

PACIFIC HEALTH JOURNAL

AND TEMPERANCE ADVOCATE.

VOLUME V.

OAKLAND, CAL., FEBRUARY, 1890.

NUMBER 2.

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

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.

NOTHING is so infectious as example.

No being has lived as long as God has, but any being may live as long as God will.

No man or woman can take the best care of their souls without taking good care of their bodies.

HUMAN nature is so constituted that all see and judge better in the affairs of other men than in their own.

"HE that is slow to anger is better than the mighty; and he that ruleth his spirit than he that taketh a city." Prov. 16: 32.

As you travel through life, scatter kind words and gentle deeds; in so doing you will enrich your soul. Withhold them and it leads to poverty.

WRITING in 1836, Lord Cockburn said, "In twenty years London will probably be within fifteen hours of Edinburgh by land." From eight to nine hours is now required for the journey.

MRS. ABBY GIBBONS, who has been for many years president of the Woman's Prison Association of New York City, recently appeared before the Senate Committee in behalf of a bill providing a reformatory for girls. As the lady is eighty-eight years of age, her example should encourage women not to think their work for humanity done as long as health and strength are granted to them. The bill passed, and, it is said, through the efforts of Mrs. Gibbons.

PREVENTION BETTER THAN CURE.

How often were we told in our youthful days that "an ounce of prevention is better than a pound of cure." While this saying is very forcible when applied to such neglects as the closing of stable doors and gates, putting up fallen rails upon the fence, and the closing of coops that the "varmints" may not carry off the little chicks, it is more emphatically true when we come to the consideration of such subjects as the preventable causes of such diseases as typhoid fever, diphtheria, etc.

It is simply surprising to see the ignorance of the masses concerning these maladies. We often meet persons filled with fear lest they shall "catch the typhoid fever," who suppose themselves to be "dodging" the disease, when their habits of life are of that very character to produce it.

During the month of May, 1881, we were tarrying for a few days in the city of Basel, Switzerland. There we had an opportunity for some reflections on this very topic. The River Rhine, whose waters are replenished more or less during the summer season by the melting snows of the Swiss Alps, runs directly through the city of Basel, really dividing it into two parts, Great Basel being on the Vosges Mountain side of the river, while *Petit Bâle* (Little Basel) is on the Jura Mountain side of the river. While Little Basel, in Baden, Germany, is not so much elevated as Great Basel, yet either of them is well located for drainage into the river. What was our surprise to learn that there were no sewers except for the draining off of the surface water from the streets in time of rain. In addition to the beautiful blue waters of the Rhine, we saw numerous fountains, with large stone water-vats, in various parts of the city. These were supplied with water by means of pipes connected with springs in St. Margarets, and other surrounding hills near the city. While passing

around with a friend, viewing the various parts of the city, I was remarking on the facilities they had there for health and cleanliness. Just then we were in the vicinity of Spalenthor (St. Paul's tower), and soon came to the great hospital of the city, with its commodious grounds. My friend suddenly broke my day-dreams of health by telling me that "in the summer season they not only had that hospital full, but they filled the yard with tents for the accommodation of typhoid fever patients." I inquired of him how the people accounted for so much typhoid fever in a city situated like that one. He said it was attributed to the fact that the cold waters of the Rhine ran through the city. It did not exactly accord with our ideas that clear cool water was a cause of typhoid fever, and so we set ourselves to prospecting for the nest of microbes which might occasion so much evil.

We had not far to look ere we thought we had discovered, in nearly all the houses, a disease breeder in the shape of a privy-vault whose opening was directly into the house. In some of the tenement-houses that we visited the ammonia and stench arising from this accumulating filth was at once detected by the olfactories as soon as one entered the house. We inquired of our friend why they did not connect these closets with sewers, and flush them with some of their abundant water supply. He informed me that this material was "too precious to be thus wasted;" that "about once in one or two months there came around persons with a great closed tank, arranged on wheels something like a street sprinkler, and that they pumped this precious(?) material out of these vaults into the tank and took it away to be placed on the land to enrich that so it might be kept fertile." We inquired why, if it must thus be preserved, it could not be done with dry earth boxes, which would of themselves disinfect the excreta, and these boxes be emptied once in one or two days. I was told that was "not the custom of the country, nor the way that their fathers had done." After this tour of inspection it was far more evident to the writer that he had found the source of typhoid fever in these vaults, in the cess-pools for waste garbage, and in the decaying manure piles of the surrounding villages, than to make the beautiful Rhine responsible for these physical sins of the people, by being charged with producing typhoid fever.

Right here we wish to quote from a tract upon the subject of Typhoid Fever. It was published by

the State Board of Health of Michigan, and a copy has been kindly furnished to us by the secretary of the board. The title of the tract is, "The Prevention of Typhoid Fever." In speaking of the disease the tract says:—

"The greatest number of deaths from this disease is of persons in the prime of life, and this should prompt to greater efforts for the prevention of the disease. Persons of all ages have the disease, and even though some have it in a mild form, yet they may be the medium of communicating the disease in a fatal form to others, for, although it is not one of the most contagious diseases, typhoid fever is believed to be a communicable disease.

"Typhoid fever is believed by many to be caused by a specific contagium, and nearly all agree that the poison, whether specific or not, may be conveyed to other persons by drinking water contaminated by discharges from the bowels of a person affected with the disease, and by leaches from the bodies of those who have died of typhoid fever.

"Experience seems to prove that, with certain precautions, attendants upon those sick with typhoid fever are not in danger of contracting this disease directly from the patient. Water chemically impure does not necessarily cause the disease; but drinking water contaminated with the fecal discharges of a typhoid fever patient is believed to be the most common source, or vehicle, of typhoid fever. While the possibility of its originating in other ways is not denied, the frequent outbreaks of this disease which are traceable directly and unmistakably to a contaminated water supply, seem to point to this as the chief source of danger. The disease has also been traced to milk diluted with infected pump water, and apparently in some cases to emanations from sewers and cess-pools. It seems to prevail most in times of drought, in the fall of the year, especially after a period of high temperature, and when the water in wells is low and its contaminations most concentrated.

"Filth and bad sanitary condition of premises generally, probably increase the danger of spreading typhoid fever.

"The most scrupulous care should be taken to keep the present sources of drinking water pure, and to procure future supplies only from clean sources. The general water supply of cities and villages is a matter of the greatest concern, and should be procured from places where there can be no probability of immediate or remote contamination. The well-known outbreak of typhoid fever at Plymouth, Penn., where over a thousand cases and one hundred and fourteen deaths occurred, is apparently an illustration of how great a calamity may follow the fouling of a *general* water supply by the discharges of a person sick with typhoid fever. When there is no general water supply, much may be done to protect the wells by the ab-

olition of cess-pits and privy-vaults, by the use of dry earth in privies, and by the frequent removal therefrom of all their contents.

"Great care should be taken to prevent the contamination of the water supply by discharges from the bowels of a person sick with typhoid fever, as by drainage into wells, springs, or other water supply, from a privy vault, sewer, drain, or cemetery. Privies often drain into wells, unsuspected by those who use the water. Should typhoid discharges pass into such a privy, an outbreak of typhoid fever among those using the water from a neighboring well would be likely to occur. If such a well were the source of the general water supply of a city, typhoid fever might soon be epidemic there. Extraordinary care should be taken to prevent typhoid-fever discharges from entering any general water supply from a well or from a small stream. The use of water from a source likely to be infected with excreta from a typhoid-fever patient should be promptly stopped; and great care should be given to the milk supply.

