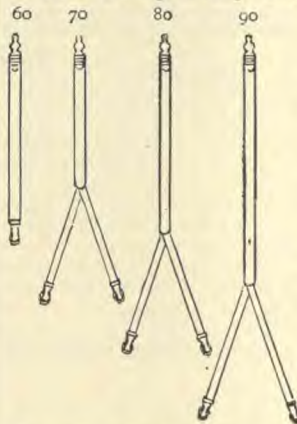
### The Ladies' Hygienic Skirt Supporter.



Can be attached to all the skirts in one minute, securing and holding them together, so they may all be put on or off in less time than one skirt is usually put on and secured. This Supporter transfers the weight of the skirts to the shoulders, from which is experienced relief and immediate improvement in health. Price, plain, 35 c. with silk stripe, 50 c.

Garters are another serious source of functional obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. The stockings should always be suspended by being attached to some other garment by means of buttons or a proper suspender.

### The Daisy Clasp Stocking Supporters



Obviate the necessity of ligatures around the limbs. The left hand cut, No. 60, represents the Supporter for a small child; price, 15c. per pair. No. 70, Children, 20c. No. 80, Misses, 25c. No. 90, Ladies, 30c.

The cut below represents the DAISY CLASP, open. When closed, it firmly grips the stocking and holds it in position.



Daisy Clasp Stocking Supporter. To be attached at the waist.

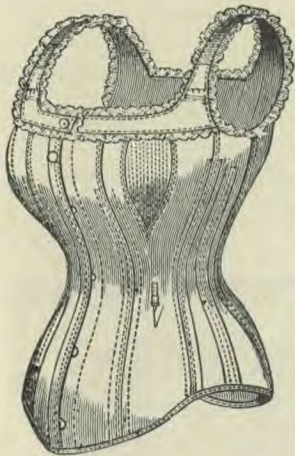
Either the Suspender or the Daisy Clasp Supporters may be obtained, post paid, at their respective prices.

Address, Rural Health Retreat, St. Helena, Napa Co., Cal.

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.

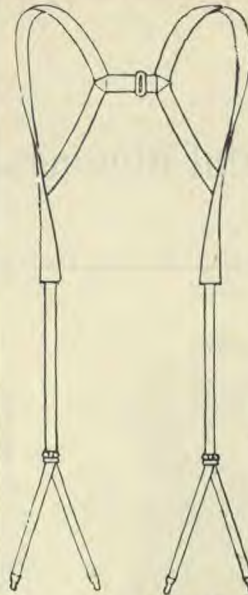


A SHOULDER BRACE AND SKIRT SUPPORTER

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.



Shoulder Brace Hose Supporter.

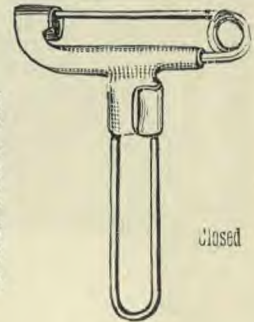
- No. 7, Ladies', 60 cents.
- No. 8, Misses', 50 cents.
- No. 9, Children's, 40 cents.
- No. 10, for Children, age 3 to 5 years, 35 cents.

Sent, post-paid, from Rural Health Retreat on receipt of price.

Skirt Supporting Hooks.



Open

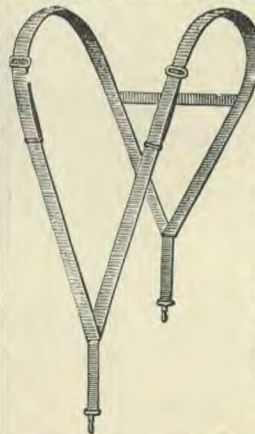


Closed

25 cents a set of four.

The Ladies' Hygienic Safety Supporter.

For firmly and securely holding in place the periodical bandage.



This useful and much desired article, unlike all others in the market, supports the bandage from the shoulders, thereby avoiding all pressure upon the hips and abdomen, and avoids the injurious effect caused by wearing belts.

