

PACIFIC HEALTH JOURNAL

AND TEMPERANCE ADVOCATE.

VOLUME IV.

OAKLAND, CAL., NOVEMBER, 1889.

NUMBER 11.

J. N. LOUGHBOROUGH,
M. G. KELLOGG, M. D.,
C. P. BOLLMAN, } *Editors.*

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.

SORE throat is often the sequel of an overloaded stomach.

IT is better not to eat anything whatever between meals.

THE strength is not infrequently increased by reducing the amount of food eaten.

WHATEVER your life is to be made, beautiful or marred, you must make it where you are.

IN itself, lying is a base vice, but its tendency to injure others, renders it also a dangerous one.

“PLEASANT words are as an honeycomb, sweet to the soul, and health to the bones.” Prov. 16: 24.

OF ten young men nine can be found who are vain of their fine exterior, while the tenth one is proud of a well-stored mind.

THE wide dissemination of physiological knowledge, says the *Devon and Exeter Daily Gazette*, of May 15, is knocking on the head the delusion that healthful existence is only possible on a dietary of beef and beer; and the fact that there are a dozen or two of clean, well-conducted, and daily-crowded vegetarian restaurants in London alone, clearly proves that hundreds of people do not doubt that life can be agreeably sustained on a purely vegetable diet.

DIET AND RHEUMATIC DISEASES.

IT being an accepted fact that the human body is made *from* and *of* what we eat, it must be that each part and organ is kept in health by being properly nourished. On the contrary, by the use of improper food the body becomes diseased. It is becoming a well-established fact, with those who are giving a careful study of the subject of etiology, that improper eating is one of the most fruitful sources of the various forms of rheumatic diseases. We call the attention of our readers to the following excellent remarks on this subject from the pen of Morris H. Henry, M. A., M. D., LL.D., in *Dietetic Gazette*.—

“I doubt if there is any disease in that portion of the community designated as the middle class more prevalent than rheumatism and its immediate allies, gout and the rheumatoid neuralgias of the various sections of the human body. I use the term middle class, but not from the English standpoint, which conveys the idea of the existence of a higher class than those to whom I refer. It is that large part of the community that ignores the extremes of so-called fashionable life, and that other portion who are sustained by manual labor and not as well endowed by circumstances and advancements as the class to which I particularly refer. It embraces the largest element of respectability and intelligence of this country. Rheumatic diseases are not confined to this class. They prevail amongst all classes—but in a larger percentage among those of whom I now speak. The fact cannot be denied nor concealed that the etiology of rheumatism has not yet been satisfactorily explained. The labors of the physiologist and the pathologist have shown no advancement towards the solution of the problem. The therapeutists, with the aid of the pharmacutists, have suggested more palatable formula of colchicum, the salicylates, the iodides, and the bromides. Cocaine, hyoscyanin, hyoscine, quinine, and anti-

brine, have been extolled in the treatment of rheumatism. They aid in the relief of pain, but not as well as some preparations of opium, especially morphine. Quinine serves well when there are any malarial features or periodicity manifested in the attacks. They are coincidences, and demand especial attention and treatment. The internal and external use of spring waters, from the lowest to the highest latitudes, have been guaranteed as affording cures. They relieve attacks. They do no more. The periods of immunity from suffering depend on the extent of the predisposition to attacks in each individual, influenced largely by surrounding circumstances, climate, temperature, diet, mental and physical strain, and collateral forms and combinations of other ailments.

"An exceedingly intelligent and industrious pharmacist published an account, a short time ago, of more than thirty-six thousand formula of medical preparations—now in the market—for the relief and cure of all forms of disease. The formulæ of many of these medicaments are printed and attached to the packages. They are all lauded and indorsed by signatures to which the doctorate of medicine is attached. Many preparations of established merit deserve the indorsements they have received from physicians of good repute; but the educated clinical observer and practitioner knows that medicines alone do not cure disease."

"Intelligent persons about the middle period of life, who have suffered from one or more acute attacks, frequently take medical care of themselves, with very fair results. Their personal experience, aided by a good study of their own cases, and a fair insight of the limited knowledge of some of their medical attendants, in this class of diseases, is not an unfair guide nor reason for their course of action. Many preparations known as proprietary medicines do sometimes good service in relieving attacks, and now and then effect more than the prescriptions of the attending physician. These are the chance cases. They do well now and then, and later on, or under other conditions, they fail in rendering any service to the same patient. The exception may be applied to those preparations containing large doses of colchicum. The risks of permanent injury by the indiscriminate use of this drug are too well known to call for any extended attention in this limited contribution.

"To climate and diet we must look for the prophylactic and relief. The selection of a climate is

afforded only to a small proportion of sufferers. A course of diet—a conservative *menu*, adapted to each individual case—is denied to none. It is known to persons who are versed in the social problem of the eating and drinking of the masses, from the highest to the lowest, that more deaths occur directly and indirectly from too much rather than too little feeding. The overfeeding, in the class of which I am writing, is excessive feeding; where injury results from what is termed too little feeding, it is not the small *quantity* put into the stomach, but the *quality* and character of the so-called diet—the use of the term food is really a misnomer—in such cases. Food is the term that strictly pertains to anything that sustains, nourishes, and augments. Any edibles put into the stomach that do not serve this purpose well must prove a source of discomfort and direct injury to persons so offending, and they will sooner or later realize the force of the trite sentence of the great bard:—

"'This may prove food to my displeasure.'

"The formula of diet best adapted to those suffering from, or predisposed to, rheumatic affections—with the general assent of the profession—is as follows:—

"In the ordinary chronic forms of rheumatism a vegetable diet, with a limited amount of fruit—such as contains the least amount of sugar—is most favorable. The free use of lemon juice is advisable. If beef and mutton can be dispensed with, it is advisable to do so. If taken it should be in very limited quantities. . . . I feel assured that overindulgence in heavy animal food—especially beef and mutton—by persons predisposed to any of the chronic or acute forms of rheumatism, is decidedly injurious. There is no objection to chicken or light game—but the latter must not be what is termed "ripe"—that is, bordering on decomposition. I am well aware that this suggestion will meet with opposition from many who affect supremacy of judgment as epicures, and versed in the refinements of the cuisine; the conclusion, however, is the result of personal experience sustained by common sense. There can be no objection to fresh fish and eggs. Avoid tea and coffee as much as possible. If coffee is taken let it be in very small quantities, with a large proportion of milk. Teas are so uncertain in the character of their treatment for the tastes of the different markets, and so tainted with poisonous elements to sustain or increase their strength and

gratify the palates of tea drinkers, that I know—without having records in support of my views—that it is decidedly advisable for rheumatics to avoid their use. The skimmed-milk treatment has not, so far, yielded the results claimed by its advocates. The change is too radical. There is always more or less danger in too radical or rapid a change of diet where certain elements of food, of a nourishing character, are suddenly cut off and no equivalent substituted.

“On my way to Carlsbad, a few years ago, I tarried for the night at Mayence. On entering the dining-room for my evening meal I was kindly saluted by a fellow-voyageur—a German—who was already provided with a substantial meal, consisting of a beefsteak smothered with onions, fried potatoes, and a bottle of wine. He asked where I was going. I told him. With a smile and a knowing look of inquiry he remarked, ‘But you are not a fat man nor a bloated man, what are you going to do at Carlsbad?’ I told him I was going to avail myself of a limited course of treatment for some rheumatic pains of my joints, and at the same time watch the effects of the courses of treatment pursued by others more unfortunate in the extent of their sufferings than myself. He told me he had just left Carlsbad—where he had been under a full course of treatment for articular rheumatism and gout—and was then bound homeward. He was a heavily-built man, obese, and of a sanguinolympathic temperament. He was reduced in weight during the period of his treatment to the extent of seventeen pounds, and felt, he assured me, much better. I glanced at the ample quantity of food before him, and asked how long it would take him to recover the lost weight if he continued to indulge—on his return home—in the same quantity and quality of food such as I saw before him. He laughed heartily at what he termed the triteness of my question, and said, ‘Possibly seventeen days.’ He subsequently told me that he had made an annual pilgrimage to Carlsbad for many years; that he was a wine grower, and that his visits afforded him not only the opportunity of temporary depletion of an excess of fat and fluid, and relief to his liver, but the best chance of selling his wines. He was an intelligent man and well educated, thoroughly versed in the arts, and what little there is of the science of every-day life. . . .

“There is no such thing as a specific for the cure of rheumatism. There are no baths or waters

that will afford more than a relief, and then only when taken and associated with a strict regimen of diet suggested by the personal experience of the sufferer, or under the advisement of a well-educated, largely-experienced, general practitioner of medicine. Climate and clothing will assist.

“The best diet in quantity is that which affords the essential nourishment and the most perfect assimilation. The lesser the tax on the organs of digestion, the better the chance of a good and easy assimilation. This advantage can be aided by a judicious selection of the food best adapted to individual cases, and additionally assisted, at times, by artificial aids such as the peptonoids when the powers of digestion have been impaired.

“Moderation in mental and physical exercise, and a strict observance of the laws of hygiene of every-day life, will accomplish all that is possible of attainment in the present state of our knowledge of the nature of rheumatoid affections. The disease is caused, doubtless, by poisonous substances that are not eliminated from the system through the normal channels. The great secret of the election of certain elements to form and maintain the integrity of certain tissues, has not yet been discovered; when that is accomplished the deviations of some of these elements from their natural courses may be explained, and the problem of the eccentricities and cause of rheumatism and its allied diseases, establish the practice of medicine, not simply as a limited art, but as a branch of science.”

We trust the readers of this JOURNAL will give due weight to the bearing of the above thoughts on diet. Bear in mind, also, that in the treatment of chronic diseases by the physicians of the Rural Health Retreat, much attention and careful study are given to the proper diet of different patients.

J. N. L.

FORKS are a comparatively modern invention, and were first known in Italy towards the end of the fifteenth century. They began to be known in France towards the end of the sixteenth century, and were introduced into England in 1608, just fourteen years before the Pilgrims landed at Plymouth.

THE name of the architect who builds most of the castles in the air is “To-morrow,” and Hope lays the foundation.

ABOUT EATING.

WHEN to eat, what to eat, and how to eat, are questions of more importance than many persons realize. Indeed, the real object of eating is something which seldom occurs to the majority of people; they simply eat because they are hungry, or imagine that they are, and because the food tastes good. Eating for the latter reason is the source of untold harm, and well it is for those members of the human family who have stamina enough to resist every unreasonable demand of appetite.

We should not live to eat but eat to live; and it follows that we should not eat when we happen to have something that is pleasant to the taste, but when we are hungry; and those who adhere to this rule will soon learn by experience that "to the hungry soul every bitter thing is sweet;" not of course literally, but in the sense that "hunger is the best sauce," and even the plainest and coarsest food is more pleasant to the taste of a hungry man than are the most delicate viands to the full man.

We should eat when we are hungry, that is, when there is a real and natural demand of the system for food. But this does not mean that we should eat irregularly. Irregularity in eating is injurious, and should not be practiced by adults, nor should it be permitted in children. Every family should have regular hours for the several meals of the day, and should adhere as closely as possible to this daily program. Those who eat regularly and properly, of proper food, are not troubled with faintness and gnawing of the stomach between meals. These symptoms are due to impaired digestion caused mostly by improper habits of eating.

The number of meals to be eaten per day should not be arbitrarily fixed by one person for another, unless upon competent medical advice. In ordinary health none except infants need more than three meals daily, while many would get along much better on only two. It is, however, better to eat three times a day and eat moderately than to eat only twice and then gorge the stomach to its fullest capacity. Eating till a sense of fullness is experienced should always be avoided.

The question what to eat is by no means as easily answered as the one just discussed. The same articles of diet do not agree equally well with

all persons, and each individual should observe how various articles of food affect him, and avoid anything which he has reason to believe is in any way injurious to him. In like manner, parents should see to it that their children are supplied with food that is suitable for them, and that they are not permitted to partake of injurious articles. As a general rule, fruits, grains, and milk form the best diet for persons of all ages, but the manner of life both past and present will of necessity have something to do deciding this question. About the only rule that can be given to which there should be no exceptions is this, Eat only those things that are naturally wholesome and well adapted to supply nourishment to the body.

The question how to eat may be answered in few words: Eat slowly, masticate well, and be sparing of fluids in connection with meals. Persons in good health can accustom themselves to drinking about an hour before eating, or at least not for some two or three hours after eating, and as a general rule this will prove beneficial. If the food eaten is dry it is wise to drink slowly in connection with it a little water or milk. If warm drink is desired, the milk may be warmed, or warm water with a little milk and a very little sugar added may be used, but usually it is better to drink nothing at meal-time.

C. P. B.

MAN'S POSSIBILITIES.

THE same unseen hand that guides the planets in their courses, and upholds the world by his power, has made provision for man, formed in his image, that he may be little less than the angels of God while in the performance of his duties on earth. God's purposes have not been answered by men, who have been intrusted with the most solemn truth ever given to man. He designs that we should rise higher and higher toward a state of perfection, seeing and realizing at every step the power and glory of God. Man does not know himself. Our responsibilities are exactly proportioned to our light, opportunities, and privileges. We are responsible for the good we might have done, but failed to do because we were too indolent to use the means for improvement which were placed within our reach.

The book of God contains rules of life for men of every class and every vocation. Examples are here found which it would be well for all to study and

imitate. "The Son of man came not to be ministered unto, but to minister." The true honor and glory of the servant of Christ consists, not in the number of sermons preached, nor in the amount of writing accomplished, but in the work of faithfully ministering to the wants of the people. If he neglects this part of the work he has no right to the name of minister.

Preachers are not particular enough in regard to their habits of eating. They partake of too large quantities of food, and of too great a variety at one meal. Some of these are reformers only in name. They have no rules by which to regulate their diet, but indulge in eating fruit or nuts between their meals, and thus impose too heavy burdens upon the digestive organs. Some eat three meals a day, when two would be more conducive to physical and spiritual health. If the laws which God has made to govern the physical system are violated, the penalty must surely follow.

Because of imprudence in eating, the sense of some seems to be half paralyzed, and they are sluggish and sleepy. Pale-faced ministers suffering in consequence of selfish indulgence of the appetite, are no recommendation of health reform. When suffering from overwork it would be much better to drop out a meal occasionally, and thus give nature a chance to rally. Thus they could do more by their example to advance the work of reform than by simply preaching it. When elaborate preparations are made for them by well-meaning friends, they are strongly tempted to disregard principle; but by refusing the dainty dishes, the condiments, the tea and coffee, they may prove themselves to be practical health reformers.