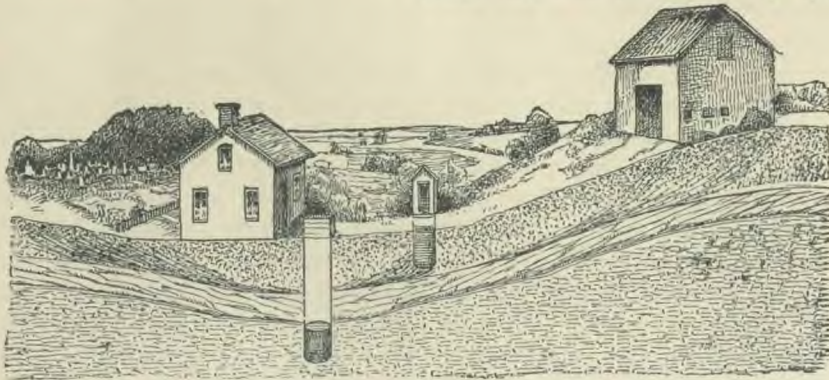
"There is good reason to suspect the water of a well whenever a vault is situated within one hundred feet of it, particularly if the soil be porous. In numerous instances fluids from excreta have leached into wells from much greater distances; and it has been proved that a well thirty rods from a cemetery received water which had filtered through the soil of the cemetery. Dangerously-contaminated water may be, and often is found to be, clear and colorless, and to have no bad taste.

"The interval of time between receiving the cause of typhoid fever into the system and becoming sick therefrom is not uniform, but is very often about eleven days, sometimes as long as twenty-one days."

well. In this case there seems to be but one redeeming feature, that is, "the well is near to the house." But who would not say, Have the well further off rather than have its waters bringing death to the door. It seems as though if the house and well had been placed where the barn is there would be much better chances of health in the family.

This picture is no fancy sketch. Its like, or rather something even worse, was witnessed by the writer, within the city limits of what is denominated "The Garden City" of California. This city is supposed to have an intelligent board of health who wish to do their duty faithfully. They may be good politicians, and they do look well to the front streets of their pretty city, but it seems to us they ought to exercise their olfactories by paying an occasional visit to some of the back yards of the place.

During the month of July, 1889, the writer spent two days in the said city, tarrying with a friend on a pleasant street, which in fact is called by that name. The street is indeed quite pretty, with its nice shade trees and flower-yards. Having occasion to visit one of the back yards, what did we see?—A nicely-constructed windmill hoisted upon a substantially-constructed frame with water-tank. This mill, in obedience to the gentle zephyrs, was steadily hoisting the water from a well, which water was conveyed through pipes to those



In the cut which accompanies this article we have an illustration of how water used for culinary purposes is likely to be contaminated by disease-producing germs held in solution while percolating the soil. The reader will see at a glance how easy it is, with buildings situated like these, for the drainage from both the barn, privy, and even the grave-yard, to find its way to the waters of the

parts of the house where needed for drinking and culinary purposes. That back yard was about as level as a house floor. Within ten feet of the well was a privy with open vault, so nearly filled with fecal matter that it was a wonder how much longer there would be any accommodations for customers. A stench emanated from this mass of filth almost sufficient to drive a dog mad. Next

to this was a cow-shed with its additional accompaniments, and next to that was a barn with its horse-stalls, and all within the breadth of an ordinary-sized city lot.

Had we not witnessed with our own eyes this variety of juices finding their way into the well, it would have been difficult for us to believe that a city like that would tolerate such a state of things within its limits. How long can a family maintain health while using water absorbing such rich percolations through the soil, unless they have "constitutions like iron." We trust all our readers will become intelligent in these things, and then do all in their power to spread the light designed to heal such physical sins, thus adding to prevention as well as cure.

J. N. L.

(*To be continued.*)

THE ADVANTAGES OF PAIN.

PAIN is very far from an unmitigated evil. Without the sensitive skin in which our bodies are inclosed, injury would constantly be inflicted upon the issues; and without the lessons taught us by pain there is every reason to believe that most mischievous and injurious acts would be constantly committed.

To what injuries, blows, burns, contusions, etc., would not the frame-work of man and of animals be subjected if the slow lessons of consequential injury were left without the sharp reproof of pain? The suffering immediately attracts the attention, and consequently that which would do much damage is avoided, not from any rational consideration of the consequences, but from the pain directly produced. Without the advantages which thus spring from pain, animals and savage men would incessantly be inflicting much injury upon themselves, and indeed often be imperiling their existence. Pain from this point of view is distinctly preservative throughout the whole of animated creation. The utility of pain is seen in the membrane which sweeps the surface of the eye, for instance, in several animals, whenever any irritant particle is brought into contact with these delicate structures. The pain caused by the foreign body sets up reflexly a muscular contraction in this membrane, and thus it is brought across the eye, sweeping the surface, and so the offending matter is removed. When the foreign body is too fixed to be so removed, disorganization of the eye

follows, and amidst a general destruction of the organ the irritant matter is got rid of. Destruction of the eye in these animals would be a common occurrence if it were not for this muscular arrangement, and pain is the excitant; it is, as it were, the finger which pulls the trigger, and so the machinery already provided and prepared is set in action thereby. In man the suffering caused by a foreign body in the eye calls the attention to the part, and leads to its removal. If it were not for the pain so produced, irremediable mischief would often be permitted to go on unchecked, because unnoticed.

Not only does pain so defend the eye from the injurious effects of foreign bodies, it often serves to protect the delicate organs from overwork, and where pain is so produced rest is given to the part, and recovery is instituted. Especially is this seen where the eyes are not an absolute pair and long perusal of a page strains them. Proper spectacles, making the eyes a pair, give prompt and permanent relief. The grave diseases of the eye are those which are painless, where incipient disease is aggravated by persisting action, all of which would be avoided if pain were a consequence of the malady.

The advantages which ensue from pain are most markedly seen and are most obvious in the case of injuries. When a joint is sprained, the pain caused by movement in it compels the rest which is essential to repair. If there were no pain produced by motion, the parts would almost certainly be exercised to the detriment and to the delay of the reparative process. So, too, in broken bones, the agony caused by motion is such that a fixed position is maintained for weeks, with the result that the part, being kept at absolute rest, is thus permitted to recover as speedily as may be. All who have thought over the matter must know well how irksome it is to maintain one position for any length of time; the keen sense of weariness, and the inclination to change the posture, become at once insupportable and irresistible. But if sharp pain be the consequence of movement, how steadily is the position maintained for days, and even weeks.