It has received the highest recommendations from the medical faculty, is approved and worn by the Ladies' Dress Reform Committee, and commended by every lady at sight.

Mailed on receipt of 50 cents.

For any of the above articles, address

RURAL HEALTH RETREAT,  
ST. HELENA, NAPA CO., CAL.

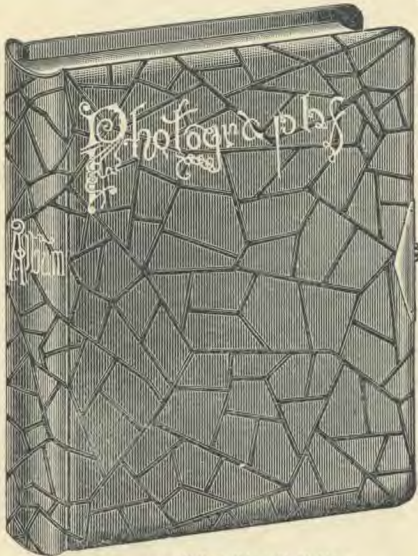
# Photograph Albums.

---

New and Beautiful Bindings. Latest Designs in Interiors.

Prices Very Low, considering the Quality.

---



Morocco, new "Cut Glass" Pattern

## Royal Quarto Albums

Hold 28 Cabinets, 2 Panels, and 24 Cards. Also all Cabinets

Size  $9\frac{1}{2} \times 11$  inches.

— ALL STYLES HAVE —

Gold Edges, Nickel Extension Clasp, Soft Padded Sides and Round Corners.

Have this size also in Silk Plush Binding in a variety of designs.

## Oblong Albums

Hold 60 Cabinets and 18 Cards. Also have them holding Cabinets only.

Silk, Plush Bindings, White and Bird's-Eye Maple Face Cards.

Size  $9\frac{1}{4} \times 12$  inches.



Silk Plush, with beautiful Ornament.

This style is preferred by many to the quarto size, as there are two cabinet pictures to each page.

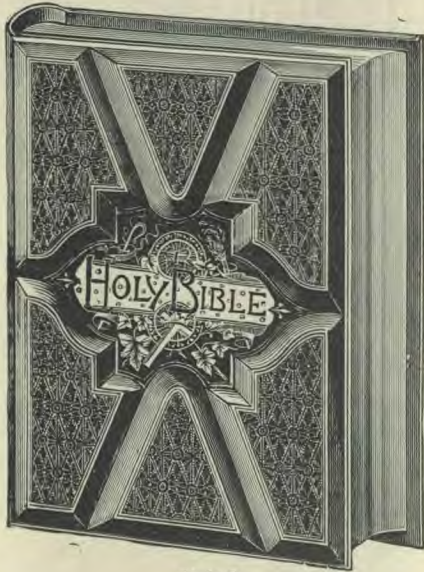
SEND FOR COMPLETE ALBUM CATALOGUE GIVING PRICES AND STYLES.

AGENTS WANTED. Address,

PACIFIC PRESS PUBLISHING HOUSE,  
Oakland, Cal.

# FAMILY BIBLES FOR ALL.

Both Versions of the Old and New Testaments in Parallel Columns.



Style C.

2000 Engravings (13 full-page steel and 48 Dore).

NEARLY 2200 PAGES.

12 splendid new Lithograph Maps of the Holy Land. Beautiful Chromo-Lithographs of Botany and Zoology. Brilliant Illuminated Plates of the Tabernacle and its Furniture.

Our Bibles contain the celebrated and only complete Concordance of the Bible, the life-work of Alexander Cruden. It gives the references with Bible text accompanying, the same as found in the largest editions. Ours are the only Family Bibles with

## Cruden's Concordance,

With all the references and the text in which the word is used. All styles, commencing with No. D, contain this incomparable feature.

Styles D, E and F have exactly the same contents. 247 Features.