Excessive indulgence in eating, drinking, sleeping, or seeing, is a sin. The harmonious healthy action of all the powers of body and mind results in happiness; and the more elevated and refined the power, the more pure and unalloyed the happiness. An aimless life is a living death. The powers of mind should be exercised upon themes relating to our eternal interests. This will be conducive to health of body and mind. There are many, among preachers even, who want to rise in the world without effort. They are ambitious to do some great work of usefulness, while they disregard the little every-day duties which would render them helpful, and make them ministers after Christ's order. They wish to do the work others are doing, but have no relish for the disci-

pline necessary to fit them for it. This yearning desire by both men and women to do something far in advance of their present capabilities, is simply causing them to make decided failures in the outset. They indignantly refuse to climb the ladder, wishing to be elevated by a less laborious process.

E. G. WHITE.

DEFICIENT SALIVA.

It is not unusual for persons to be troubled with what is usually called a "dry mouth." This is but the result of a deficient secretion of the saliva, which, normally, flows to the amount of six pounds in the twenty-four hours, though generally rather less, under ordinary circumstances. This is intended more especially for the change of starchy substances into grape sugar, also changing the cane-sugar into the same. This will readily account for the special sweetness of dry, starchy food, when thoroughly chewed, practically making the mouth a "sugar factory."

So far as the saliva is concerned, certain kinds of albuminous food need not be chewed, though the action of the stomach juice demands fineness, that every part may be reached and dissolved. In eating any preparation of the grain—to a great extent starch—with peas, beans, potatoes, tapioca, sago, and the like, we shall do well to imitate the good example of "the patient ox," chewing his cud with fidelity. And, here, I will remark that the simple fineness is not the only consideration, but the mixing with the saliva, securing a very important part of the digestion. Gruels, puddings, oatmeal mush, and the like, require but little chewing—so far as the swallowing is concerned—but all should be well combined with the saliva, to insure good digestion, without which nourishment is not secured. Eating such mushes at the usual rapid rate, with but very little insalivation, with the rapid eating in general, will explain a part of the insufficiency of the saliva. In some respects nature is a little grudging, or, in other words, she is not accustomed to furnish any article when it is not used, or is of no service. If she prepares, for the day's supply, five pounds of saliva—used over and over many times—and only three are used, she will soon learn to supply only the three pounds. If this supply is not used, the supply will be still more reduced, as she wastes

nothing. She is disposed to conform to the existing circumstances.

The remedy, therefore, is to take our food dry, drinking nothing while we eat, selecting the driest available food, chewing it faithfully until it becomes thoroughly moistened, eating only the amount which can be thus insalivated. In a short time the supply will be restored, to prevent a return of which difficulty, it will be well to imitate the worthy example of the ruminants, faithfully chewing till all parts are thoroughly pulverized and as thoroughly combined with the saliva.—*Dr. J. H. Hannaford.*

ISAAC PITMAN AND VEGETARIANISM.

THE *Pall-Mall Gazette*, of March 7, "interviewed" Mr. Pitman, under the designation of "The Short-hand Grand Old Man." At the request to tell the story of his life, Mr. Pitman said: "I was born at Trowbridge on the 4th of January, 1813, and commenced business life as a clerk in a cloth-mill, of which my father was the manager. Afterwards I engaged in teaching as master in a British school. Wishing my boys to learn short-hand, I studied Taylor's system, and prepared an improved text-book of it, but Mr. Bagster, the Bible publisher, to whom I sent it for publication, submitted it to a short-hand writer for his opinion, and he recommended rather the publication of a new system than the republication of one which was already on the market. On that I set to work upon the development of a system of my own. I spent the summer of 1837 in improving Taylor, and at length produced an entirely different system as the result of that study, based on the sounds of speech systematically arranged as displayed in the introduction to Walker's Dictionary. That was sent to Mr. Bagster in October, and published by him in November, 1837. Of that first edition of my system of short-hand there were printed 3,000 copies, which were disposed of in two years. To popularize my system, I issued it in the form of an engraved plate, for 1d., on the 10th of January, 1840. That was simultaneously with the establishment of the penny post. The following midsummer and Christmas I devoted my holidays to lecturing on short-hand. In 1843 I gave up keeping school, and devoted the whole of my time to the extension of phonography. After that all was desk work. I commenced regularly at six in the morning, and for nearly thirty years I rarely

left my office till nine or ten at night. While I worked at developing the system and promoting a knowledge of it by correspondence, my brothers Joseph, Benn, and Fred, Mr. T. A. Reed, and others, explained the system by means of lectures all over the country. From that time to the present it has been a gradual growth."

"You are a strict vegetarian, Mr. Pitman?" "Yes; I have been so for fifty years. I could not eat flesh on any account. I adopted the vegetarian diet after seeing its beneficial effects on others, and it proved the means of curing dyspepsia, from which I was a great sufferer."

"And you find it sufficiently stimulating for your active life?" "I want no other stimulant than plain food, fresh air, and plenty of work."

"You are a teetotaler and non-smoker?" "Yes, and have been almost all my life. I consider smoking the most vicious custom of the country. It deadens the brain."

"One more question, Mr. Pittman. Have you really, through the severe winters we have had lately, and at your advanced age, kept to your rule of being at your office every morning at six o'clock?" "Yes; my house is a mile distant from my office, and I walk down every morning, so as to be at my desk at six o'clock."

"Then you must leave your house about half-past five?" "Very soon after."

With this I shook hands with the genial, white-haired chief of the short-hand world, who at seventy-six seemed to revel in hard work and long hours such as would appal the advocates of the eight hours' movement. It is needless to say that he does not insist upon any of those in his employ working the long hours he imposes on himself. Indeed, no matter what the weather may be, he will not allow his coachman or his horses to be got out to take him down to his office at the early hour at which he insists upon commencing his day's work.—*English Vegetarian Messenger.*

HEALTH AND SANITATION.

At the late meeting of the British Medical Association, Dr. Norman said that as there was no rose without a thorn, and as suffering and death were the appanage of humanity, we could not expect that attention to health and sanitation would be absolutely free from risk. As to health, there was risk in the very attention to it. He had patients who had killed themselves by attempting too ear-

nestly to live on scientific principles. Such worried themselves and sometimes their wives into an untimely grave, by the absorption of their whole being in the worship of hygeia. Infinitely better for themselves and for their offspring if they had "thrown health to the dogs." Infinitely better it would have been for their offspring if these had been brought up regardless of hygiene, turned out on the Highland hills, and fed on oatmeal porridge or peasebrose, or anything that came along. Only the fittest would have survived, but the survivors would have been more numerous and a trifle happier. Tables of digestion were all very well in their way, but regard must be paid to the idiosyncrasies of the individual stomach. One man's meat was another's poison. In a word, food must be prepared "with brain sauce." The science of dietetics must be applied with common sense. So must attempts at sanitary excellence. Dr. Kerr gave cases illustrative of blood poisoning from the contamination of drinking-water by unclean filters, and from water in a cistern being allowed to remain stagnant during the absence of a household by a care-taker, who had been employed to keep everything in good-going healthy order. In these and other similar cases, the very precautions to preserve health had been the means of losing it. In some cases the attempt to live longer and healthier had been the cause of suffering and premature death. Among other risks were fraudulent or defective workmanship, and reliance on a good drainage installation without regular subsequent inspection. It was therefore desirable that plumbers should be registered, and that householders should either themselves see, or take satisfactory measures to secure, the proper carrying out of all sanitary works and processes.—*British Medical Journal*.

POISONOUS WALL PAPER.

THE subject of poisonous paper hangings has lately been discussed, in light of some new facts, by the Boston Society for medical improvement.

Some of the imported papers still contain arsenic in quite dangerous amounts, and even American manufacturers, though they use less arsenic than formerly, are not yet wholly within the limits of safety. It is found that one-third of a grain to a square yard is decidedly deleterious; but papers are in use that analysis shows to contain ten, fifteen, and even twenty grains!

The following are important facts in the case:—

1. The harm varies, as would naturally be supposed, inversely with the individual's power of elimination. This power may be fully adequate in some persons, and quite inadequate in others.

2. The symptoms of two persons injuriously affected by the same exposure, and the results, may be quite different. Inflammation of the kidneys, for instance, may be induced in the one, and not at all in the other.

3. Arsenic may not give rise to the ordinary symptoms of arsenical poisoning, but may stir up and strengthen dormant morbid tendencies, and thus divert attention from the true disturbing cause.

4. While one-third of a grain to a square yard is likely to harm an adult, a young child may be injured by a mere trace, and the cause of the trouble may be wholly unsuspected.

5. While arsenic is not a cumulative poison, like lead, yet it is very slowly eliminated from the body. It requires weeks, and sometimes even months, to effect its complete expulsion after removal from an arsenious atmosphere. Hence inhaling it constantly, perhaps day and night, may cause a very dangerous accumulation of the poison in the system. This accumulation will be very rapid if the organs of elimination, one or more of them, are feeble.

6. A new and conclusive method of detecting the presence of arsenic in the system has been discovered, which leaves no room for doubt. This test has been applied in many cases, and has led to the removal of the paper from the wall, or of the patient from the room, followed by relief, and, in due time, by full cure.

7. The covering of arsenical paper by non-arsenical is not sufficient to remove danger, for though this expedient may prevent the arsenical dust from impregnating the air, yet it is surmised that moisture develops a volatile arsenious compound, which readily finds its way into the air of the room.

—*Selected*.

No accidents are so unlucky but that the prudent may draw some advantage from them.—*Rochevoucauld*.

EVERY act of the man inscribes itself in the memories of his fellows, and in his own manner and face.—*Emerson*.

Disease and its Causes.

LIFE WORK.

"Is not the life more than meat, and the body than raiment?"

O MOTHER with weary feet,
Remember, I implore,
That life is more than meat,
The body than raiment more.

Be wise; cramp not this life,
Or the soul that lives for aye,
By anxious thought and strife
For that which lasts a day.

To the precious childhood hours
Slipping beneath your hand,
Give of your highest powers,—
Give the best at your command.

Oh, the day is passing fast,
And there is so much to do!
Choose the work that is to last;
Leave the useless, use the true.

—E. E. V., in *Housekeeper*.

A LESSON FOR THE TIMES. NO. 3.

BY MRS. E. G. WHITE.

WE are often pained as we see the little moral power possessed by the professed followers of Christ. When tempted on the point of appetite, few will firmly stand the test. Many turn from light and knowledge, and sacrifice principle to indulge their taste. They eat when they have no need of eating, and at irregular periods, because they have no moral strength to resist their inclinations. As the result of their gratification of taste, the abused stomach rebels, suffering follows, and a weary taxation of the friends of the sufferer.

Many indulge appetite at the expense of health and the powers of intellect, so that they cannot appreciate the plan of salvation. What appreciation can such ones have of the temptation of Christ in the wilderness, and of the victory he gained upon the point of appetite? It is impossible for them to have exalted views of God, and to realize the claims of his law. Many of the professed followers of Christ are forgetful of the great sacrifice made by him on their account. The Majesty of heaven, in order to bring salvation within their reach, was smitten, bruised, and afflicted. He became a man of sorrows and acquainted with grief. In the wilderness of tempta-

tion he resisted Satan, although the tempter was clothed with the livery of heaven. Christ, although brought to great physical suffering, refused to yield a single point, notwithstanding the most flattering inducements were presented to bribe him and influence him to yield his integrity. All this honor, all these riches and glory, said the deceiver, will I give thee if thou wilt only acknowledge my claims.

Could we at this time have entered the heavenly courts and seen with what intense interest the holy angels watched the conflict of their loved Commander with the fallen foe, we should see greater significance in this long fast of Christ than is now possible for us, with our darkened senses, to comprehend. Christ, the Commander of heaven, was emaciated by long fasting; and his human nature fainted when the conflict was ended. The Son of God appeared to be dying from hunger and the effects of his warfare with Satan. But angels lifted his fainting head, served him with nourishing food, and ministered unto him. Never will so severe a test be brought upon man as that which the Captain of his salvation endured before him.

There was great rejoicing and triumphing in the heavenly courts, that Satan, who had deceived even the heavenly angels, and drawn a third part of heaven into his rebellion, had been vanquished at every point by the Prince of life. Hosannas rung through heaven that Christ had repulsed the fallen foe, and resisted every temptation upon the point of appetite, redeeming Adam's disgraceful failure by his own triumph.

Christ has given us an example of temperance in his own life. Where so many professed Christians fail, and are led captive by appetite and inclination, the Saviour was firm. Oh, what salvation would there be now for the race if Christ had been as weak in moral power as man? No wonder that joy filled heaven as the fallen chief left the wilderness of temptation a conquered foe. Christ has power from his Father to give his divine grace and strength to man—making it possible for us, through his name, to overcome. There are but few professed followers of Christ who choose to engage with him in the work of resisting Satan's temptations as he resisted and overcame.

Professed Christians who enjoy gatherings of gaiety, pleasure, and feasting, cannot appreciate the conflict of Christ in the wilderness. This example

of their Lord in overcoming Satan is lost to them. This infinite victory which Christ achieved for them in the plan of salvation is meaningless. They have no special interest in the wonderful humiliation of our Saviour, and the anguish and sufferings he endured for sinful man, while Satan was pressing him with his manifold temptations. That scene of trial in the wilderness was the foundation of the plan of salvation, and gives to fallen man the key whereby he, in Christ's name, may overcome.

Many professed Christians look upon this portion of the life of Christ as they would upon a common warfare between two kings, and as having no special bearing upon their own life and character. Therefore, the manner of warfare, and the wonderful victory gained, have but little interest for them. Their perceptive powers are blunted by Satan's artifices, so that they cannot discern that he who afflicted Christ in the wilderness, determined to rob him of his integrity as the Son of the Infinite, is to be their own adversary to the end of time. Although he failed to overcome Christ, his power over man is not weakened. All are personally exposed to the temptations that Christ overcame; but strength is provided for them in the all-powerful name of the great Conqueror. And all must for themselves, individually, overcome. Many fall under the very same temptations wherewith Satan assailed Christ.

Although Christ gained a priceless victory in behalf of man in overcoming the temptations of Satan in the wilderness, this victory will not benefit man unless he also gains the victory on his own account.

Man now has the advantage over Adam in his warfare with Satan; for he has Adam's experience in disobedience and his consequent fall to warn him to shun his example. Man also has Christ's example in overcoming appetite and the manifold temptations of Satan, and in vanquishing the mighty foe upon every point, and coming off victor in every contest.

If a man stumbles and falls under the temptations of Satan, he is without excuse; for he has the disobedience of Adam as a warning, and the life of the world's Redeemer as an example of obedience and self-denial, and the promise of Christ that "to him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne."