In like manner pain is most protective in certain internal diseases. Thus in inflammation of the large serous covering which invests the abdominal viscera and lines the walls of this space, pain, the result of movement, secures rest. This large lu-

bricating service in health permits of the contained viscera gliding gently upon each other, and on their boundary walls; but when it becomes inflamed, the friction of the dry surfaces produces intense pain, and quietude is thus enforced. Doubtless this pain is often such as to constitute a great danger to life; nevertheless, without it and its consequence more serious mischief would usually be produced. When there is an abscess in the liver, pain is induced by movement of this viscus, and so we find the muscles of the abdominal wall over the liver rigid and hard, thus keeping the organ at rest *in situ*. When a rib is broken the fractured ends rub upon the pleura and excite inflammation of it, and the pain thus set up causes the patient to call in a surgeon, who places the thorax in comparative quietude by a bandage, and the friction being so minimized, repair is permitted. Then, in certain conditions of the stomach, pain is produced by improper food; and so dyspepsia guides the sufferer to the choice of suitable food, which does not set up pain. Such are some of the best known instances of the utility of pain in local ailments or injuries. There are, however, more general conditions which evoke pain, and where the pain is the means of the condition being relieved or remedied by medical art. Take neuralgia, for instance. It may be the outcome of several conditions, which have to be discriminated for its relief. In the young, and in early adult life, it is almost always the result of imperfect tissue nutrition, however caused. Romberg wrote with equal poetical feeling and scientific truth, "Pain is the prayer of a nerve for healthy blood," and neuralgia is the common outcome of blood either poverty-stricken or poisoned by some deleterious ingredients, as in material poisoning, for instance. Without the pain so produced the condition would go unrelieved, and ulterior organic changes would probably be brought about. But pain impels the sufferer to seek relief.

—*Harper's Bazar.*

DEATH IN THE WATER.

A FEW years ago the people in a certain section in one of the leading cities of the State were prostrated with a malignant disease, and upon investigation it was found that only those who used water from a famous old well were the victims.

Prof. S. A. Lattimore, analyst of the New York State Board of Health, upon analyzing

water from this well, found it more deadly than the city sewerage!

The filling up of the old well stopped the ravages of the disease.

Not long since the writer noticed, while some men were making an excavation for a large building, a stratum of dark-colored earth running from near the surface to hardpan. There it took another course toward a well near at hand. The water from this well had for years been tainted with the drainings from a receiving vault, the percolations of which had discolored the earth!

Terrible!

A similar condition of things exists in every village and city where well water is used, and though the filtering which the fluids receive in passing through the earth may give them a clear appearance, yet the poison and disease remain, though the water may look ever so clear.

It is still worse with the farmer, for the drainage from the barn-yard and the slops from the kitchen eventually find their way into the family well.

The same condition of things exists in our large cities, whose water supplies are rivers fed by little streams that carry off the filth and drainage from houses. This "water" is eventually drunk by rich and poor alike with great evil.

Some cautious people resort to the filter for purifying this water, but even the filter does not remove this poison, for water of the most deadly character may pass through this filter and become clear, yet the poison disguised is there.

They who use filters know that they must be renewed at regular periods, for even though they do not take out all the impurity, they soon become foul.

Now in like manner the human kidneys act as a filter for the blood, and if they are filled up with impurities and become foul, like the filter, all the blood in the system coursing through them becomes bad, for it is now a conceded fact that the kidneys are the chief means whereby the blood is purified. These organs are filled with thousands of *hair-like tubes*, which drain the impurities from the blood, as the sewer pipes drain impurities from our houses.

If a sewer pipe breaks under the house, the sewage escapes into the earth and fills the house with poisonous gas; so if any of the thousand and one little hair-like sewer tubes of the kidneys break down, the entire body is affected by this awful poison.

It is a scientific fact that the kidneys have few nerves of sensation; and, consequently, disease may exist in these organs for a long time and not be suspected by the individual. It is impossible to filter or take the death out of the blood when the least derangement exists in these organs, and if the blood is not filtered, then the uric acid, or kidney poison, accumulates in the system and attacks any organ, producing nine out of ten ailments, just as sewer gas and bad drainage produce so many fatal disorders.—*SeL*

LEMONS.

AMONG the many ways in which lemons can be used to advantage are the following, gathered from various sources:—

Hot lemonade, with flaxseed simmered in it for half an hour, then strained and sweetened, is excellent for a cold, but, as it produces perspiration, it should be taken only upon retiring. The white of an egg, beaten to a stiff froth and whipped up with the juice of a lemon, relieves hoarseness and soreness of the chest at once, taken by the teaspoonful half hourly.

The juice of two lemons taken in half a glass of water before each meal is a powerful remedy for rheumatism, and it is also considered almost a specific for intermittent fever. The juice of one lemon taken three times a day in a cup of clear, strong coffee, will often cure chills and fever when the disease is stubborn and unyielding to all other remedies.

The pulp of a lemon bound on for three successive nights is said to cure corns, and a few pearl shirt buttons dissolved in the juice of one lemon forms a thick, creamy ointment that will almost surely cure them. So we find the medicinal properties of the lemon are many and varied; their value in culinary art is also great. The rind, thinly pared off, is an agreeable flavoring for custards, creams, and *blanc-mange*. It should be cooked in the milk and removed before the other ingredients are added. The yellow rind only is fit for use—the white part is always bitter.—*SeL*

THE consumption of wine, spirits, and beer per head is in the United States 12 gallons, and in Canada 4 gallons. Great Britain, unfortunately, reaches 30 gallons.

BETTER do well late than never.

CARE OF THE HAIR.

BALDNESS is on the increase; why, it is hard to say. Perhaps it is due quite as much as anything to the way we live. We all feel the pressure and drive of the times, and our brains, waking or sleeping, are always occupied with the problem of how to get on in the world. But there is one thing that certainly causes baldness, and that is dandruff. This is one of the most active agents in causing baldness in youth, and is to a large extent a preventable evil. If you only begin to give attention to the care of your scalp in early life, you may put off the appearance of baldness, or, rather, the disappearance of your hair, for a long time.

The proper care of the scalp consists in keeping it clean by an occasional shampoo of soap and water, borax and water, or some such simple means, and in brushing and combing the hair, and in the avoidance of all things that can harm the scalp. The shampoo need not be repeated oftener than once in two or three weeks, and whenever the scalp has been washed it should be carefully dried and some simple unctuous substance applied, such as vaseline or sweet-almond oil.

The hair should be thoroughly brushed and combed daily, not in the careless way in which it is done by most people, but systematically for some five or ten minutes, and with vigor sufficient to make the scalp glow. For this we need a good brush, with long, moderately stiff bristles, set in groups widely separated from each other. A comb with large, smooth teeth, set wide apart, should be used with the brush to open the hair to the air; first a stroke of the comb and then of the brush. After the systematic brushing the stiff brush should be laid aside and a softer one used to assist the comb in parting the hair and to polish it.

What not to do is of nearly equal importance with what to do in the care of the scalp. Don't use pomades on the healthy scalp, as they are quite unnecessary if the hair is properly brushed, and by becoming rancid are apt to irritate. The daily sousing of the head with water is to be avoided. You should not constantly wear close-fitting hats or caps. If your avocation requires your head to be covered, wear ventilated, easy-fitting hats. Working under hot artificial light should be avoided, so that the head will not be sweated. Withal, the general condition of the

physique should be maintained at as high a standard as possible by exercise and moderation in all things; and worry and anxiety of mind should be combated by the cultivation of a more cheerful habit of thought.

But do not repine should you become bald in spite of all. The bald head has certain conveniences. It is cool in hot weather; it economizes time in making the toilet; it gives one a reverential and imposing appearance, affords amusement to his friends, and gives them the opportunity of conundrums.—*Set.*

FOREIGN BODIES IN THE EYE.