Style D.—American morocco, raised panel, beautiful design, gold side and back title, comb edges, with photograph cards. English or German - - - - - \$10.00

Style E.—Same Bible as Style D, with gold edges - - - - - 12.00

Style F.—German morocco, massive raised panel, emblematical design, full gold sides, back and edges, squares rolled with gold. A magnificent volume. English or German - - - - - 15.00

These MAGNIFICENT FAMILY BIBLES are superior to all others in the following respects:—

- They contain the Largest and Finest Engravings,
- They have the Richest and Most Durable Bindings,
- They contain the Finest Paper and Best Printing,
- They are the Cheapest and the Most Complete, and they Sell Faster than any other Family Bibles.

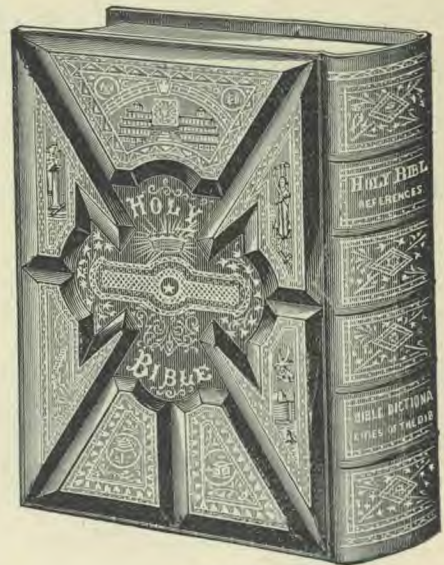
## The Cheapest Bible in the World.

1100 Engravings (20 full-page Dore). 1650 pages.

With "Illustrated Bible Dictionary" and Scriptural features.

STYLE C.

American morocco, raised panel, gold back and side title, comb edges, containing the Old and New Testaments, Concordance and Psalms, Smith's Illustrated Pronouncing Bible Dictionary, Scripture Gallery of 72 illustrations, scenes and events in the life of our Saviour, lives of the reformers and translators, scenes and events in the life of Paul (illustrated), and other biblical articles, embracing 124 features, illuminated marriage certificate, family record and photograph card. English only - - - - - \$8.00



Style F.

Send for Catalogue showing all our Styles and Prices.

AGENTS WANTED.

Address,

PACIFIC PRESS PUBLISHING HOUSE,  
OAKLAND, CAL.

# A NEW BOOK,

## SUNBEAMS OF HEALTH AND TEMPERANCE.

The Following are the Titles of the Principal Sections of the Work:

### THE HOUSE WE LIVE IN.

A popular description of the human body and its various functions. A very fascinating presentation of a most interesting subject.

### THE HABITATIONS OF MEN.

A description of the numerous and often strange and curious styles of houses or places of abode in use by various tribes and nations, and a description of a healthy home; how it should be built, heated, ventilated, etc.

### SOME STRANGE PEOPLE AND THEIR STRANGE MANNERS.

A most entertaining account of some of the tribes and classes of the human race, describing their manners, customs, and habits, with special reference to their influence upon health.

### THE BILLS OF FARE OF ALL NATIONS.

A study of the dietaries of the leading nations of ancient and modern times, with special relation to health.

### DAME FASHION AND HER SLAVES.

This section considers the relation of dress to health as indicated by a study of the costumes of all nations. "The History of Costume" is an interesting account of the origin of many absurdities in fashion, while pointing out the better way in dress.

### HEALTH AND TEMPERANCE MISCELLANY.

### HYGIENE FOR YOUNG FOLKS.

*PROFUSELY ILLUSTRATED.* The volume is illustrated by hundreds of engravings, many of which were made expressly for this book, together with eighteen full-page illustrations, five of which are beautifully COLORED PLATES.

### ONE OF THE MOST INTERESTING VOLUMES EVER PUBLISHED.

It contains the results of many years' research on the part of the authors. Just the thing for a present. This attractive work is now ready for delivery. This is a unique work in which the author has undertaken to present a vast amount of interesting information in such a manner as to be not only instructive, but entertaining. Over 220 quarto pages.

Price, Cloth, \$1.90; Cloth, Gilt-Edge, \$2.25. Sold by Subscription.

## AGENTS WANTED!

ADDRESS, PACIFIC PRESS PUBLISHING HOUSE, OAKLAND, CALIFORNIA.