The great trial of Christ in the wilderness on the point of appetite was to leave man an example of self-denial. This long fast was to convict men of the sinfulness of many things in which professed Christians indulge. The victory which Christ gained in the wilderness was to show man the sinfulness of the very things in which he takes such pleasure. The salvation of man was in the balance, and to be decided by the trial of Christ in the wilderness. If Christ was the victor on the point of appetite, then there was a chance for man to overcome. If Satan gained the victory through his subtlety, man was bound by the power of appetite in chains of indulgence which he could not have moral power to break. Christ's humanity alone could never have endured this test; but his divine power, combined with humanity, gained in behalf of man an infinite victory. Our Representative in this victory raised humanity in the scale of moral value with God.

Every man born into the world with reasoning powers has the opportunity, to a great extent, of making himself whatever he chooses to be. The blessings of this life and the blessings of the immortal life are within his reach. He may build up a character of mental and moral worth, gaining new strength at every step in life. He may advance daily in knowledge and wisdom, conscious of new delights as he progresses, adding virtue to virtue, and grace to grace.

His faculties will improve by use, and the more wisdom he gains, the more will he be able to acquire, and his intelligence, knowledge, and virtue will thus continually increase and develop into greater strength and beauty.

On the other hand, he may allow his powers to rust out for want of use, or be perverted through evil habits, lack of self-control, or of moral and religious stamina. His course then tends downward; he is disobedient to the law of God and to the laws of health. Appetite conquers him; inclination carries him away. It is easier for him to stand still and be dragged backward by the powers of evil, which are always active, than to struggle against them, and go forward. Dissipation, disease, and death follow. This is the history of many lives that might have been useful in the cause of God and humanity.

We are free moral agents; we may obey the law of God and secure eternal gain, and lead others into the path of right, or we may transgress the

law of God, and bring the penalty of disobedience upon us. There is glory above us that we may reach, and there is an abyss of wretchedness below into which we may plunge. It requires less exertion to consent to go backward and downward than to urge our way forward through every obstacle. Thus many go down through inaction, who might be bright and shining lights.

VENTILATION.

AT this time of the year the air is frequently shut out to keep out the cold, and many suffer from the ill effects of an insufficient supply of oxygen and the breathing of air charged with carbonic acid and other deleterious substances thrown off by exhalation. The evidences of bad ventilation may not be decidedly marked, but the silent and insidious injury to health goes on. A family can be comfortable with less heat and more fresh air than is generally supposed, and in rooms heated by furnace or stoves and lighted by gas too much care regarding ventilation cannot be exercised. Equally important with pure air in living apartments is sunshine. It carries with it radiance and cheer and vigor and good health. It is a purifier, warding off cold, moisture, gloom, depression, and disease. It should be admitted to every apartment of the house, and made welcome at all times. It is a strong preventative to the disorders that visit shaded and musty places. It brings health and happiness that cannot be obtained from any other source. It is nature's own health-giving agent, and nothing can be substituted for it. It has no artificial counterpart. It does not only touch the physical body, but it reaches the mind and soul, and purifies the whole existence of man. It may fade a carpet or upholstery, but it will bring color to the cheek, light to the eye, and elasticity to the step. The closed and shaded window may throw a richness of color upon the room, but it will bring paleness and feebleness to the occupants. This health agent is free to all, easily obtained, and one of the most economic health preservers we have, and ready to impart its efficacy at the rise of the curtain.—*Sanitary News.*

HABITS, though in their commencement like the filmy line of the spider, trembling at every breeze, may in the end prove as links of tempered steel, binding to unknown felicity or woe.

DRY BEDS AND DAMP BEDS.

It is not sufficiently known that almost all substances have the property of absorbing moisture from the atmosphere. Linen is remarkable for this property; the same may be said of feathers, and in less degree of wool; hence the difficulty of keeping a bed dry, unless it is constantly used or exposed to warmth from a fire. Merely covering up a bed with blankets and counterpane will no more keep it dry than a pane of glass will keep out light; the atmospheric moisture will pass through every woven fabric.

Damp beds, unfortunately, are generally found in the spare, or visitors' room; hence the persons often most welcome in a house suffer from this terrible evil. Spare beds should never have anything but a slight coverlet to keep them clean, and it should be put upon them when not in actual use. People often fancy that damp is only in the sheets, but it is in all the other clothes. A bed will be much drier by itself than with blankets and counterpane upon it. Every spare room that is at all likely to be used by visitors, should have a good fire in it at least every third or fourth day during the winter, and the bed should be well turned in the interval. Blankets and counterpane should be dried and folded up hot, and put away till wanted; if they are left open upon a bed, they quickly absorb damp, which cannot be quickly dried out. It is cruel and ungenerous to put a visitor friend to sleep in a fireless, cold room, with damp clothes to cover him, when a little coal would have made all healthy and comfortable.—*Selected.*

DISEASE FROM A BOOK.

IN 1846, a boy of eight years, the brother of the narrator's wife, was taken down with scarlet fever and died. One of the principal amusements of his illness had been looking over a large picture-book. After his death this, with several other useful playthings, was packed away in a trunk. Twenty-six years later, in 1872, the sister-in-law of the editor took this trunk with her on a journey which she made to England, where he was then residing. The trunk was opened the second day after its arrival, and the picture-book was taken out and presented to the editor's two-year-old son. During the next fortnight the little fellow was attacked by scarlet fever. It was a wonder to the

doctors who were called in consultation how the disease had been contracted, as there had been no scarlet fever in the town for years. At last it occurred to the editor that the picture-book might have transmitted the disease, and the medical men in attendance, on being told the facts connected with it, agreed that it had retained the poison for twenty-six years and communicated it to the child.

—*Boston Post.*

LONG LIFE.

AN eminent physician, himself almost eighty years old, yet looking scarcely more than fifty, was in conversation with some friends on the subject of long life, and said:—

“If I were asked to give the ingredients of an elixir that would insure long life, I should say, ‘Take plenty of exercise, plain and wholesome food, and baths, and be temperate in all things.’ And if my patient was an honest man or an honest woman, as the case might be, and would follow my directions as honestly as possible, and hadn’t any organic disease, he and she would live to a good and well-tempered old age, and would be fair to look upon until the end. The popular idea that to live long one must live slowly isn’t true. We cannot go our route at a sprinting rate, and that, unfortunately, is the rate that those not in the slow class choose. But there’s a medium pace, and not a slow one by any means, that all well-poised men and women can go and not wear out. But, like the pedestrian, we must train a little to go any distance well. And this very training is the secret of health, and is, in plain English, temperance and cleanliness. If all of us trained in this way, the doctors wouldn’t be as busy as they are, and the average of human life would increase at least ten per cent.

THE *Woman’s Chronicle* has the following in a late issue: “Don’t save pennies at the expense of health and strength. Don’t send to the table the same food for three successive days, unless varied in some way.”

CREAM is recommended as a wonderful food for consumptives, by the *People’s Safe-Guard*, which also states that “horse-radish root grated and moistened with vinegar, put in a bag and applied to the seat of pain, will cure or relieve neuralgia.”

ACHING FEET.

A GREAT many women complain of their feet aching badly. There are many remedies. A change of shoes is a great rest to aching feet; so is a bath in either hot or cold water, brisk rubbing with a crash towel, lying down for a few minutes’ rest, laying them up on another chair, or even a rubbing with a dry towel—bending the toes this way and that with the hands—and sometimes a rubbing with salt and water or vinegar and water. No wonder our faithful old travelers, who have stuck to us through thick and thin, and through all seasons, and times, and places, do grow weary in obeying our wishes.

If the feet are horny and hot on the soles, that is easily remedied. Bathe them in tepid water at bed-time, and then oil or grease them before retiring, and they will soon become soft as a baby’s feet. It is a wonderful relief, and brings one a great degree of satisfaction. One can lie a while with the feet out of bed and an old sheet or cloth under and about them, to save the bedclothes.

—*Kitty Clover.*

CRAMP.—HERE is a remedy for cramp, suggested by Dr. R. W. St. Clair, of London: Let the patient provide himself with a good, strong cord and keep it always with him. When the spasm comes on let him wind this cord around the affected part, take an end in each hand, and give them a good sharp pull. It will hurt a little—it is useless if it does not—but the cramp will vanish at once.

“BREATHING,” says a writer on health hints, “is the fundamental law of existence. Hence, if the air inhaled be pure or impure it is quite worth while to know. Pure air meeting the blood in the lungs is nature’s great plan of life.

IT is admirable to die the victim of one’s faith; it is sad to die the dupe of one’s ambition.—*La-martine.*

NO one so old that he may not live a year, none so young but he may die to-day.—*German Proverb.*

THE manner of giving shows the character of the giver more than the gift itself.—*E. H. Chapin.*

HAVING the courage to live within one’s means is respectability.—*Beaconsfield.*

Temperance.

PEACE WITH GOD.

WAVES of trouble often roll
Mountain high around the soul;
Tho' they dash with might and main,
All their fury is but vain,

If the heart's at peace with God.

Sometimes when the strength is worn,
Heavy burdens must be borne;
But the wearied soul shall rest,
Pillowed on a Saviour's breast,

If the heart's at peace with God.

Disappointments sure and keen,
Always come earth's joys between;
But beyond this tearful vale,
Heaven is sure, tho' all else fail,

If the heart's at peace with God.

Murky clouds sometimes arise,
Casting gloom o'er sunny skies;
Faith can pierce the gathering gloom
And e'en see beyond the tomb,

If the heart's at peace with God.

Great temptations must be met
All along life's journey; yet
There's a grace that doth suffice
Even these to exercise,

If the heart's at peace with God.

—Laura C. Gibbons, in *Housekeeper*.

TEMPERANCE BEER.

THE extract in this department entitled "Tonics and Bitters," shows how large a proportion of so-called "temperance" preparations are but base deceptions, paving the way for the very evils for which they profess to hold out a remedy. On the supposition, however, that a certain preparation is wholly free from alcohol, the *Christian Commonwealth* says some sensible things respecting the use of such beverages.

"We have received a sample of an article called botanic beer, which is warranted non-intoxicating. We have no doubt that this beer is what it is represented to be, though we have not tested its quality by even tasting of it. We are calling attention to it for the purpose of saying a few things which we think ought to be said. We know many persons believe that a substitute must be found for intoxicating drinks before it is possible to make the temperance movement a success. Now we quite agree with this contention, but we do not agree

that a substitute has to be *manufactured*. The very best drink that can be substituted for spirituous liquors of all kinds is pure, sparkling water. This is the best for table use as well as for all other uses.

"However, if something else must be used we suggest the article of pure milk. . . . There is certainly more nourishment in a glass of milk than in a glass of ale; and there can be no question about the taste of one as compared with the taste of the other. Why, then, do so many people prefer the beer to the milk? No doubt this is chiefly habit, and if the habit of drinking milk could become permanently established, a great industry would be promoted thereby, as well as much health and prosperity assured to the people.

"We do not want a lot of imitations of strong drink, for it is too easy a transition from botanic beer to the real thing. We fear our temperance friends are making a great mistake in seeking to supply what is no doubt at present a felt need by that which certainly very poorly meets the case. However, if temperance people must have a non-intoxicant which looks like, and which perhaps tastes like, beer, then doubtless the botanic beer will answer their purpose quite as well as any in the market. In other words, we are inclined to believe that the beer mentioned may be recommended as President Lincoln recommended a somewhat doubtful young man in search of a situation, who insisted that the President should write something for him, as his name was mainly what was needed. The President did not know the young man very well, and what he did know of him was not very promising. However, at last he took up his pen and wrote somewhat as follows: 'To whom it may concern: I have pleasure in saying that if anyone wishes to employ a young man like the bearer of this, then it is my opinion that the bearer is about the kind of a young man that is needed.' So we say of botanic beer; if anyone wishes such a beer as this, then we suppose this is about the kind of beer he wishes."

WHAT PROHIBITION DOES.

A GENTLEMAN who has spent several months in Kansas says: "Kansas boys ten years old and under never saw a saloon since they can remember. They never saw a man under the influence of liquor. On arriving at man's estate, they will have

no more desire for drink than they will have for opium or hasheesh." This is very true, for we believe that, in very many cases, the habit of drinking liquor has found its origin in the imitative propensities of humanity; and where the example is not set, the habit will not be acquired.—*Annals of Hygiene.*

TOBACCO SMOKE.

In my secret heart I have long thought tobacco smokers were a public nuisance; but then I don't often say so, for I am old-fashioned, very, and, withal, bashful, though is not the latter included in the former general epithet? Bashfulness is certainly not one of the "new fashions." Why, even modern babies don't pucker up their rosy lips and cry for strangers as they used to do, I well remember.

But to return to the tobacco smokers. You cannot imagine my surprise, Mr. Editor, when, one morning not long since, in a New York daily, I read, in connection with the bulletin of Weston's walking match then in progress, the following paragraph:—

"If those who have charge of the rink can't prevent the smokers from poisoning the air which Weston has to breathe, they might as well pull down the placards prohibiting smoking. If the policemen in attendance were ordered to arrest smokers, the placards would be of some significance. It seems to us that no gentleman—however fond of the weed—would puff volumes of cigar smoke across the track on which the brave little pedestrian is so heroically walking."

Now I have read this item over and over. And yet it does not seem to abate its wrath or force one whit. It takes for granted certain facts, which are startling in their simplicity and bluntness. "Smokers poisoning the air," ought to be "arrested" for smoking in the face of "prohibition," and "no gentleman, however fond of the weed, would puff volumes of cigar smoke across the track on which the brave pedestrian is heroically walking."

Mr. Editor, I do not want to be captious or carping. But still the wonder grows, why, oh why, is tobacco smoke sometimes a "poison" and sometimes not—only a "sedative"? Why, when, at the close of a long, weary day, the wife, or seamstress, or shop-girl, strolls into the street or square for rest and pure air, and finds only and everywhere tobacco smoke puffed from the lips of gen-

tlemen,—why don't it "poison her air" as well as spoil her walk? Why, when the dinner hour is over, and fathers, husbands, even sons, light their cigars and smoke away through long winter evenings in the library or sitting-room,—why don't it poison the air of mothers, wives, and daughters, who, if they would not lose entirely the society for which they long, must sit with the smokers? Is there any answer to my "Whys"? Is there one good reason why tobacco smoke is not everywhere and at all times injurious?

No, I believe not. There is our bright young friend, Emily F. You have met her here. She married a young lawyer, and they commenced life very sensibly, rented a floor, or flat, as it is called, in one of the modern New York houses built to accommodate small families, and they are happy in their new home. But Ned is an inveterate smoker, learned how in college, and graduated in the art, with bulgy old meerschaums, in Germany. Emily is not delicate exactly, but of a finely-strung, nervous temperament, keenly sensitive to outward influences, fond of sunshine, flowers, and outdoor life. I often find her looking pale and languid, oppressed with a fanciful fear or whim that something is the matter, that her hot hands or throbbing head mean illness. I ventured occasionally to ask her if her husband's smoking was not doing her harm. She said no; at first it used to make her very sick, so that she would have to get into fresh air, but that effect wore away. Now a little one has been added to their family, and two prouder, happier parents it would be hard to find.