A CURIOUS popular delusion it is which teaches that a particle of dust or cinder blown into an eye by the wind may best be removed by rubbing the uninjured eye. Many have found by experience that rubbing the unaffected eye is quickly followed by relief of pain in, and rapid recovery of, the other eye, while rubbing the organ into which the sharp particle has blown usually results in increased pain and discomfort. This apparent proof by experience is negated by the experience of those who rub neither eye, but simply wait, with the injured eye quietly closed, until the tears wash out the offending mote. This is the philosophy of the cure. If the eye is rubbed, the sharp-edged particle is imbedded by pressure in the conjunctiva or cornea and cannot be removed by the flow of tears due to the irritation of its contact. If the patient, however, will content himself with simply closing his eyelids with the eyes rolled downward, the flow of tears will in a few minutes carry the little particles of dust outside of the conjunctival sac. Hence it is that while he occupies his meddling fingers with rubbing the well eye, he allows the painful eye to cure itself by physiological therapeutics.—*Dr. J. B. Roberts.*

HYGIENE OF THE EYES.

DR. LINCOLN, of Boston, in the *Annals of Hygiene*, formulates the following rules to be observed in the care of the eyes for school work:—

1. A comfortable temperature, and especially let the feet be warm and dry.
2. Good ventilation.
3. Clothing at the neck loose; the same as regards the rest of the body.

4. Posture erect; never read lying down or stooping.

5. Little study before breakfast or directly after a hearty meal; none at all at twilight or late at night.

6. Great caution about study after recovery from fevers.

7. Light abundant but not dazzling.

8. Sun not shining on desk or on objects in front of the scholar.

9. Light coming from the left hand, or left and rear, under some circumstances from in front.

10. The book held at right angles to the line of sight, or nearly so.

11. Frequently rest by looking up.

12. Distance of book from the eye about fifteen inches.

THE LONGEVITY OF ANIMALS.

THE *American Radical Press* of February 13 says: "Herbivorous are, generally speaking, longer lived than carnivorous animals. Not long since an ass is said to have died at the age of 106 years, at Cromarty (United States), having belonged to the same family since 1779. Several horses are mentioned as having lived for 40 or 50 years, and even longer. A draught horse at Warrington died at 62, and another one at New York at 38, the latter working up to the end. A Philadelphia mule contrived to reach 42 years of age, and one at San Francisco is still vigorous at 40. Cows have been known to live from 20 to 25 years; and a sheep born in 1829 remained fertile for 20 years, dying in 1850. Among the carnivora, a spaniel recently died at 28, and a cat is mentioned as having attained the phenomenal age of 22 years and 2 months."—*Set.*

Beggar—"Pity a poor woman, madam. I have not eaten a morsel of food to-day."

Lady—"Ah! my poor creature, we all have to suffer in this world. I have just been obliged to give up my opera-box."

DR. MOST cites the following case: A man contracted a malignant fever and died after salting the meat of an ox which had been sick with murrain.

IN a year the people of London consume 500,000 oxen, 2,000,000 sheep, 200,000 calves, and 300,000 swine.

Disease and its Causes.

THE NOBLE NATURE.

It is not growing like a tree
In bulk, doth make man better be;
Or standing long an oak three hundred year,
To fall a log at last, dry, bald, and sere;

A lily of a day
Is fairer far in May,

Although it fall and die that night,
It was the plant and flower of light.
In small proportions, we just beauty see;
And in short measures, life may perfect be.

—Ben Jonson.

THE FOLLIES OF FASHIONABLE DRESS.

BY MRS. E. G. WHITE.

INDIFFERENCE and ignorance in regard to the laws which govern our being are sins so common that we have learned to look upon them with undue tolerance. But when we reflect that we are under obligation to God to care for the soul's habitation, that in order to properly fulfill the duties he has assigned us we should preserve ourselves in the best possible condition of health, then we begin to realize that attention to our physical health is a sacred duty which we owe to our Creator. If we pursue a course that weakens our strength, either physically or mentally, we cannot render perfect service to God; we fall short of the duties required of us by him, and thus rob him of his due.

The violation of nature's laws results in disease; and the greater share of the ills of life might be avoided by conforming the habits to those divinely-appointed rules. Women especially are the victims of various maladies which might be lessened, if not entirely prevented, by right habits of life. Half their sufferings may be attributed to their manner of dress, and the insane desire to conform to the fashions of the world, introduced as a system of speculation and profit, or for other and baser reasons. Every Christian woman should dress neatly, simply, and healthfully, whether the world approve or disapprove. This cannot be done in adopting the present style of dress. The full back skirts are burdensome, create undue heat in that portion of the body which they cover, and, together with the ridiculous fashion of pinning or tying back the outer drapery, impede the movements of the limbs, make it an impossibility to

walk easily or naturally, or to engage with any degree of comfort in any active exercise or useful labor.

The beauty of simplicity is lost, and the graceful fall of the drapery broken up by manifold puffs, ruffles, plaits, and sashes.

Time and money are thus expended, not to add to the convenience and healthfulness of the dress, but to render it ungraceful, untidy, cumbersome and injurious; and all this is for the express purpose of conforming to a senseless fashion. The useless trimming and arranging of these dresses take a vast amount of time. This may not seem of so much consequence to the wealthier class, who hire all their sewing done, but to those of limited means it is a serious consideration. Yet, nevertheless, most of them endeavor as far as possible to meet the demands of fashion, and impose upon themselves a rigorous task in forming with their own hands the useless trimming and appendages thought to be necessary to complete a "stylish" costume. The purse is pinched, things needed for the comfort of the home are dispensed with, time which should be given to the family is wasted, poverty creeps in, with extravagance and neglect, and wretchedness follows this blind, unreasoning effort to keep pace with the fashionable world. Happiness, health, and often life itself, are sacrificed on the altar of fashion.

Even those who profess to be reformers in the matter of dress have imbibed narrow views of the subject, and fail to consider it in the broadest and fullest sense. Many conceive of dress reform as consisting alone in a shortening of the dress to escape the floor by several inches, and, having affected this, they flatter themselves that they have done all that is necessary. Although the shortening of the skirts is well enough so far as it goes, yet their dress may still be unhealthful in many respects. The lungs may be compressed by tight-fitting bands, waists, or corsets, which hinder the free flow of blood through the system. It is essential to health that the chest should have room to fully expand, so that the lungs may be enabled to take full inspirations of air. Many who have died of consumption might have lived their allotted term of life had they dressed in accordance with the laws of their being. The strength of the system is, in a great degree, dependent upon the amount of pure fresh air breathed. If the lungs are restricted, the quantity of oxygen received into

them is also limited, the blood becomes vitiated, and disease follows. Confinement in-doors and consequent deprivation of the invigorating sunlight and the exhilaration of exercise in the pure open air, complete the ruin begun by wrong habits of dress; feebleness and premature death are the result.

The dangers resulting from a compression of the waist are not realized by the majority of women, though many able pens have treated upon the subject. Many claim that tight lacing is now nearly or quite abandoned, and such may think these remarks are uncalled for; but it is true to-day that the corsets and dresses of most women are worn too tight for the proper action of the vital organs. The lungs, heart, and liver are burdened in their work. Every article of clothing upon the person should be worn so loose that, in raising the arms, the clothing will be correspondingly lifted by the action.