A few mornings since, as I hurried down town, it startled me to see Dr. D. coming slowly out of the house, and Ned beside him in dressing-gown and slippers, catching a few last words.

"What is the matter?" sprang from my lips and eyes at the same moment.

"It's baby; he has been ailing several days and last night was worse, but is better now."

"Going my way?" said Dr. D. "I'll tell you as we walk. Good-by, Ned; keep up good heart; baby will soon be well if you keep up that little prescription I gave you."

In my heart I pitied the young father immensely, and sent loving words and a promise to come back soon and stay with my pet, that the tired young mother might lie down and sleep.

We were no sooner turned away than Dr. D. let loose his feelings. "What do you think is the matter?" said he. "Here I have been to see this

blessed baby every morning for a week. I could make nothing out of its symptoms. It seemed healthy, but subject to sudden ill turns, almost like faintness, accompanied by severe vomiting. Last evening it was much worse, and about eight o'clock the father came round and wanted me to come quickly. I am glad he did; for, going into the room at that unusual hour for a call, gave me an idea. There was the sleeping-room full of tobacco smoke, and baby vomiting.

"How long has it been your custom, my friend, to smoke your pipe in the nursery?" I said to the young father.

"Since nurse left. My wife is so shut up evenings that I have sat with her; but she don't object to my smoking in her room; she rather likes it."

"I wasn't thinking of your wife now as much as of the baby."

"Why, doctor, what do you mean? Does it hurt baby?" the poor frightened young couple asked me both together.

"Yes," I said; "there is nothing else the matter, and his symptoms correspond exactly to the poisonous effects of tobacco, received through his delicate lungs. There was not one man in ten who was not made deathly sick by his first cigar, and some persons are more sensitive to its effects than others."

"Well, now, we part here," said the doctor, "but I assure you our friend Ned has heard some plain truths."

I could not help asking, "What did he say? was he convinced?"

"He was too anxious about his baby, as well as too polite, to contradict me," said the doctor; "but he told me this morning that, thinking over the matter, he remembered what an inveterate old smoker was his father's family physician, and wondered if this prejudice against tobacco was not one of the very recent discoveries of this age. I told him his old physician was a smoker from power of habit, but in his heart knew—as well as myself and every medical man that it was a very injurious habit. But good-by."

This is a true story, Mr. Editor, and it is not more than a month since it occurred.

But to return to the little scrap I send you and the queries it suggests. Why is the use of tobacco in its varied forms debarred to the man who would excel in athletic sports or exercises, and yet recommended, or, at least, conceded, to the weak,

unformed, puny youth, who has not physical vigor, or even tolerable muscular development? It is painful to see the colorless faces and thin chests of the majority of our city young men. If the athlete cannot, in his race for fame, competition, honors, gold, afford to touch, taste, handle, or even inhale the passing breath of a weed whose subtle influence may just by one jot abate his mental or physical equipoise, can our sons afford to run a risk of failure in their course, their hard, hard struggle after success in securing the name and place of a true and holy manhood? We do not think they can, the enemy themselves being judges.

And as for the wives and babies of tobacco smokers, I can only repeat the newsman's pathetic plaint, "Why will gentlemen, however fond of the weed, puff volumes of cigar smoke across the track on which the brave little pedestrians are endeavoring so heroically to walk?"—*Y. Y., in Christian Weekly.*

MORE HEALTH AND LESS SIN.

DR. FELIX L. OSWALD says, "Six out of ten toppers use alcohol for exactly the same purpose that the life-weary toilers of the East use opium—as an anodyne, to lighten the burden of hopeless misery," and adds: "Let us found temperance gardens, with play-grounds and free music, and hygienic restaurants. Let us have a free gymnasium in every village and every city park. Let us devote at least a portion of one leisure day to health-giving sports, and neutralize the allurements of the rum-shops by making harmless pleasures more attractive than the riots of vice." The Rev. Heber Newton, in a sermon on the Kindergarten, remarks: "Health is the basis of character as of fortune. There is a physiology of morality. Some of the grossest vices are largely fed from an impure, diseased, and enfeebled physique. Drunkenness, especially among the poor, is, to a large extent, the craving for stimulation that grows out of their ill-fed, ill-housed, ill-clothed, and overworked, unsunned, sewer-poisoned condition. Lust is intensified and inflamed by the tainted blood and the overtaxed nervous system. Purity of mind grows naturally out of purity of body. Physiologists understand these facts far better than ethicists. Then, too, lesser vices are, in their measure, equally grounded in abnormal physical conditions. Faults of temper, irritability

sullenness, and anger, are intimately connected with low health, the undervitalized state which characterizes the city poor." Cuisine says: "We are sure there would be much less sin in the world if everybody would learn to live more reasonably. If they paid more attention to the actual needs of the body, and ignored the pampered cravings of the mind, they would be happy, and at peace with themselves and the world."—*Vegetarian Messenger*.

TEMPERANCE IN SOUTH AFRICA.

A LATE copy of the *Cape Mercury*, published at King William's Town, Cape of Good Hope, contains an interesting narration showing the progress of the temperance reformation among the natives of that colony. It appears, according to the *Inter-Ocean*, that the people of Chief Siwani's tribe were the first to agitate for the removal of the canteens (sutling houses licensed to sell liquors) from their locations. In this they were successful, and it was found by experience that the restrictions placed upon the traffic, though falling short of total prohibition, were highly advantageous to the tribe.

It was recently reported among them that the government, as a revenue measure, was about to abrogate the restrictions placed upon the traffic within the proclaimed areas. This caused much excitement among them, and was the occasion of the assemblage of a large meeting of Siwani's people, June 22, in front of the court-house in the town, to represent their views to the magistrate, and through him to the government.

That orderly meeting of dusky natives, but recently emancipated from the thralldom of barbarism, eloquently pleaded for the protection of their homes from the destroying influence of the drink, which is the curse of civilized man, formed a scene of pathetic interest to all who feel the pulse-beat of philanthropic sentiment. If the government does not heed such earnest appeals as were there made, then the white people who rule the colony should first of all be made the subjects of future missionary labors.

An old chief, named Mabope, was first to speak. They asked the government to take the liquor from their homes, and it had done so. He trusted it would now listen to their plea and not bring it back again. He wanted liquor kept as far away from the black people as possible. Sevise, a son of

Siwani, said they looked to the government for protection. They were all agreed as to the good that had followed since the canteens had been closed, and they did not want the white man's liquor brought near their locations again. He was not speaking, he said, as a total abstainer, but he spoke for the good of his people.

The statement of Mema, son of a principal councillor, was to the effect that the women, as well as the men, were addicted to the drink habit. "When the canteens were among them," he said, "their wives spent all their time at them, and they had no wives." If the wives of white people should fall into like habits of dissipation, the men would speedily organize W. C. T. U. societies for the suppression of the evil. The dark-colored sisters, however, turned the tables on the men when they were given opportunity to speak. Nopodi, wife of a notable, said the women were losing their husbands and being ill treated through drink; but since the canteens had been closed they had been happier, and had become prosperous and contented. Another woman bore testimony to the evil effects of drink, and concluded by saying that she "had almost become tired of being thrashed when the canteens were near them." That sort of experience would make even a white woman "almost tired!" A number of women spoke to about the same effect.

Mr. Dick, the local magistrate, closed the conference by saying that he would present the matter to the government, and that he believed it would be a good day for the natives when strong drink could no longer be sold to the black man. This was greeted by signs of earnest approval by the assemblage. Altogether, the incident may be noted as an indication that the tidal wave of temperance is reaching all shores.—*See*.

IN Parsons, Kan., a city of 10,000 inhabitants, there is not a man whose business is not known, nor one who does not pay his bills. This is one result of prohibition. The editor of a local paper says: "Before we had prohibition there were twenty-one saloons in Parsons, and I had from one-fourth of a column to a column of police items every day. Now I cannot get together more than half a column once in three months. We have no city debt, and have a public library building, paid for, which cost \$10,000.—*See*."

Miscellaneous.

BLESSINGS OF THE YEAR.

THE grain is garnered in,
 The apples ripe are stored,
 The yellow pumpkins gleam among
 The farmer's treasured hoard.

The earth is brown and bare
 That once was green and gay;
 Where regal autumn charmed the eye
 Dead leaves bestrew the way.

Though clouds be dark o'erhead,
 With wind and unshed rain,
 The good which once has crowned the earth
 Will make it bloom again.

Then let us thank our God
 For spring-time soft and fair;
 For April rain and May-day sun,
 And June's delicious air.

For July showers and heat,
 For dreamy August haze,
 For cool September's purple field,
 For glad October days,

For dull November skies,
 And barns with harvest filled,
 We thank thee, Lord, who richly blessed
 The land thy servants tilled.

The year to come is thine,
 Thou knowest what will be;
 Send rain and dew, and wind and sun,
 As seemeth best to thee.

—*Herald of Peace.*

WHAT SHALL WE EAT?

BY M. G. KELLOGG, M. D.

IN seeking an answer to the question, "What shall we eat," we must not conclude that because we can tolerate certain articles as food, therefore they are proper and wholesome. We should rather ask ourselves if the food we subsist upon is conducive to health. Is it suitable for our sustenance? Does it contain proper nutrient elements? Is it free from deleterious substances? It has been shown in a former article that a flesh diet is less conducive to health than a diet of fruits, grains, and vegetables, for the reason that flesh meats contain more or less broken-down tissues in a more or less advanced state of decomposition. There are, however, two articles of food which have an animal origin, or which are derived

from the animal kingdom, which may be said to be free from the objections urged against flesh as an article of food. These are milk and eggs. Milk, if drawn from the udder of a healthy animal, is both nutritious and wholesome, and the same may be said of fresh-laid eggs. Neither healthy milk nor healthy eggs contain broken-down tissues or waste material.

The first food of the young of all animals is milk, which is better adapted to afford them the necessary nutriment than any other food they could use. The reason for this is obvious. In foetal life the nourishment is taken directly from the parental blood by the cells and tissues of the developing body, the foetal digestive apparatus not being called into action in the process, that work having been performed by the parent.

After the offspring has started on an independent existence, its food for the first few months is far more appropriate, and better adapted to sustain and nourish it if it simulates the parental blood, whence the foetal nourishment was obtained.

Milk more nearly simulates the nourishment used in developing the new being than any other preparation supplied by either art or nature. The albuminous, fatty, and saccharine portions of the blood are what afford the foetal nourishment. Milk contains these elements in the form of caseine, fat granules, and milk sugar, which are very easily digested by the young stomachs of new beings if taken in the milk. It should be remembered that in every being possessing blood, the entire body, every tissue, every cell, is nourished and maintained by, and directly from, the blood, and that, as nature has provided milk, which so nearly simulates the blood, as the first food for man and animals, therefore, milk is appropriate food, not only for man in his infancy, but for him in adult life; this fact is recognized by physicians, milk being considered the best of food for invalids suffering from many forms of disease. The objection is sometimes offered, that only the mother's milk is suitable for the offspring, and then only for a limited time, else what would future offsprings do for their supply. This objection, however, does not weigh anything, as against the adaptability of milk for human food, but only against the proper distribution of the mother's milk among her offspring; but this is not the question we are considering. The milk of the various species of animals, human beings included, is quite similar in its character,

and is, therefore, appropriate for food regardless of the particular species producing it. Milk, unless it has fermented, always contains all the food elements required in any animal body, that is, sugar, fats, and albumen, although these elements exist in varying quantities in the milk of varying species of animals.

The following table gives the composition of the milk of several species of animals:—

	Human.	Cow.	Goat.	Ass.
Water.....	87.24 to 90.58	86.35	86.85	89.01
Soils.....	9.42 to 13.39	13.77	13.52	10.99
Caseine.....	2.91 to 3.92	3.23	2.53
Albumen.....	1.90 to 2.21	0.50	1.26	3.57
Butter.....	2.57 to 4.50	4.30	4.34	1.85
Milk sugar.....	3.15 to 6.09	4.93	3.78
Salts.....	0.14 to 0.28	0.60	0.65	5.05

Human milk contains less albumen, which is more soluble than that of animals. Yet there is no reason why animal milk may not be used as human food. Although the milk of a healthy animal is wholesome food, yet it may be a vehicle for communicating disease.

First, the secretion may be altered in diseased animals and their milk thereby rendered obnoxious, or even poisonous, when used as human food.

Second, milk as sold by milk dealers is usually largely adulterated, and it not infrequently occurs that disease germs exist in the water used for adulterating it, or for cleansing the vessels in which the milk is kept. Then again, milk, like other fluids, absorbs gases, and the microscopic substances floating in the atmosphere, many of them, are living organisms, capable of multiplying with great rapidity in the milk, or within the human stomach, and of occasioning disease. While it is true that the milk of healthy animals is wholesome food for human beings, the greatest care should be taken that it does not become contaminated with disease germs, known as microbes. To avoid this contamination, every vessel used for conveying or retaining the milk, should not only be washed, but thoroughly scalded with boiling water, great care being taken to see that the outside of the pans, and especially the seams and rim, if tin pans are used, are also thoroughly cleansed.

The milk should be set on the stove, and brought to about the boiling point, but not allowed to boil, however; then set in a milk-room that is absolutely clean, and free from smell of any kind whatever. The unpleasant smell, so often observed in cellars, milk-rooms, and pantries, is caused by microbes, or disease germs, and milk cannot long remain in such a room, without ab-

sorbing these germs and becoming unwholesome, and capable of producing disease of some form in the person using it as food.

Milk, if free from disease germs, is certainly a wholesome and nutritious article of diet, yet care should be taken in the manner of its use. After the period of infancy is passed, milk should be eaten and not drank, as a rule. When milk is taken into the stomach, the first act in the process of digestion is to separate the serum, or watery portion, from the caseine and fatty portions, by coagulating or curdling the milk. The serum, which contains much of the saline and saccharine matters, is taken up by the various absorbents, leaving a mass of albuminous substance, in the form of curds, to be acted upon by the gastric juice. Now if the milk is eaten with other food, such as the various forms of grain preparations, gruels, mushes, breads, etc., and some forms of fruits and vegetables, the curds formed in the stomach will be much more readily broken up and permeated by the gastric juice, and consequently the more easily and speedily digested.

Eggs being composed almost wholly of albumen and fatty matter, and, if produced by healthy fowls quite free from disease germs of any sort, are very wholesome and quite nutritious, yet care should be taken with eggs, both in the keeping them for use, and in the preparation of them as food.

Stale eggs are very unwholesome, as they contain many varieties of microbes, or disease germs, which enter them through the pores of the shell; consequently they should be avoided. Eggs may, be eaten, either cooked or uncooked, if not stale. As a rule, I think that eggs cooked by boiling them until the white is coagulated, or just turned milky in color, is the best method of cooking them. This may be done by boiling with shell, or breaking them into water just below the boiling point. Eggs, however, are admissible as food, if prepared in the form of steamed custard, or used in preparing plain puddings, etc. Condiments should not be used with them, however. Aside from milk and eggs, I know of no other animal product that is either necessary or even proper to be used as food for human beings, for reasons given in previous articles.

In our next, we will have something to say about food having a purely vegetable origin.

—♦—
A CONSTANT guest is never welcome.

THE ATMOSPHERE AND ITS USES.

The great ærial ocean which surrounds us is an invisible, transparent mixture of oxygen, nitrogen, carbonic acid, and aqueous water. Such a combination is necessary for the correct performance of vital operations going on in the system.

Respiration.—This is the process by which air is conveyed through the lungs to the blood to purify it. It is performed chiefly by the lungs. They are very spongy in structure, as they are composed of many compartments or cells. Air, in reaching the lungs, must pass through the windpipe, which is about four inches long and one inch wide. It is situated in front of the food-tube, and in the chest divides into two tubes—bronchi—one of which enters each lung, divides many times, and finally each minute branch enters an air-cell. Each cell is covered externally by minute blood-vessels, the terminations of a large vessel direct from the heart. The lining membrane of each compartment is a continuation of that which lines the windpipe and bronchi. There is a direct communication through this membrane, which is very porous, between the air drawn into the lungs and the blood in the vessels around the cells.

Air.—While passing through the various compartments in the lungs, the air undergoes alteration. The blood-vessels absorb a large share of its oxygen. The lining membrane of these cavities is directly connected with the blood-vessels, which ramify on the outside of each cell. It absorbs from the blood worn-out ingredients, in the form of gases, which mix with the air to be thrown off. The air, therefore, after being expelled from the lungs, has lost oxygen. The quantity of nitrogen is increased. It has also gained carbonic acid and aqueous vapor. The deficiency of oxygen is accounted for by its being absorbed to purify, to furnish the blood with nourishment, and to assist in numerous changes going on in the body. The nitrogen, carbonic acid, and aqueous vapor are greater in amounts from the decomposition of waste materials carried by the blood-vessels to the lungs, to be absorbed and thrown off.

It is very important that every cavity in the lungs should receive pure air and expel that which has lost its vitality. Some time, therefore, every day, should be devoted to expanding the chest to its fullest capacity in the open air and free from all impediments.

Inspired air should always be drawn through the nostrils, instead of the mouth. The former contain scrolls of delicate bones, which are covered with the same kind of membrane as that which lines the tubes and air-cells, with the exception that it is better supplied with blood-vessels, which increase its temperature.

Passing over this membrane, coming in contact with the whole extent of surface, it is made warmer, drier, and freer from dust, than it otherwise would be, before reaching the lungs. Thus, by never allowing the lungs to become chilled or irritated by unsuitable air passing through the mouth directly to them, many a sore throat, cough, or still greater trouble might be prevented.

Blood.—Impurities are taken up, or absorbed by, blood-vessels all over the system. As they approach the center of the body, these vessels increase in size, while they decrease in number, until two large ones enter the heart. From the heart one vessel passes, which soon divides, sending a branch to each lung, which divides many times on the outside of the air-cells. The changes which take place in the blood in its passage through the lungs are the reverse of those which the air undergoes. It gains oxygen by absorption from the air. It loses the other gases, which are thrown off by the expired air. Its color is changed from a dark blue to a bright scarlet. These changes not only depend on the purity of the air, but also on the amount inspired. Hence, the great evil of diminishing the capacity of the chest by tight lacing.

Ventilation.—There is no more fruitful cause of disease and death among us than a vitiated atmosphere. It may operate slowly and treacherously, producing scrofula, consumption, etc., or with sudden fatality, as in vicinities where large amounts of carbonic acid are generated. In the changes occurring from the putrefaction of animal and vegetable matters, deleterious products are given off. So poisonous are these that death takes place when they accumulate in a concentrated form around dwellings. In a smaller amount they produce an endless amount of discomfort and disease, from debility to a permanent loss of health.

We draw upon the atmosphere more than one thousand times an hour for nourishment and sustenance.

More attention ought to be given to ventilation than is ordinarily bestowed upon it. It should become a primary object in the construction of all

buildings. The supply of a fresh and pure air should be placed among the first and most essential necessities of life. We can compensate for the deficiency of fire by an extra amount of clothing or an increased supply of fuel, but nothing will take the place of pure, wholesome, unvitiated air.—*S. Augustus World, M. D., in St. Louis Magazine.*

MEAL AND WATER.

DR. ALLINSON'S experiment of living a month on cooked wheat-meal and water has created a wonderful sensation among the writers of the press. Dr. Allinson says: "I have just finished my month's trial diet of whole-meal and water; by the time this is in the hands of the public, I shall be on vegetarian diet as usual. A month of simple diet has got my palate used to plain fare, and I relish it and enjoy it. Were it not for the former knowledge of savory foods, I should never crave for them. I will now sum up the results of the experience. My weight has decreased eight and one-half pounds from the first, which I lost in the first week in trying to live on one pound of meal a day. My strength of grip has actually increased, and I could squeeze six pounds more with my right hand, and five pounds more with my left hand, than when I began. My breathing capacity is less by a few inches; this I blame to want of exercise this Christmas week. My sight has improved a little, my nervous system responds to reaction quicker, and I am altogether in better form. I have worked as usual every day, and found my capacity for mental work much greater. My food has cost me under two pence a day, and it shows how little a person could live on at a pinch. The experiment also shows the great value of whole-meal, or wheat, as an article of food. I doubt very much if a person could do what I have done on white flour and water. I find, also, that it requires about one and a half pounds of wheat-meal a day to keep me in good working order—doing my ordinary work and walking six miles a day. The outcome is satisfactory, and when the results of the more scientific inquiry—for which due notes have been made from day to day—are known, I will let my readers have full particulars." —*Selected.*

THE desire of more and more rises by a natural gradation to most, and after that to all.—*L'Estrange.*

TROUBLESOME WEEDS.

EVERYONE has a garden called conversation. If the unpleasant thoughts which blossom into words are kept out, the garden becomes beautiful and interesting. There are a few kinds of weeds which unconsciously creep into this garden, and unless they are put down, or, better, pulled out, they injure and spoil the good flowers.

1. *Untruth.* This is dark-leaved and so small at first that it is scarcely noticed. In its early stages it is called exaggeration. You are not sure whether you saw three or four things and you say four. The next time the number becomes larger, and so the weed grows until it is strong and hardy. Be sure to pull it up.

2. *Slang.* This spoils many a garden of choice flowers. It is sometimes overlooked among boys, but is not considered to have any beauty.

3. *Bad grammar.* This is a common weed found in the gardens of uneducated and careless persons. It grows slowly but steadily, and finds a place beside the nicest-looking flowers. There are a number of varieties, and among them are: "I seen," which chokes up "I saw," or "I have seen;" "its her'n," which crowds out "it is hers;" and "it is me," which grows close to the little plant "it is I."

4. *Gossip.* Everyone knows this ugly weed, which works mischief wherever it appears. It is one of the worst varieties, and has been known to completely overrun and spoil the gardens in which it is allowed to grow.

These are the principal weeds which find their way into the garden of conversation. Examine the one belonging to you and see what weeds are gaining headway.—*Scholars' Companion.*

A SIX-YEAR-OLD boy wrote his first composition on water: "Water is good to drink, to bathe in, and to skate on. When I was a little baby the nurse used to bathe me every morning in water. I have been told that the Injuns don't wash themselves once in ten years. I wish I was an Injun!" —*Our Dumb Animals.*

"My pa," said one small boy, "is a preacher, and is sure to go to heaven." "Huh!" said the other small boy, "that ain't nothin'. My pa is a doctor and can kill your old pa."

Household.

THE FAIRIES' WAR.

ONCE a bad little fairy, "I Can't" by name,
 Made war with the fairy "I Can,"
 And took captive a prince, Master Roy Burlingame,
 A dear little seven-year-old man,
 Whom "I Can" was training so that he
 A noble and valiant king might be.

But the little prince changed from the very hour
 That he left the fairy "I Can,"
 For a boy, when once in "I Can't's" power,
 Will never be much of a man.
 So help "I Can," children, with all your might,
 Whene'er the two fairies begin to fight.

A LESSON FROM SOLOMON.

MRS. WALLACE looked up from the work over which her needle was rapidly flying, and for one astonished moment let her hands fall in her lap, while her indignant eyes flashed at her cousin.

"Jennie Carter, you must think I am an idiot; you are always triumphing over me with your Bible quotations, but I'm not such a goose as to accept that for inspiration; it doesn't even sound like Scripture."

Jennie laughed in her quiet fashion, and reached for the Bible from the table near her.

"It is Scripture, nevertheless, and I call it excellent philosophy, if it did come from Solomon."

"Oh, Solomon! Well, one never quite knows whether he is talking from the standpoint of the preacher, or the man who set himself to know madness and folly."

"Listen," said Jennie, "you shall have the exact words: 'Also take no heed unto all words that are spoken; lest thou hear thy servant curse thee; for oftentimes also thine own heart knoweth that thou thyself likewise hast cursed others.'"

"Let me see it. Well, it certainly is there, but I never would have believed it."

"And don't you see," said Jennie, "that having counseled us sometimes to shut our eyes and ears to unpleasant things as the most comfortable way of getting along, the wise man enforces his argument by appealing to our own consciousness of its justice. How many things have you said and thought in your own heart that would condemn you if they were proclaimed."

"But think of that shiftless, slatternly Norah telling Bridget that I was crosser than forty bears, and an angel from heaven couldn't suit me!"

"She was only expressing her opinion of you to her friend, just as you are telling me your opinion of her."

"She is shiftless and slatternly—"

"And you are an admirable housekeeper, but a little inclined—"

Jennie paused, and Mrs. Wallace laughed, but colored uncomfortably as she said frankly:—

"Yes, I know I am not amiable. I feel strongly and so I speak strongly. Words often seem to me entirely inadequate to express my feelings."

"But suppose you did not express them?"

"Not when I see Norah stirring her omelette with a new silver spoon, using a china cup to measure butter in, and a tea-towel for a holder? Just wait till you are mistress of a house."

"Do you remember Aunt Kate's way, and how many years she managed that crotchety Mary? Her girls used to say she had eyes in the back of her head, but this was the way she used them: She would find occasion to do something about the kitchener, and say, 'Bring me a holder, Mary, I won't spoil your nice towels;' or, 'That was a nice omelette you made this morning, Mary, but don't you think it tasted of silver?' And when Mary fairly started for one of her hurricane days, Aunt Kate just kept out of the way, and pretended not to notice that anything was wrong."

"That may do with servants, perhaps, if one has the grace; but when it comes to children, you must notice their faults."

"Not always; it seems to me if I was pretty sure my children meant to do right, I should not be too careful to inquire whether they succeeded in every instance. I declare to you, Melly, I have seen children in beautiful Christian homes whom I pitied as sincerely as I do the heathen on our streets, and who seem to me to have no chance of growing up with any adequate conception of right and wrong."

Mrs. Wallace murmured something about old maid's children, but her cousin went on:—

"They lived in perfect terror of transgressing some law, or calling down in some way a rebuke; they seemed to be always dodging a reproving glance or a word of criticism, just as the others dodge an expected blow. It seemed to me inevitable that they must either grow up utterly callous

to reproof and disapproval, or become habitually deceitful and hypocritical."

Mrs. Wallace, whose eyes were always alert, started up, exclaiming sharply,—

"Now there goes Arthur straight across the lawn, and I charged him to keep off the wet grass."

"Wait a minute, Melly," begged her cousin; "don't you hear the band? The little fellow thinks of nothing but the music; he is not disobeying, only forgetting. Suppose you don't see him this time."

Mrs. Wallace frowned a little, but sat down; and in a few moments her little boy came in with glowing cheeks and sparkling eyes, wild with delight at the music and gay uniforms. It would have been a hard heart that could have resisted his enthusiasm, and Mrs. Wallace only said with a smile,—

"You're mamma's own boy for music, but don't forget about the grass; it is very wet after the rain."

"O mamma," said Arthur, looking regretfully at his feet; "I didn't think about the grass, I was in such a hurry. I'm so sorry."

"Never mind now," said his mother. "Mamma knows you meant to remember, and she'll excuse you."

"Nice mamma," said Arthur, patting her cheek as he ran away.

"Jennie," said Mrs. Wallace, after a moment of silence, "Solomon was right. Do you know what I was going to do? I was going to call Arthur straight back and make him sit down in his chair half an hour for disobeying me. We should both have been angry, and ten to one I should have had one of my regular battles with him. I declare," she exclaimed, biting her lips, "there he goes on the grass again."

But the little fellow only took one impulsive step towards the playmate who was calling him, and then turned quickly and went by the long circuit of the gravel walk.

"There," said Jennie, "I call that obedience."

"I'm going straight down to praise Norah for the way she has polished the brasses; and if I find her raking out cinders with the carving-fork, I'll hold my peace until some other time. Haven't I just snipped off a whalebone with my embroidery scissors to save myself going upstairs for a pen-knife?"

Mrs. Wallace went to the kitchen humming the

march the band had played, and her cousin laid away the Bible, saying, with an amused laugh, "Wise King Solomon"—*Emily H. Miller, in Christian Weekly.*

THE CARE OF INFANTS.

STATISTICS inform us that three-fifths of all infants born die before reaching ten years of age, and one-half of the number before five. Now, it is not right this should be so, when so many causes of infantile destruction are readily traceable to ignorance or neglect. The instincts of animal creation teach us a valuable lesson in this particular, and the death rate among them is not nearly so great. Take, for instance, a herd of sheep or swine. What shepherd or swine-herd would or could afford such sacrifice? Take any of the domestic animals with which you are familiar, as examples, and you will find that the proportion of loss will be in inverse ratio compared to that of the superior intellectual animal. Is it not a burning shame that it is so?

The child at birth should be properly cleansed, all admit; but as to the methods of doing this there is a difference of opinion. Certainly, soaps are injurious to the tender skin, because of the alkali contained in them. At this time the skin is very tender. I would recommend the cleansing of the child by the use of oil with a soft cloth, cotton flannel, for instance. This will leave the skin clean and ruddy, and will protect from the action of the atmosphere. The child should then be loosely and properly clad in soft cotton clothing, and placed in bed near its mother to partake of her warmth until it has had time to take nourishment for itself and fully establish its own capacity for the proper generation of heat. If possible the room should be warm enough for a healthy, well-clothed person to sit in and be comfortable.

All irritating fabrics should be kept from touching the skin, and when the use of woollen clothing becomes necessary, it should be used as an outer covering. The best nourishment possible is that provided by nature, and should alone be allowed at such times as the instinct of the child calls for it. The first substance entering the child's stomach should be that which is usually obtained at the first application. As a rule, the mother will provide a sufficient supply. It is a calamity when it is otherwise.—*ScL.*

BREAD, AND HOW TO MAKE IT.