This brings us to another error in the dress of women at the present day: The underclothing is usually sustained by the hips alone. This heavy weight pressing upon the bowels, drags them downward, and causes weakness of the stomach and a sense of lassitude, which leads the sufferer to incline forward; this tends to further cramp the lungs and prevent their proper action. The blood becomes impure, the pores of the skin fail in their office, sallowness and disease set in, beauty and health are gone. Ladies may resort to cosmetics to restore the tint of the complexion, but they cannot thus bring back the glow of healthful feelings to the heart. That which darkens and dinges the skin also clouds the spirits and destroys the cheerfulness and peace of the mind. Every woman who values health should avoid hanging any weight upon the hips. The shoulders should be made to sustain the weight of every article of clothing worn upon the person. This will relieve the bowels from undue pressure, and prevent that weakness of the stomach and bowels which is prevailing to an alarming extent.

Every wrong habit which injures the health of the body, reacts in effect upon the mind. Many careworn, nervous, anxious women are so because they cheat themselves of the pure air that makes pure blood, and the freedom of motion which sends that blood coursing through the veins, and gives life, health, and energy. Women, of all persons, need strength of mind and body to grapple with the ills and anxieties of life; but most of them are

so weak and nerveless that they are conquered and crushed by them instead.

Thousands of women are to-day suffering from a painful relaxation of the system for want of vigorous physical exercise. They are rusting out their lives in inaction. Their present style of dress proves a hindrance to the free use of their limbs, and they gradually, almost unconsciously, give up healthful exercise, and surrender to a life of inactivity. Many of the women of the present time are only able to arrange their dresses, put them on and carry them about with their burden of overskirts, puffing, plaiting, ruffling, trimming, bows, and buttons. After the dressing, ornamenting, and frizzling are accomplished, they feel wholly unable to go out in the open air and engage in exercise that would expand their lungs and give elasticity to their limbs; besides, such exercise would be likely to spoil their fine dresses. Therefore they indulge in sedentary habits at the expense of health, happiness, and even life. They are abject slaves to the tyrant fashion. They deform the human form divine by the many inventions decreed by this monster.

Jesus requires of none of his followers the sort of slavery that fashion demands. He would free them from this self-imposed thralldom. He pities them as he sees them sacrificing health and the best interests of life upon this unholy altar. He invites them, "Come unto me, all ye that labor and are heavy laden, and I will give you rest." He presents his yoke in contrast with the galling one they have placed upon their own necks, and says: "Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls. For my yoke is easy, and my burden is light." Here is the secret of content and peace and happiness,—obedience of the laws of nature and of God. The true Christian, possessing the meekness and lowliness of Christ, is content with plain, convenient, healthful garments, and seeks to live a life of usefulness and conform his habits to the example of Jesus. Such a one will find the truest happiness the reward of well-doing. Such a one will be lifted above the slavery of an artificial life into the freedom and grace of Christ-like simplicity.

But what account can those who follow the fashions and follies of the present day render to God for the use they have made of the time and abilities given them for wise improvement? Their

minds, instead of being developed and strengthened by proper cultivation, have been dwarfed and crippled by being devoted almost entirely to the arrangement of the dress in accordance with the demands of fashion. This is the crying evil of our sex, and lies at the bottom of many of the failures and miseries of life. Many women who profess to be followers of Jesus Christ are servants to the fashions of the world, and delight to adopt new inventions in styles, constantly appearing out in new costumes and new deformities of dress.

It would be well if a pledge of temperance in dress could be presented for our women to sign and to observe. The intoxicating influence of extravagance and display in dress has so degrading an effect upon the minds of many women that such a measure would seem justifiable and reasonable. Thousands are unfitted for the every-day duties of domestic life because of this mania for dress. Their children, who are a precious trust to them from God, are neglected, and grow up without proper care and attention, obtaining too often an education in vice. Prayer in the closet is abandoned, the word of God is left unread, and there is no time nor aptitude for religious meditation. Said Christ, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me." Those who are attracted to Christ, and who live for the future immortal life, will not be slaves of fashion.

AUNT CLOE'S AIR-SHAFTS.

BY FANNIE BOLTON.

(Concluded.)

WHILE Helen ate the grapes she looked through *The Chautauquan*, but regarded it as uninteresting; she read, however, in the "Sunday Reading" a few paragraphs that Miss Anson had marked, and felt an arrow of conviction enter her soul. The words were from a sermon by the canon of St. Paul's Church, London, as follows:—

"Selfishness is bound to flag. It brings upon us poverty of blood, loss of brain and heart, a sunken, tired, and burdened life. . . . Life will look sordid and meager and meaningless, after a time, to a man of selfishness. He feels it profoundly stale and unprofitable, he realizes so little, and there is so little that is worth the cost of realizing. The aim is mean, and it is impossible to

be energetic for long in serving its claims. But love, love for others—this enriches, this enkindles, this evokes in us the desire to be better men; it sustains us in the effort of self-improvement. Love fulfills the law. Everything becomes possible to those who love. . . . We live by loving, and the more we love the more we live; and, therefore, when life feels dull and the spirits are low, turn and love God, love your neighbor, and you will be healed of your wound."

"That's just what I need," said Helen to herself. I am a poor selfish thing. I guess I'll try and do something for others: I'll take this tray out to Aunt Cloe. But Helen soon forgot her good resolution in reading the pages of a new novel, and days went by without any great change. To be sure, her appetite was better, and she no longer complained of headache and cold feet, but she was no less disagreeable and moody.

One evening she went out of the parlor, and caught the sound of her own name, spoken in the adjoining room. Aunt Cloe was speaking, and Helen paused to hear what was said.

"Yes," said Aunt Cloe, "we've dun put an air-shaft into Helen's room, so she gets fresh air in spite of herself, but la! I don't see as it does her any particular good. Pears like there's another kind of an air-shaft she's got to have afore we'll see her much better."

"What's that?" asked Mrs. Johnson.

"Well, I've been a-thinkin' that she needs a heavenly air-shaft. You see her mind and heart haven't had no change of air for no tellin' when. There's nothin' but old dead air in them. She hain't no new fresh breezes a-blowin' in her soul. She keeps a mighty big fire of selfishness a-burnin' in the grate of her heart, but she's cold fur all that, 'cause selfishness jes' burns one up without warmin' them. Her spiritual circulation ain't anything to speak of; for she don't exercise a mite. Now if only the Lord would put a heavenly air-shaft right into her soul, so that the breath of Heaven's love would blow in, pears like she'd soon be a well gal agin.

"Oh! she could do lots of good. There's Will, as noble a boy as ever belonged to the Bartlett family, but he is a-wanderin' away like a pore lost sheep. Aunt Cloe does all she can, but la! he pines for young company, and off he goes with the boys, and really, Mrs. Johnson, I'm gittin' mighty skeered about him, for I've been a-smellin' to-

bacco on him lately. There's no tellin' where he'll end up. And to think how his dead mother told me to see that her children were prepared to meet her in the heavenly land, and them a-goin' on like this, about breaks my pore ole heart." Aunt Cloe broke down, and wiped her eyes on the corner of her apron.

"Poor soul!" said Mrs. Johnson. "How I wish I could do something to help you and the children!"

"Pears to me that there's no one kin do much fur Will 'cept Helen. He used to set great store on her, and if she wasn't so wrapped up in her swaddling-bands, 'pears like she wouldn't have to answer for the blood of his soul. You see she don't feel like singin' or playin'. And though Will loves ter get at the piano, she won't let him touch it, because she says it grates on her ears. I shouldn't wonder if she hear something worse than that if he keeps on a-goin' out nights the dear knows where. If he invites any of his young friends here, she makes objection because of the noise. I do hope his par will be back 'fo spring or I don't know what will become of Will."

Mrs. Johnson and Aunt Cloe were weeping together. "I'm sure that Helen is miserable both in body and spirit. It is enough to make a well person sick to sit and brood over trouble, although I believe her trouble is largely a matter of imagination. And I really believe that the heavenly air-shaft, with good common-sense exercise, sunshine, and outdoor air, would be the making of the child. As for Will, if she could only be roused to see what a good work she could do him, I'm sure it would stimulate her. But there's no one can open up her soul except Jesus. He is the shaft that connects with the heavenly atmosphere. We must pray, Aunt Cloe."

Helen turned slowly and went back to her room. For a long time she sat thinking deeply. "Is it possible," she said, "that this is all true of me? Am I wholly absorbed in self? Is my sickness largely due to a sick heart and mind? What about that air-shaft? Got one in my room! Well, I guess I'll see what it is. Perhaps it will help me to understand about the heavenly one. Poor Aunt Cloe! and poor Will! Oh, I hope it isn't as bad as Aunt Cloe thinks. I must turn over a new leaf."

Helen examined the jacket, and found the pipes. She was determined to understand the whole thing, so, lighting a lamp, she carefully

traced the pipes through the wall, and under the floor, feeling along the cellar wall till she found the opening. Putting her hand over the mouth of the pipe through the window, she was convinced by the draft that she had really been breathing fresh air ever since the day of her first ride. "And I know that I'm better," admitted Helen. And "that is what I need for my soul," she said, as she ran into Aunt Cloe in the cellar entry.

"La! how you skeered me," exclaimed Aunt Cloe. "I jes' came down for some fruit for supper, but I didn't low to see a ghost. Why! you'll certainly ketch your death down here."

Helen hurried upstairs, but not before Aunt Cloe saw that her eyes were red with weeping.

"Something strange is the matter with Helen," whispered Aunt Cloe to Will. "I ketched her meanderin' 'round the cellar in the dark, a-mutterin' to herself, 'that's what I need fur my soul.' Don't you think, honey, that the hypocricks are gettin' the better of her? I am powerful worried."

When Helen came upstairs she rummaged round and found her long-neglected Bible. Here and there she read, but found nothing that seemed to help her. The more she thought of the failure she was making of life the more gloomy she grew. "I'm a perfect fizzle," she said to herself for the hundredth time. "How could I live and do anyone any good without a heavenly air-shaft?" she said. "Miss Anson had an air-shaft, so had Mrs. Johnson, and even old Aunt Cloe, but I have no connection with the world of light and love," she murmured.

One day Helen found a text that seemed to help her. It was, "In Him was life, and the life was the light of men." I will study his life, thought Helen, and all day she read of the works of Jesus. At twilight Aunt Cloe heard her singing feebly:—

"The whole world was lost in the darkness of sin;
The light of the world is Jesus.
Like sunshine at noonday his glory shone in;
The light of the world is Jesus.
Come to that light, 'tis shining for thee."

Aunt Cloe listened at the door, but heard nothing but a few muffled sobs. As views of her own selfishness became clear in contrast with the great love of Christ, Helen's heart was melted. She had prayed for a heavenly air-shaft, yet she hardly dared hope that it was really for her. But as her trembling faith grew strong, she realized the presence of a sweet peace in her soul, a tender love in her spirit. Her mind grew busy with plans for

Will, and Aunt Cloe, and even reached out to the work that Miss Anson was doing.

Aunt Cloe and Will were astonished when Helen came from her room dressed in a neat, pretty dress, with a look of joy and brightness on her face, and announced her intention of dining in the dining-room with Will.

"I'm feeling so much better," she said, "and it must be so lonesome for you, dear Will, to always have to eat alone; besides, it will save Aunt Cloe work."

"It's the air-shaft," whispered Aunt Cloe to Will. "Didn't I tell you to wait awhile and let her have a good breathing spell."

How sweet it was to see the brother and sister arm in arm again, and to hear their voices united in singing the hymns that had long been silent. Aunt Cloe could hardly believe her eyes, and fluttered in and out on unnecessary errands, for the pleasure it brought to her heart to see her darlings so happy together.

Helen and Will both seemed to sing with the spirit and understanding:—

"Jesus, Saviour, great example,
Pattern of all purity,
We would follow in thy footsteps,
Daily growing more like thee."

And Helen's voice failed with tears as she tried to sing—

"Change each weakness into power,
Make me more and more like thee."

Helen asked Will and Aunt Cloe to forgive her for her selfish life, and told them that she believed Jesus had forgiven her.

As Aunt Cloe stirred up the batter for bread, she kept whispering to herself, "Bress de Lord! bress de Lord, O my soul, fur he's given her a heavenly air-shaft."

During the weeks that followed, Helen took every measure in her power to regain strength, and it was not in vain. Mrs. Johnson took her out in her carriage, she began to take exercise in light housework, and with bells and clubs, and Miss Anson furnished her with worthy objects for her thought and energy. "The whole world is a new world," she exclaimed one day. "And it seems as though God had given me a new existence."

"We played a great joke on you, Helen," said Will. "We put an air-shaft into your room, and it has worked all this miracle, just as Aunt Cloe prophesied it would."

"Yes," said Helen, "I know it did me a great deal of good, but it was the heavenly air-shaft that worked the greatest change in me."

"Bress de Lord!" exclaimed Aunt Cloe. "Dere ain't nobody in jes' de right condition widout two air-shafts."

Temperance.

DISCREET LIVES.

"WHERE days of youth are wisely spent,
And days of strength and prime,
We have no reason to repent
Of ours as misspent time;
No 'evil days' can enter here,
Repentant for the past,
But joy and pleasure ever near,
And triumph to the last."

BOYS AND THE BOTTLE.

NOTHING from the pen of Dickens or Thackeray goes nearer to the fount of tears than many a scene in child life which is occurring every day. Not long ago I came upon a staggering father who was being led home by his own little boy. When the helpless sot reeled over and was likely to fall, the lad dexterously steadied him up again, as if he had acquired the knack of it from a long experience. The expression of shame and grief on the poor child's face haunted me for hours. I shuddered to think that the accursed appetite might descend as an hereditary bane, and be reproduced in that child in future years. One of the most hopeless cases of drunkenness I ever knew was the case of a church member whose father and grandfather were confirmed toppers. That the lust for strong drink is hereditary has been often proved; but what father has a right to bequeath such a legacy of damnation to his offspring?

A few days ago an interesting lad called at my door with a request from his mother for me to visit her. "What is the matter, my lad?" His countenance clouded over as he said tearfully, "It's about papa." The old, old story! I knew it too well. "Papa had broken loose again, and the seven evil spirits which had been cast out had come back again, and the last state of the man became worse than before. Such visits are among the saddest which a pastor can be called to make; to me, after my long observation of the clutch which drink fastens on its victims, they are the most desperate.