THERE is no substitute for bread; it is, really and truly, "the staff of life"—dubbed, by some appreciative man, "the walking-stick of existence."

We can excuse anything better than a failure of bread, when we sit down to a meal hungry. If everything else is a success, it becomes well-nigh a failure if the bread is heavy, or sour, or clammy.

This is simply inexcusable for even the most inexperienced, for, although "man cannot live by bread alone," he is not going to starve, or suffer from indigestion, as long as he has good bread, and plenty of it.

See how absolutely important this is. It remains a remarkable and deplorable fact that the most of housekeepers are sadly deficient in the accomplishment of bread-making. I know a certain "model housekeeper" whose roasts are irreproachable, and whose desserts are elegant and delightful, but she says, with a sigh of indifferent apology, "I never could succeed with bread."

If she only knew what cruel agonies of dyspepsia one of her guests bore away, under a soggy biscuit, a humane pity would have prompted her to master the art of making good, wholesome bread. Her husband was a very cross-looking man, I thought, and her children, while pretty and intelligent, and beautifully dressed, were fussy and delicate. No wonder, if they had to eat soggy bread every day!

In my estimation it amounts to a positive crime for a housekeeper to allow such bread placed on her table, to ruin the digestions of her husband and children.

One cannot help feeling cross, and blue, and out of sorts, if sour bread is the stomach's companion.

It will make the children kick the covering off at night, and cry, and toss about, and the "gude man" snore, and have nightmare, if he sleeps at all, and make the poor mother wakeful, or terrify her with frightful dreams, yet she is all unconscious of the cause of it!

This is as true as gospel, and in nine cases out of ten, if you'll trace back these family disorders, you'll find they are due, principally or wholly, to bad bread.

The two important demands for bread are that it shall be wholesome, and that there shall be a

variety of it; and just here I want to give my protest against the monotonous biscuit.

I know dozens of families in which biscuits are an ever-present necessity—biscuits for breakfast, biscuits for dinner, biscuits for supper—biscuits, biscuits, biscuits!

They never seem to think there is any other variety of bread than this, a vile compound of flour—often not the best—lard, and something to swell it up, water or milk sufficient to stick it all together, hastily mixed, without proper kneading—which would always be a redeeming quality—and then made into irregular shapes, and shoved into the oven, there to accommodate itself to the heat it may find.

Perhaps they may come out overdone, or underdone; and *these* make the principal dish on the table!

They may be green with soda, brittle and greasy with lard, dry as ashes with baking powder, or clammy from the want of proper cooking, but they are eaten—from necessity, or ignorance, or both.

We heartily indorse the sentiment found in the above article from the pen of M. A. Oldham, in *Dress* When so much depends upon the kind of bread we eat, how necessary that it be the very best.

A. M. LOUGHBOROUGH.

USE OF SWEET APPLES.

A SWEET apple, sound and fair, has a deal of sugar or saccharine in its composition. It is, therefore, nutritious, for sweet apples raw will fatten cattle, horses, pigs, sheep, and poultry. Cooked sweet apples will "fat" children, and make grown people fleshy—"fat" not being polite as applied to grown persons. Children being more of the animal than "grown folks," we are not so fastidious in their general classification. But to the matter in question. In the house of every good farmer who has an orchard, baked sweet apples should be an "institution" in their season. Everybody, from the toddling babe holding up by its father's knee—children are a decidedly household commodity—away back to "our reverend grandmother" in her rocking-chair, loves them. No sweetmeat smothered in sugar is half so good; no aroma of dissolved confectionery is half so simple, as the soft, pulpy flesh of a well-baked apple of the right kind. It is good in milk, with bread. It is good on your

plate at breakfast, dinner, or supper—we don't "take tea" at our house. It is good every way—"vehemently good"—as an enthusiastic friend of ours once said of tomatoes.—*N. Y. World.*

A HOME THRUST.

THE following piece illustrates splendidly how foolish or silly it is to practice sitting up late with a young lady during courtship or otherwise.

"Yes," she said, in answer to something he had said, "the old songs are very beautiful."

"Beautiful!" he exclaimed, enthusiastically, "beautiful hardly describes them. They are—they are—well, compared with them, the songs of to-day are trash, the veriest trash."

"I agree with you, yet the old songs sometimes contain sentiments that one cannot wholly approve."

"I think you are mistaken."

"I will give you an illustration. There is John Howard Paine's 'Home, Sweet Home,' for instance. You surely do not agree with all the sentiments it contains"

"Why not?" he asked warmly; "why not?"

"Because," she said glancing at the clock, which was marking the hour of eleven, because there is a line in that song which says, 'There's no place like home.' You do not believe that, do you?"

Then he coughed a hollow cough, and arose and went silently out into the night.—*Boston Courier.*

WE often hear mothers say to their little ones, "Oh, do run away and don't bother me now!" The next thing those mothers know, or might know if they would take time to see it, is that their children are on the street with such company as the street affords. Then they wonder why it is that their babies are growing so rough and saucy, and where they learn such bad language. We would better bear with much discomfort, and keep our children as near to us as possible, than to be obliged to grieve in after years because they refuse us their confidence.

No one has such need of varied knowledge and accomplishments as a wife and mother. A mother ought to keep growing mentally—she is expected by her children to be a perfect encyclopedia to draw from. She who gives up her reading and interest in living questions of the day, loses half her proper self.

HELPFUL HINTS.

IT is said that half a teaspoon of powdered alum beaten to a curd with the white of an egg, for inflamed eyelids, is very soothing and efficacious.

BUTTER and animal fats should be used sparingly by those having catarrh.

FERMENTING foods should be studiously avoided in all stomach troubles.

WHOEVER uses the following preparation for cleansing silver will never ask for another: Two ounces ammonia, two of prepared chalk, and eight ounces rain-water; apply with a soft flannel and rub with chamois-skin. For the filagree work use a silver-brush.

CARE OF THE SKIN.—Keep a bottle of dissolved powdered borax on your wash-stand, and use in the bath; it cleanses and sweetens the perspiration. I use it by putting a little on a wash-cloth, which is Turkish toweling.

THE simplest way to fumigate a room is to heat an iron shovel very hot and then pour vinegar upon it, drop by drop. The steam arising from this is a disinfectant. Doors or windows should be opened that it may escape.

IT is a common occurrence for children to get beans, grains of corn, and other foreign substances, up their noses. This simple remedy is worth remembering: Get a child to open its mouth, apply your mouth over it, and blow hard. The offending substance will be expelled.

PERSONS subject to bilious attacks will suffer less if they will not eat meat.

To take letters from a flour sack, first dip the sack in cold water, and let it soak fifteen minutes, then soap it well, let it soak a little longer, and, when it has been washed through one water, it is ready to be put through with the other clothes.

THE chief organ of an infant is its stomach, and the physician or nurse who keeps this fact uppermost in mind, will have the greatest success in taking care of infants.

DRINK FOR AN INVALID.—Beat well the yolk of one egg, place it in a glass, add white sugar and lemon extract to taste; fill up the glass with milk. Take the white of an egg and beat to a stiff froth and add sugar and flavoring. Place on the top of the glass. This is excellent.

IF your bread or cake cracks on the top while baking, it is because your oven was too hot when you put it in, and the crust formed before the heat had caused the dough to expand.

Healthful Dress.

RIGHT AND WRONG.

"THEN faint not, falter not, nor plead
Thy weakness; truth itself is strong;
The lion's strength, the eagle's speed,
Are not alone vouchsafed to wrong."

HOW TO DRESS HYGIENICALLY.

SINCE the publication of the article, "Hygiene *versus* Surgery in Gynecology," in the May number of the *American Journal of Obstetrics*, I have received letters from the East and West asking for some details as to how women can dress hygienically. The whole thing is in a nutshell in one sentence in that article, "Too much weight must not be there to suspend." The word hygiene, with reference to dress, is used relatively. Absolute hygiene does not allow one ounce of weight on the hips, and that is not possible with the present mode of dress. But to carry two pounds there instead of ten, twenty, and more, without changing the external appearance, is, relatively speaking, hygienic.

Some of the details for accomplishing that end are as follows: The undergarments, both woolen and muslin, should be combination suits, either in one piece or buttoned together at least an eighth of a yard below the hips. Thus two bands are removed from the waist. Only one skirt should be worn, a stiffly starched muslin in summer and a long *eider-down* flannel in winter. This is the only band allowable at the waist, and it is better of course without that. In winter extra skirts must not be added for warmth, that must be supplied by thicker underwear. Another skirt is simply like another flag hung out to the breeze. Patients who wore a number of skirts in the winter, and yet were always shivering, were surprised to find, on changing to one light one, and warm combination suits, that they were warm and comfortable, and that the cold feet disappeared.

The ordinary corset, of course, must be abolished. For a substitute the least objectionable of all is the Madame Foy corset. It has shoulder straps, and ends at the waist behind in a little skirt supporter. It must be worn very loose. Dresses can be fitted over the ordinary corset, if one prefers, and then worn over the other. It does not spoil the fit. The "*Improved Madame Foy corset*" is very objectionable.

The greatest weight is usually in the dress. That is obviated by using materials of light weight, and choosing from the many styles for making one that does not require so many yards. The fashionable *cloth* dress is deadly poison. The dress should be in one piece, or the skirt attached to the basque. Weigh the dress skirt with the scales and see how many pounds and ounces can be taken off by removing superfluous linings, facings, trimmings and hidden plaitings.

The winter cloak called a newmarket rests on the hips. Just weigh one with the scales and lay it aside forever. A patient taking a good walk in one undid the effects of several months' treatment.

To reduce the weight on the hips to two pounds is very difficult, and only accomplished with the greatest care. These two pounds are still slow poison, but instead of the many pounds now worn it is a wonderful relief.

Women should have a dress that does not consume their health and time, but for immediate relief they can make these changes, and yet be dressed *a la mode*. The time is fully come for women to awake to their privileges and take the health and strength that belongs to them.—*Julia W. Carpenter, M. D.*

THE EFFECTS OF TIGHT CLOTHING.

NOW that rational ideas as to dress have acquired a definite place in public esteem, it may be imagined that the practice of tight lacing, and customs of a like nature, if known at all, are not what they used to be. A case of sudden death lately reported from Birmingham proves that it is still too early to indulge in such illusory ideas. The deceased, a servant-girl of excitable temperament, died suddenly in an epileptoid fit, and the evidence given before the coroner respecting her death attributed the fatal issue to asphyxia, due in a great measure to the fact that both neck and waist were unnaturally constricted by her clothing, the former by a tight collar, the latter by a belt worn under the stays. We have here certainly those very conditions which would lead us to expect the worst possible consequences from a convulsive seizure. There is no organ of the body whose free movement is at such times more important than the heart. Yet here we find, on the one hand, its movement hampered by a tight girdle so placed that it could with difficulty be undone at a critical moment; on the other a contrivance admirably adapted to allow the passage of the blood to the brain, while impeding its return. This is no isolated case as regards its essential character, though, happily, somewhat singular in its termination. Minor degrees of asphyxiation, we fear, are still submitted to by many of the self-torturing children of vanity. The tight corset and the high heel still work mischief on the bodies of their devoted wearers. Taste and reason, indeed, combine to deprecate their injurious and vulgar bondage, and by no means unsuccessfully. Still the evil maintains itself. Cases like that above mentioned ought to, if they do not, open the eyes of some self-worshippers of the other sex who heedlessly strive by such means to excel in a sickly grace. We would strongly impress on all of this class the fact that beauty is impossible without health, and would advise them, in the name of taste as well as comfort, to avoid those methods of contortion, one and all, by which elegance is only caricatured, and health may be painfully and permanently injured.—*London Lancet.*

THE INFLUENCE OF DRESS.

A WRITER on men's dress says: "The influence of dress upon the welfare, manners, and morals of mankind is but too rarely estimated at the proper measure of importance. A nation whose people are garbed in slovenly coverings, apparently content to accept this condition, whether as a result of poverty or of prevalent vices, will be found at a painful standstill in the march of civilization. There is nothing that so blunts the ambition and hopes of a community as the

lapsing into a state of indifference to personal appearance which permits the masses to go about ragged and unclean. The effect of an utter disregard among the poorer classes as to what shall be the nature and condition of their apparel, not only has a most blighting effect upon their progress, but it is found that such a negligence will, by degrees, degrade the standard of manhood down along the decline toward the veriest animal depravity.

"There should be but slight excuse for the civilized men of to-day being badly dressed. The existing customs and general plan of attire are so prescribed as to make a vulgarly garbed man a creature of accident or a victim of his own folly rather than a necessary evil. The matter-of-fact dressing of the men of this country conforms with the striving and hurry of the age. It is practical but not artistic."—*Dress.*

SHALL WE BANISH THE BASQUE?

FROM childhood I have heard a great deal about "a fine figure;" but it did not for a long time occur to me to ask, "What is a fine figure?" I had gone along for years, innocently supposing that a fine figure meant one which was not deformed. Judge of my surprise—disgust, even—when I discovered that, according to the common acceptance, a fine figure in a woman meant a large bust.

I have recovered from the surprise, but not from the disgust. And the more I study the human form, in painting and sculpture, the more my disgust deepens. According to the classic standard, there is but ten inches difference between the waist and bust measures; the first-class physician and the truly artistic dressmaker will tell you the same story. As most American women do closely approach the classic model; and as they are formed in exactly the way nature made them, how many of these can have "a fine figure"? —Not many, indeed, unless they choose to acquire it artificially by drawing the waist in and pushing the bust and abdomen out, as has, in fact, long been the practice among the majority. But, alas for the majority! They, poor things, honestly imagined that nature had slighted them, and mourned over their imperfections in private, scarcely believing that their neighbors on all sides might tell the same story. How else can you account for the constant demand for "dress forms"?

I do not hesitate to say that the popular idea of a "fine figure" is a delusion and a snare. Too large a bust is as much a deformity as a humped back. And to dress so as to exaggerate the bust is positively vulgar; it is even more objectionable than low necks, and in some quarters excites even more objectionable remarks.

More objectionable than the corset, or the tight belt, is, I am firmly convinced, the close-fitting basque. This is responsible for more errors in dressing than any one garment that could be named.

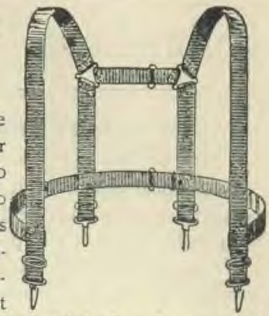
Why should the basque be retained? It is proverbially difficult to fit, even by an experienced dressmaker—the amateur would hail its abolition with delight. Moreover, it looks hard and unnatural—its plainness of outline shows not a real womanly figure, but a stiff, unyielding model, copied after a false ideal. A slender woman is made to look positively thin, a stout one, obese; even when the stout one laces and the slender one pads, an artistic result is not gained. The female figure, with its soft, round lines, will not bear plainness and tightness of dressing as the firmer male figure will.