The following story shows the force of example, and habit:—

"I was lying on the sofa sleeping off my previous night's debauch. I was aroused by hearing

something fall heavily on the floor. I opened my eyes and saw my little boy of six years old tumbling on the carpet. His older brother said to him, 'Now get up and fall again. That's the way papa does; let's play we are drunk!' I watched the child as he personated my beastly movements in a way that would have done credit to an actor. I arose and left the house, groaning in agony and remorse. I walked off miles into the country, thinking over my abominable sin and the example I was setting before my children. I solemnly resolved that, with God's help, I would quit my cups, and I did. No lecture I ever heard from Mr. Gough moved my soul like the spectacle of my own sweet boys 'playing drunk, as papa does.' I never pass a day without thanking my God for giving me a praying wife, and bestowing grace sufficient to conquer my detestable sin of the bottle. Madam! if you have a son, keep him, if you can, from ever touching a glass of wine."

The narrator of the above touching story may never see it in these columns; but if he does, I know he will pardon its publication. It may be a timely warning to more than one father who is by no means a toper, and yet is putting a wine-glass right before his own children. It is the ready excuse of many a lad for taking a glass of champagne, "We always have it at home." The decanter at home kindles the appetite, which soon seeks the drinking saloon. The thoughtless or reckless parent gives the fatal push, which sends the boy to destruction.

Long labor in the temperance reform has convinced me that the most effectual place to promote it is at home. There is the spot to enact a "prohibitory law." Let it be written upon the walls of every house.

Wherever there is a boy there should never be a bottle.—Plattsburg (N. Y.) Sentinel.

PRESIDENT CARNOT, of France, recently entertained 13,000 mayors at a great banquet in Paris; 2,000 other distinguished guests were present. Seventy-five cooks were recruited for the meal, and 1,300 waiters and attendants were employed. The entertainment given the mayors is expected to have a considerable political effect in strengthening the feelings favorable to the present French Government in the various constituencies represented. To this end, no doubt, the 27,000 bottles of wine provided for the feast are expected to contribute.

SERENITY AND LONGEVITY.

A WRITER in a late issue of *Hall's Journal of Health* makes a plea in favor of calmness and equanimity as important factors in health and longevity. "If," he says, "the truth be plainly told, death is usually but a species of suicide. People seem set upon the very mode of life that will kill them the quickest. Too much eating, and too little sleeping; stimulants, excitement, and reckless dissipation; brains overburdened with business, hearts harrowed with the cares and responsibilities of life—such are some of the things that are taking people off."

It is a fact which no one disputes that worry and nervous excitement kill faster than hard work when unaccompanied by mental disturbance, and that he who can continually maintain his equanimity has the best chance of long life. These indeed are truths that have been so often uttered by the world's thinkers that it seems strange that even a health journal finds it necessary to repeat them once again. The love of life and the desire of longevity are almost universal. Indeed, it may be doubted whether anyone, possessed of ordinary bodily and mental vigor, ever really desired to "leave the warm precincts of the cheerful day," and yet people in general pay little heed to the restful condition of mind that is the acknowledged elixir of life.

Restless, energetic persons find it easier, or more in accordance with their feelings, to drive everything before them, than to take things quietly; and the habit of crowding as much as is possible into every waking hour is one that grows upon the individual. Driven to defend themselves from the old charge of "burning life's candle at both ends," such persons assert that a short life of achievement is preferable to a long one of listless inactivity, and quote the old adage that it is "better to wear out than to rust out."

If the choice were between a short energetic and efficient life, and a long spiritless and inefficient one, this defense would be conclusive in favor of the former. But it is not, by any means, necessarily so. The same order of calmness and repose of mind which insures bodily health is necessary to perform, with the greatest efficiency, the work which falls to the individual lot in life. The spur of necessity has without doubt driven many persons to extraordinary achievement, but it has been at the expense of the vital forces. Such

work is as the fitful gleam to the steady light—dazzling in its enforced brilliancy, but unstable. To do his best, a man should rather be the master than the slave of his feelings and circumstances; and this one fact, more than any other, perhaps, accounts for the difference in achievement between men and women.

Absence of feeling is not necessary to the best results. If there is to be any effective accomplishment there must be force, energy, and enthusiasm, but all of these must be under the dominion of the will. There are persons, says the Philadelphia *Ledger*, "who pride themselves upon concealing their feelings, when, in truth, there is little or nothing to conceal." It is not concealment but control of the feelings that is desirable, and indeed necessary to carry out the idea of calmness and equanimity that is insisted upon as an important factor in health and efficiency. This cannot be attained by spasmodic effort, but is the result of long and consistent habit. If length of days is desirable, the effort is one worthy the intelligent endeavor of the world's thinkers and workers.—*Oregonian*, Dec. 8, 1889.

TEA DRINKING.

UNDER the heading, "Terrors of Tea," the *St. James Gazette* contains the following reflections, which are well worthy the consideration of tea drinkers:—

"Nervous people, experience shows us, are, as a rule, extremely selfish. *La femme nerveuse* is the most inconsiderate specimen of her sex. Her nerves have become a species of fetich, which must be propitiated by the sacrifice of everybody's comfort except her own. She considers every action, both of herself and the world at large, primarily from the point of view of the effect it will have on her nerves. If she happened to be omnipotent, she would no doubt at once stop the movement of the earth, for fear of its giving her a 'turn.' Her sentiment of pity for the misfortunes of others is entirely blunted by her horror of the sight of pain and the sound of woe. She exacts the utmost forbearance and sacrifice from others—not for herself, but for her nerves—and exempts herself from gratitude on the same grounds. She tends, in fact, to become completely soulless, accepting all devotion as her due, bitterly resenting any resistance to her claims, and substituting for

all higher spiritual life an egotistical form of pessimism which is as delusive as it is difficult to combat. That she is not actively cruel is an accident; passively cruel she is continually, without remorse or thought; and it is probable that when provocation and opportunity offered themselves simultaneously, she would not stay her hand from direct cruelty. The nervous woman is a product of the nineteenth century, and, inferentially, of tea. She takes it to soothe her nerves, and it rather excites them; or else she takes it because she has acquired the habit, and the result is the same.

"Russian women are even more afflicted with 'nerves' than their English sisters. They are more inclined to fitful and violent excitements, more skilled in intrigue, more pessimistic, more selfish as a rule. Now it is worth noticing that they have known the use of tea much longer, that they drink a purer and stronger beverage, and that they indulge in it oftener than English women. The children take after their mothers, and in the men the characteristics become more pronounced and more brutal."—*Good Health*, August, 1889.

A WARNING TO SMOKING FATHERS.

APROPOS of your paragraph, "A Crusade against Tobacco," in Saturday's issue, may I give you, in as few words as possible, my recent experience with tobacco smoke. It may be a warning to others. I have one child, a bright little girl not yet two years old, a fair-haired, blue-eyed pet, who was as healthy as the birds when she was born. For more than a year past—ever since she was old enough to be less in the nursery and more with her father and me—she has ailed mysteriously. I could not say she was ill, yet she was never quite well. I was kept in a continual anxiety about her. The symptoms were entire absence of appetite, constant complaints of sickness, stomach and digestion out of order.