This is not all. Whence do we Americans derive our ideas of close-fitting waists?—From English tailor-made costumes. Now it is well known that many English women are stout and clumsy compared to American. What might suit large, heavy women cannot be made to look well on light, graceful ones, without calling in artificial aid, which destroys what characteristic beauty the light, graceful type originally had.

Do away with the separate basque and skirt—never seek to show the uncovered outline of the bust—and all temptation to exaggerate is gone, and there is no particular need for a corset.—*Margaret B. Harvey, in Dress.*

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.

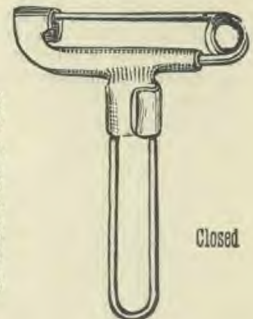
Either of the above articles may be obtained, post-paid, for their respective prices, by addressing

**RURAL HEALTH RETREAT,
ST. HELENA, CAL.**

Skirt Supporting Hooks.

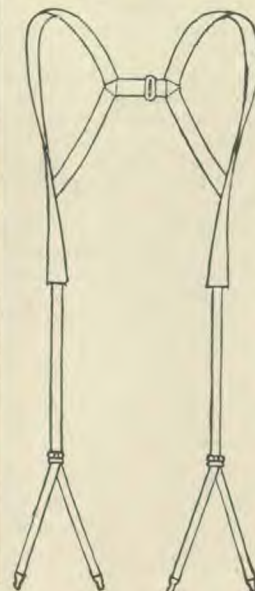


Open



Closed

25 cents a set of four.



Shoulderbrace and Hose Supporter

By this simple and substantial device the stockings are nicely supported from the shoulder. These are sold at the Rural Health Retreat, as follows:—

- 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, on receipt of price.

Publishers' Department.

HEALTH AND TEMPERANCE ASSOCIATION.

THE annual session of the California Health and Temperance Association was held in Oakland, the first meeting being called to order, and presided over, by the president, J. N. Loughborough, at 4:30 P. M., September 27. That meeting was simply preliminary to the general business of the association, and the time was occupied in the reading of the minutes of the last yearly meeting, and the appointment of the usual committees.

In the second meeting, held October 6, at 9 A. M., there was an election of officers for the ensuing year. J. N. Loughborough was unanimously declared president, and G. K. Owen, secretary. A number of important resolutions were then introduced, discussed, and adopted by the society. Among them we find the following relating to this JOURNAL, and the Rural Health Retreat.

WHEREAS, God, in his providence, has permitted the Rural Health Retreat to be established in our midst, for the double purpose of relieving the sick and afflicted, and teaching the true principles of Christian temperance and health reform; and,

WHEREAS, He has given repeated evidence that it is his will that this institution should live and prosper, and that his blessing has attended the conscientious efforts of managers, physicians, and helpers, in their efforts to carry out the principles and purposes of the institution; therefore,

Resolved, That we pledge ourselves to assist the managers of the Retreat by our influence, and that we recommend the sick and afflicted to patronize the institution, believing that by so doing they will be in safer hands than to place their health and lives with those who are not honored by the divine blessing; and,

WHEREAS, The PACIFIC HEALTH JOURNAL AND TEMPERANCE ADVOCATE has been established for the purpose of educating all who can be reached by it, in the principles of health reform and Christian temperance; therefore,

Resolved, That we will use our influence to increase the circulation of the JOURNAL; and further,

WHEREAS, The proper care of our bodies, and the practice of Christian temperance, are essential to the highest development of Christian character, beside being for the best interest of society; therefore,

Resolved, That we will study to faithfully live out the principles of true health reform, and Christian temperance; and,

Resolved, That we urge all who are in any way connected with this association, even if only in sympathy with its object, to make special efforts to become intelligent on the subject of health reform and Christian temperance, that they may not only practice these things themselves, but that they may be able to teach them to others also.

Resolved, That we request the California Conference to employ G. K. Owen to devote his time to the Health and Temperance work, under the joint direction of the president of this society and whoever may have charge of the canvassing work for Health and Temperance literature.

W. C. White remarked upon this last resolution, that much more could be accomplished by the plan of having persons devoted to a special work, instead of having all things common, and the temperance work commonly neglected.

W. P. Burke, M. D., remarked that he was in harmony with all of the resolutions that had been introduced, and that he was especially interested in, and laboring to do all he could to promote the cause of Christian temperance. This matter of appetite, said the doctor, is one of great importance, in connection with the cause of health reform. He then spoke of the evils resulting from the use of milk and sugar together at the same meal. He said he thought such combinations should be carefully avoided by those who would keep the blood pure. Said also that he thought those who were in the habit of eating three meals in two, should leave off one, and those who were in the habit of eating two meals in one, should also leave off one, and that two meals per day at the right time, of the right material, rightly prepared, and eaten in a proper manner, was far more preferable. We should eat to live, and not simply live to eat. Eating and drinking in a wrong manner produces a large share of the ills of life. Much medicine is used by the people for the cure of the many diseases that are brought upon them by wrong habits of living. Let it be borne in mind that medicines do not cure disease. We do not give medicines to cure the disease, but rather give our attention to supplying proper conditions for the patient, so that nature can do its work of building up the body, and so remove the disease.

Mankind have many wrong habits of living. The object of our Health Retreat is to teach people how to live to avoid disease, to teach them how to get well, and also how to keep well, as well as how to cure these wrong habits. People spend much of their money in getting sick, and then spend the rest of it in trying to get well. Better by far would it be for them to spend more of their time and means in learning how to live so that they may keep well.

We do not believe in using anything that will injure the body, for that is a violation of that commandment that says, "Thou shalt not kill."

A person cannot enjoy life, nor worship God as well, when sick as when in health. We are not that blessing to society when sick that we are when well. Our fellows do not enjoy our presence when sick as they do when in vigor. It is our duty, then, to do all in our power to keep well, that we may be a blessing to those around us.

After the passage of the resolutions, Elder Loughborough made remarks relative to the improvements that have been made at the Health Retreat, especially the chapel that is being erected there. He said that the building, 30x60, two stories, was erected, and ready for the plastering; that the structure with its ninety-foot covered corridor, connecting it with the main building, would cost less than \$4,000. A call was made for aid in the erection of the building, and over \$900 was pledged upon the ground.

At 2:30 of the same day, Mrs. White gave a stirring address on the subject of Christian temperance, at the close of which over 100 names were obtained to the temperance pledge, most of them being a pledge to abstain from the use of tea, coffee, tobacco, and all intoxicants, and so closed a very interesting session of the Health and Temperance Association.

As Elder Owen enters at once upon his temperance campaign, we shall expect to hear of good results. His lectures are illustrated by a set of Dr. J. H. Kellogg's charts, which present in a vivid manner the effect of alcoholic liquors

upon the stomach, brain, and various organs of the body. These lectures are highly entertaining and instructive for the school-room, the halls of our temperance friends, or the church. Elder Owens' lectures are welcomed by those who have become acquainted with his work. His home address for the present is 35 Carr Street, Los Angeles, Cal. Those wishing to gain an idea of his work, or to secure his services, would do well to address him as above.

WORDS OF COMMENDATION.

MR. EDITOR: I have received several numbers of your excellent journal, for which I thank you. I have read them with much interest. Its tone is clear and persuasive, and its extensive circulation would contribute largely to the public welfare. That "physical reform is the true basis of mental and moral reform" is a truth of vast importance to the human race. Preaching Christian morals to the people avails but little, so long as their physical habits are such that it is impossible to bring those morals into practice. How can people refrain from getting angry when an enormous secretion of bile (requisite for grappling with, and reducing an enormous quantity of, greasy food and slush) is always ready on the least occasion of external friction, to swash over, and send its biting, bitter influence throughout the large brain, and all the little brains or ganglia, presiding over the voluntary and involuntary powers.

A person thus constituted thinks he is mad about something *outside*, when the whole cause is *inside*, while outside events are only the *occasion* of its development.

How can the countenance glow with benevolence when the liver or stomach is all out of order by reason of bad diet or serious errors in the regimen? How can the brain act clearly and vigorously when the stomach is greatly overworked, and laden down, like a pack-horse or mule, with impure food, and thus thrown into constant warfare with the brain?

In your journalistic motto, therefore, you have hit the nail directly on the head, and if you can succeed in driving it home to the human understanding, you will have achieved a vast amount of good. Then your side column is equally substantial and truthful; pure air, pure food, and pure water tend strongly to purify the whole physical system, and thereby the mental and moral powers. I trust, therefore, that you have laid a foundation on which to rest a superstructure more enduring than brass or marble, and in your genial climate, it seems to me that you are in a fair way to lapse Paradise, and draw it back to earth.

LEWIS S. HOUGH.

Media, Pa., Sept. 27, 1889.

J. S. GIBBS, M. D., who has been for the last five and one-half years connected with the Rural Health Retreat, being desirous of having an opportunity to attend hospitals and some of the medical schools of Europe and America, to still further perfect himself in surgery, tendered to the board of directors his resignation, which was accepted. W. P. Burke, M. D., who was formerly connected with the institution, and who has been conducting a sanitarium in Napa, is now one of the board of directors of the Retreat, and was elected by the board as medical superintendent, with M. G. Kellogg, M. D., as assistant physician.

HYGIENIC COOKERY.—Our readers may form some idea of the growing interest in the subject of the proper and healthful preparation of food, when we state that the class of instruction in the science of cookery, recently conducted on the Adventist camp-ground in Oakland, by Mrs. McClure and Miss Fisher, was attended by over five hundred ladies, who were from all denominations. For the accommodation of this school a tent was erected, carpeted with burlap, and furnished with stove, tables, cupboards, and all needful appliances for a first-class kitchen. Over five hundred sets of lessons in cookery were disposed of to those attending the classes. Success to hygiene on the table, as well as elsewhere.

TIME TO RENEW.

Please examine the date on the address label of your Journal. Many subscriptions expire during November and December. Please renew at once for 1890 and we will send you the number for December 1889 Free. Subscription price \$1.00 per year.

OUR GENERAL AGENTS.

- Arkansas Tract Society—Lock box 249, Little Rock, Ark.
- Australia—Echo Publishing House, North Fitzroy, Victoria.
- Canada—Mrs. R. S. Owen, South Stukely, Province of Quebec; and G. W. Morse, 62 Spadina Ave., Toronto, Ontario.
- China and Japan—A. La Rue, International Tract Society, Queens Road 219, Hongkong, China.
- Colorado Tract Society—S. E. Whiteis, Sec., 812 Nineteenth Ave. Denver, Col.
- Dakota Tract Society—A. H. Beaumont, Sec., Vilas, Miner Co., Dakota.
- England—Wm. Saunders, 451 Holloway Road, London, N. Eng.
- Georgia and Florida—Charles F. Curtis, cor. S. Boulevard and Bryan Sts., Atlanta, Ga.
- Germany—L. R. Conradi, Sophienstr 41, St. Pauli, Hamburg.
- Illinois Tract Society—Lillie E. Froom, Sec., 28 College Place, Chicago.
- Indiana Tract Society—J. W. Moore, Sec., 175 Central Ave., Indianapolis, Ind.
- Iowa Tract Society—Leroy T. Nicola, Sec., 603 East 12th St., Des Moines, Iowa.
- Kansas Tract Society—L. Dyo Chambers, Sec., No. 821 West Fifth St., Topeka, Kan.
- Louisiana—A. F. Harrison, 534 Hope St., Shreveport, La.
- Maine Tract Society—M. Russell, Sec., W. Palmyra, Me.
- Michigan Tract Society—Hattie House, Sec., *Review and Herald* Office, Battle Creek, Mich.
- Minnesota Tract Society—C. N. Woodward, Sec., 336 East Lake St., Minneapolis, Minn., P. O. Box 1058.
- Missouri Tract Society—J. Klostermyer, Sec., Rockville, Mo.
- Montana—D. T. Fero, Livingston, Mont.
- Nebraska Tract Society—Eliza Burleigh, Sec., 1505 E St., Lincoln, Neb.
- New England—N. E. Tract Society, Mrs. E. T. Palmer, Sec., South Lancaster, Mass.
- New Jersey, Del., Md., New York City, and Brooklyn, N. Y.—T. A. Kilgore No. 43 Bond St. New York.
- New York State—J. V. Willson, Sec., N. Y. Tract Society, 317 West Bloomfield, St., Rome, N. Y.
- New Zealand—International Tract Society, A. G. Daniells, Agent, Wellington, N. Z.
- North Carolina—N. B. England, Newton, Catawba Co., N. C.
- North Pacific—C. S. Bunch, Sec., Box B 2, East Portland, Oregon.
- Norway—*Sundhedsbladet*, 74 Akersgaden, Christiania, Nor.
- Ohio Tract Society—L. T. Dyaert, Sec., 1108 Case Ave., Cleveland, Ohio.
- Pennsylvania Tract Society—Amelia Cook, Williamsport, Penn. Box 2716.
- South Africa—International Tract Society, Somerset House, Rose land St., Cape Town.
- Switzerland—Imprimerie Polyglotte, 48 Welherwer, Basel.
- Tennessee—J. H. Dorch, Springville, Henry Co., Tenn.
- Texas Tract Society—T. T. Stevenson, Sec., Denton, Texas.
- Upper Columbia Tract Society—S. H. Carnahan, Sec., Box 523 Walla Walla, Wash.
- Vancouver Island—E. A. Guyton, 14 Third St., Victoria, B. C.
- Vermont—Lizzie A. Stone, Lock box 237, Essex Junction, Vt.
- Virginia—Amy A. Neff, Quicksburg, Shenandoah Co., Va.
- West Virginia—Mrs. Nella M. Stone, Clarksburg, W. Va.
- Wisconsin Tract Society—S. D. Hartwell, Sec., 1029 Jenifer St. Madison, Wis.

PUBLICATIONS.

	Per Copy.	Per 100.
Health and Temperance Analysis and How to Remember (pamphlet)	25 cts.	\$15 00
Conflict Between Truth and Falsehood (poem)	10 cts.	
Science and Art of Bible Readings	20 cts.	10 00
	Per Set.	100 Sets.
Same Readings on thin Cards, to carry in Bible, send in letter, or distribute	20 cts.	\$10 00

The Analysis is indorsed by good medical authority, and by Miss Frances E. Willard, President of the National W. C. T. U.
Address, G. K. OWEN, 35 Carr St., Los Angeles, Cal.

HEALTHFUL FOODS.

HAVING at our Health Retreat a revolving oven, and first-class cracker machinery, we are prepared to furnish the foods advertised below, at their respective prices. These foods are not only adapted to those suffering from digestive ailments, but are also excellent for all persons who wish food free from lard and all other deleterious shortening. None but the purest and best articles are used in the manufacture of these foods.

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

Medium Oatmeal Crackers.—Made about the same as the above, only they are not fermented; per lb. 10 cts.

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

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

No. 2. Graham Crackers.—Shortened, but not sweetened. Very palatable; per lb. 10 cts.

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

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

Whole Wheat Wafers.—Composed of flour and water. Made especially for dyspeptics, and those of weak digestion; per lb. 10 cts.

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

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

Fruit Crackers.—The best varieties of foreign and domestic dried and preserved fruits are used in the preparation of these crackers. They are exceedingly wholesome for those

of normal stomachs, but are not recommended for confirmed dyspeptics; per lb. 20 cts.

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

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

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

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

Diabetic or Gluten Food.—This is a form of bread deprived of its starchy and saccharine elements, but retaining all the other palatable and nourishing elements of the flour. By the use of this food and the observance of careful dietetic rules, this obstinate disease (diabetes) may be kept at bay for many years, and cured in cases where a cure is possible. It is prepared with great care, and has been thoroughly tested. It is a perfect substitute for animal food in cases of nervous debility, and is to be used in the same cases as those for which the gluten wafer is recommended; per lb. 30 cts.

Infants' Food.—Most of the food offered in the market as infants' food contains too much starch for the digestive powers of the infantile stomach. The article here offered will often be digested when other articles of food cannot be eaten without producing serious derangement of digestion; per lb. 30 cts.

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

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

RURAL HEALTH RETREAT, ST. HELENA, CAL.
Orders taken also at Pacific Press, Oakland, Cal.



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 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 agents of known curative value employed.

A SALUBRIOUS SUMMER CLIMATE.

A Lakeside Resort, Steamers, Sail Boats, Row Boats, Bathing, etc.

SPECIAL DEPARTMENTS for the Treatment of Diseases of the EYE, EAR, NOSE, THROAT, LUNGS, and DISEASES OF WOMEN. Special Advantages afforded Surgical Cases. 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.**

THE SANITARIUM TRAINING SCHOOL FOR NURSES.

The managers of the above Institution have had for several years, in successful operation, an extensive Training School for Nurses, which is carried on in connection with the Sanitarium. The course of training in this school is the most thorough and comprehensive of any in this country, and the graduates of this school readily find good and lucrative employment.

Terms are such as to place the excellent opportunities afforded by this school within the reach of all properly qualified persons who may wish to avail themselves of its advantages. For circulars, address

SANITARIUM TRAINING SCHOOL FOR NURSES, Battle Creek, Mich.

HEALTH GOODS.

At the Rural Health Retreat there are kept constantly on hand the following valuable articles, which may be obtained, post-paid, at the prices affixed:—

Hygienic Corset	\$2 00
“ Peerless Corded	2 50
Emancipation Waist	1 50
Form (Bosom)	50
Dr. Gray's Abdominal Supporter	2 50
Dr. Gray's " with Hose Supporter (extra large)	3 00
No. 1. Hygienic Supporter	2 50
No. 2. " "	3 00
School-girl Shoulder Braces	50
Skirt Supporters	35
“ Silk Stripe	50
Shoulder Brace Skirt Supporter (Ladies')	60
“ “ “ (Misses')	50
“ “ “ and Hose Supporter	1 00
Skirt and Hose Supporter	75
No. 90 Hose Supporter, Daisy Clasp (Ladies')	30
No. 80 “ “ “ (Misses')	25
No. 70 “ “ “ (Children's)	20
No. 60 “ “ “ “	15
No. 17 “ “ Shoulder Brace, Button (Ladies')	50
No. 18 Hose Supporter, Daisy Clasp (Misses')	40
No. 19 “ “ “ (Children's)	35
No. 7 “ “ Shoulder, Button (Ladies')	60
No. 8 “ “ “ (Misses')	50
No. 9 “ “ “ (Children's)	40
No. 10 “ “ “ “	35
Corset Hose Supporters (especially for Hygienic Corset)	35
Hygienic Safety Supporter (monthly bandage)	50
Skirt Supporting Hooks, double set of four	25
“ Swivel, set of four	20
Corset Laces (Elastic)	10
Clasps for Supporters	05
Combination Suit Patterns	40
Fountain Syringe, Glass Tubes	(No. 1, \$2 00 No. 2, 2 25 No. 3, 2 75)

Rubber Water Bottles, 1 quart	1 50
“ “ “ 2 quarts	1 75
“ “ “ 3 quarts	2 00
“ “ “ 4 quarts	2 25
Address,	RURAL HEALTH RETREAT, ST. HELENA, CAL.

A \$20 A Day Man!



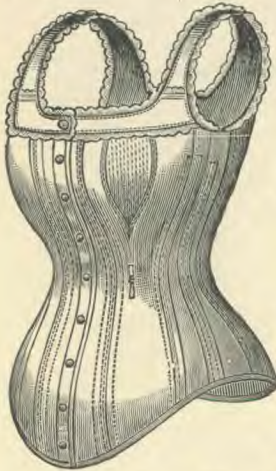
A VOICE from Ohio. Here is a portrait of Mr. Garrison, of Salem, Ohio. He writes: "Was at work on a farm for \$20 a month; I now have an agency for E. C. Allen & Co's albums and publications and often make \$20 a day." (Signed) W. B. GARRISON.

William Kline, Harrisburg, Pa., writes: "I have never known anything to sell like your album. Yesterday I took orders enough to pay me over \$25." W. J. Elmore, Bangor, Me., writes: "I take an order for your album at almost every house I visit. My profit is often as much as \$20 for a single day's work." Others are doing quite as well; we have not space to give extracts from their letters. Every one who takes hold of this grand business piles up grand profits. **Shall we start YOU in this business, reader?** Write to us and learn all about it for yourself. We are starting many; we will start you if you don't delay until another gets ahead of you in your part of the country. If you take hold you will be able to pick up gold fast. **Read!** On account of a forced manufacturer's sale **125,000 ten dollar Photograph Albums** are to be sold to the people for \$2 each. Bound in Royal Crimson Silk Velvet Plush. Charming decorated inside. Handsomest albums in the world. Largest Size. Greatest bargains ever known. Agents wanted. Liberal terms. Big money for agents. Any one can become a successful agent. Sells itself on sight—little or no talking necessary. Wherever shown, every one wants to purchase. Agents take thousands of orders with rapidly never before known. Great profits await every worker. Agents are making fortunes. Ladies make as much as men. You, reader, can do as well as any one. Full information and terms free, to those who write for same, with particulars and terms for our Family Bibles, Books and Periodicals. After you know all, should you conclude to go no further, why no harm is done. Address E. C. ALLEN & CO., AUGUSTA, MAINE.

WHO CHANGED THE SABBATH?

A TRACT of 24 pages, which fully answers this question, and shows how Sunday displaced the Bible Sabbath. Extracts given from Catholic writers. Price, 3 cents. Address, **PACIFIC PRESS, Oakland, Cal.**

**MADAME SALISBURY'S
PEERLESS HYGIENIC CORSET WAIST.**



UNEQUALED FOR
ELEGANCE
AND
PERFECTION
OF FIT.

GRACEFUL,
HEALTHFUL,
PERFECT-FITTING.

COMBINING
**HEALTH, COMFORT,
BEAUTY and
DURABILITY**
WITH
ELEGANCE OF FORM.

SEVERAL years' experience has led to great improvements in Hygienic Corsets and Waists, and we feel that we can now offer, with great confidence, the new waist which may be justly called the most **Perfect-fitting and Healthful** waist in the market.

In modeling the different parts, great care has been taken to blend together the curves of the bust, waist, and hips in such a manner as to give an easy, graceful, and beautiful shape, **perfect in fit**, and yet it does not bind or draw in any part. We claim absolute perfection of comfort and beauty.

With these new improvements, the entire weight of the skirts and stockings is transferred to that part of the shoulders best adapted to sustain their weight, and supporting them almost without the wearer's consciousness, and without the least inconvenience, thereby relieving the back and hips from all superfluous weight of the clothing that drags so heavily and increases the pressure brought upon the delicate organs of the pelvis.

Beautifully made in fine, soft-finished English Silesia, in white and golden brown, with patent button front. The buttons are of finely-finished pearl, secured with a patent tape fastening—with patent cord-edge button holes; under the buttons is a flexible steel, which may be worn or taken out at pleasure. Cords are used to give the necessary stiffness, also flexible side and back steels (in patent pockets); by removing them, you have absolutely the very best Health Waist made. Sizes, 19 to 32. Mailed on receipt of waist measure and \$2.50, Sizes 33 to 36, \$2.75. In stating size, deduct one inch from a snug measure taken at the waist line over the dress.

Address,
**RURAL HEALTH RETREAT,
ST. HELENA, CAL.**

CHRIST AND THE SABBATH: Or Christ in the Old Testament and the Sabbath in the New, by Elder James White. Paper covers, fifty-six pages, sent post-paid for ten cents.
Address. PACIFIC PRESS, Oakland, Cal.

**THE HYGIENIC
Abdominal and Back Supporter.**



No. 1 - - - - - 30 to 35 inches.
2 - - - - - 35 to 40 "
3 - - - - - 40 to 45 "
4 - - - - - 45 to 50 "
Larger Sizes to order, 50 cts.extra.

These Supporters are made of selected material, and support the abdomen in the most comfortable manner. They are secured by elastic bands at front and back, which, combined with the stiff sections, give the desired support, and may be adjusted to any style of form by lacing both front and back. The buckles and slides being made of brass cannot rust, and being *nickel-plated* are not liable to corrode.

This Supporter may be worn with or without a Corset.

Price Complete, With Hose Supporter, \$3.00.

Send measure taken **very snug**, next the skin, over the full part of the abdomen.

Address,
**RURAL HEALTH RETREAT,
ST. HELENA, CAL.**

**ASK FOR IT!
THE SELF-THREADING
ELDREDGE
"B"**

In it are combined the finest mechanical skill, the most useful and practical elements, and all known advantages that make a sewing machine desirable to sell or use.



ELDREDGE MFG. CO.
Factory and Wholesale Office, Belvidere, Ill.
271 Wabash Ave., Chicago.
39 Broad Street, New York.

THE AMERICAN SENTINEL.

AN EIGHT-PAGE WEEKLY JOURNAL, DEVOTED TO

THE DEFENSE OF AMERICAN INSTITUTIONS, THE PRESERVATION OF THE UNITED STATES CONSTITUTION AS IT IS, SO FAR AS REGARDS RELIGION OR RELIGIOUS TESTS, AND THE MAINTENANCE OF CIVIL AND RELIGIOUS RIGHTS.

It will ever be Uncompromisingly Opposed to anything tending toward a Union of Church and State, either in name or fact. It is well-known that there is a large and influential association in the United States bearing the name of the "National Reform Association," which is endeavoring to secure such a RELIGIOUS AMENDMENT to the Constitution of the United States as will "place all Christian laws, institutions, and usages on an undeniable legal basis in the fundamental law of the land." While there are many persons in this country who are opposed to, or look with suspicion upon, this movement, there are few, outside of the party, who realize what the influence of this amendment would be. The object of the *American Sentinel* will be to Vindicate the Rights of American Citizens, which, we believe, are threatened by this association. It will appeal to the very fundamental principles of our Government, and point out the consequences which would be sure to follow should they secure the desired Amendment to the Constitution. Every position taken will be carefully guarded and fortified by sound argument. Due respect will always be paid to the opinions of others, but the rights of conscience will be fearlessly maintained.

TERMS.

Single copy, one year, for - - - - - \$1 00
American Sentinel one year and "Prophetic Lights," paper cover, - 1 50

Sample copies FREE.

If no Agent in your vicinity, write to the Secretary of your State Tract Society or Address,
AMERICAN SENTINEL,
 1059 Castro St., Oakland, Cal.

COMBINATION UNDER GARMENTS.

These Convenient Garments, Two in One, Combine Health, Comfort, and Economy.



Fit the body smoothly, without pressure, forming waist and drawers in one piece, without band or binding.

We furnish patterns for high or low neck, long or short sleeves, cut from nice manilla paper. Price 30 cents, size 30



to 38 inches, bust measure, "even numbers." Sent by mail, on receipt of the price. Address,

RURAL HEALTH RETREAT,
 St. Helena, Cal.

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.

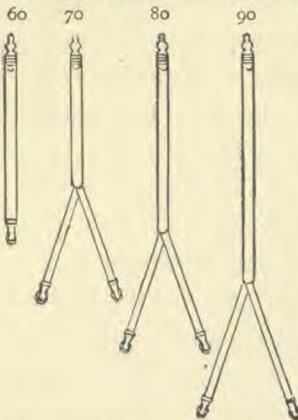
Address, **PACIFIC PRESS, Publishers, Oakland, Cal.**



Can be attached to all the skirts in ont 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 functual 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, 25 c. No. 90, Ladies, 30 c.

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



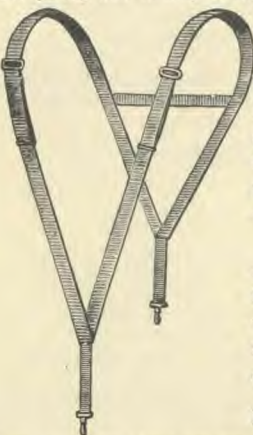
Daisy Clasp Stocking Supporter.
To be attached at the waist.

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.

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, a dress

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

THE LIGHT RUNNING

NEW HOME

SEWING MACHINE

HAS NO EQUAL.

THE LADIES' FAVORITE.

THE ONLY SEWING MACHINE THAT GIVES PERFECT SATISFACTION

NEW HOME SEWING MACHINE CO. ORANGE, MASS.
CHICAGO - 28 UNION SQUARE, N.Y. DALLAS, TEX.
ALL ATLANTA, GA. ST. LOUIS, MO. FOR SALE BY SAN FRANCISCO, CAL.

The New Home Sewing Machine Company, Pacific Department, Distributing Office: 725 Market Street, History Building, San Francisco, Cal. Write for a copy of our beautiful new Waltz Song, "Rock-a-by Dolly," mailed Free to any address, also a lithographed banner, a fine set of chromo cards, and illustrated catalogues. Mention this paper if you want a quick response.

HEALDSBURG COLLEGE,
HEALDSBURG, CAL.
A MODEL EDUCATIONAL INSTITUTION,
ESTABLISHED IN 1882.

SEVEN 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 \$18 to \$20 per month of four weeks.

The fall term began September 2, 1889. For descriptive catalogue and further information address the principal, W. C. GRAINGER, Healdsburg, Cal.