Last August I took her away by myself to a country town, where we stayed two months. After the first week she flourished like a young bay tree, ate and drank and played and slept and laughed, and kept me continually enlarging her clothes. I took her home—not so pretty and delicate in appearance, but rosy and robust. In one week all the old symptoms reappeared,—loss of appetite, dark lines under the eyes, listless ways, restless nights. Someone suggested that the neighbor-

hood did not suit her, and I was cogitating how to take her away again, when she caught a severe cold and was confined entirely to one room for three weeks. She recovered her general health completely while shut in the nursery. Appetite, spirits, sleep all returned. It could not be the neighborhood. After her cold she joined us downstairs as usual two or three times a day. In less than a week sickness, etc., returned. I was in despair.

For nearly three months I racked my brains about drains, wall-paper, milk, water, sauce-pans, and everything in vain—the child slowly wasted away. In my agony of mind I noticed one day that far from outgrowing her clothes, as I had expected, they were too large for her. The little thing was not eating enough to keep up her strength, and we could not coax her to eat. Yet she was not really sick; she ran about and played in a quiet way, and seemed well enough to those who had not seen her robust.

Suddenly my husband was summoned to the country. A week after he had gone the child began to eat with eager relish. In a fortnight she was her own happy self, full of riotous, childish spirits.

"Her father never saw her like this," I remarked one evening, when she was particularly merry and mad, and then the truth flashed upon me. It was his tobacco that upset her. He has been away now for a month, and the child's limbs daily grow firmer, rounder, and she is the meriest, healthiest mortal possible. He always smoked after breakfast and after lunch with her in his room, neither of us dreaming it was injurious to her.

But for his providential absence this time, I doubt whether it would have occurred to me, and we might have lost our darling—for she was wasting sadly. It was acting like slow poison upon her.

This is a true, unvarnished statement, which my nurse can corroborate. When shall we have a parliament that will dare to tax our slow poisons to the utmost? I inclose my card, and remain your obedient servant.—*E. H., in Pall Mall Gazette.*

THE cow-keepers of Benares, who number 30,000, have decided to expel liquor drinking from their caste; and other smaller castes are following the example. In this way 50,000 of the hard-working inhabitants have lately become total abstainers.

A QUESTION OF PRIVILEGE.

'THE natives of Zanzibar,' says the *Pall Mall Gazette*, "have much still to learn about the rights and privileges of cigarette smokers. An unhappy Englishman, who merely accidentally threw the lighted end of his cigarette on the thatched roof of a hut in the native quarter the other day, was attacked with knives and sticks. His assailants added insult to injury by assigning incendiarism the motive of the act. They are now in prison awaiting punishment. Evidence should be given at the trial of the number of women whose dresses have been set on fire in England by lighted ends of cigarettes, deposited by persons who have undergone no punishment. To know how to treat the careless cigarette smoker properly is an evidence of advanced civilization."

HE HADN'T TAKEN ANYTHING.

"HAVE you taken anything for your trouble?" asked the doctor, of a long, lank, hungry-looking man, who came to him, complaining of being "all run down," so that he didn't seem to be "no manner o' correct," his appearance verifying his words.

"Well, I hadn't been taking much of anything, Dock., that is, nothing to speak of. I tuk a couple o' bottles of Pinkham's Bitters a while back, an' a bottle of Quackem's Invigorator, with a couple o' boxes o' Curm's pills, and a lot o' quinine, and some root bitters my old woman fixed up. I've got a porous plaster on my back, an' a liver-pad on, an' I'm wearin' an' 'lectric belt, an' takin' red clover four times a day, with a dose or two o' salts ev'ry other day; 'ceptin' for that I ain't takin' noth'n'."

THERE is a wealthy brewer in Montreal who built a church and inscribed on it: "This church was erected by Thomas Molson at his sole expense. Hebrews 11 chapter." Some of the McGill College wags got a ladder one night and altered the inscription so as to make it read: "This church was erected by Thomas Molson at his soul's expense. He brews (double) XX."

THE natives of Damascus are said to call drunken men victims of "the English disease."

IN Western Africa one hundred gallons of rum can be bought for 7s. 3½d.

Miscellaneous.

LIFE.

"WE live in deeds, not years; in thoughts, not breaths;
In feelings, not in figures on a dial.
We should count time by heart throbs. He most lives
Who thinks the most, feels the noblest, acts the best."

DIPHTHERIA.

THE prevalence of this disease, its dangerous character, and the fatality attending it, claim an extended notice. It is considered by the profession as both infectious and contagious, and, in accordance with medical authorities, all ages are subject to it. The mucous membrane of any organ in the body, under certain conditions of the system, is liable to diphtheria deposits or infiltrations, but as the cases are rare in adults, it is considered a disease of childhood. To ascertain why this is so, as far as our knowledge and experience may demonstrate or suggest, is the incentive of this article.

We shall not weary our readers by giving its history. Suffice it to say that it is no new disease. It has been known under various names in the long ago. Its attack is sometimes very insidious, the patient being brought to the very jaws of death before its existence is suspected. It is, however, generally ushered in by rigors, and in many cases by a positive chill, sickness of the stomach, general weariness, slight fever, and depression of spirits. The patient often complains of difficulty of swallowing, even fluids; slight glandular swellings may be seen under the jaw, and stiffness of the neck is often experienced. On examining the throat it is found to be highly inflamed, of a purple color, the tonsils somewhat enlarged, but no membrane can as yet be detected, but soon small grayish-white patches appear, which gradually increase in number, and finally run together, which, if prematurely removed, carries with it the mucous membrane underneath, which causes an exudation of blood. The membrane, however, is again soon formed. In some cases the mucous membrane itself is infiltrated with the poisonous secretion, and cannot be removed. An ordinary inflammation of the throat may be attended with many of the above symptoms, and is often diagnosed diphtheria, but there is no certain pronounced symptom of the disease until the appearance of the membrane

plainly shows itself. In most if not in all cases there is a hoarse cough, with almost constant discharge of thick glary mucus, often from both throat and nostrils.

The factor from the breath is generally very offensive. Dyspnoea, or difficulty in breathing, is always present; often the patient, when prone, starts suddenly up as if choking, and with difficulty as it is said "catches his breath;" this is always one alarming symptom.

In fatal cases, the diphtheritic deposit descends to the larynx and closes the air passages, as in croup. If tracheotomy is resorted to before this takes place, life may be prolonged, and a possibility exist of the final recovery of the patient. The disease sometimes attacks the œsophagus and stomach and not the trachea. An autopsy in one case revealed the fact that the pyloric orifice of the stomach was entirely closed by the membrane.

Many physicians contend that diphtheria is identical with membranous croup. It is unnecessary, however, to discuss that question. Suffice it to say that they are analogous, both in their symptoms, the formation of the membrane, and in their fatal tendency.

Diphtheria is seldom epidemic, more often sporadic. Whole families of children are sometimes attacked, and the disease is hastily pronounced epidemic; but this does not necessarily follow. They were all subject to the same influences and surroundings, ate at the same table, partook of the same food, therefore they were all equally liable; and if one of the children was attacked without any exposure, why not the others? Of course the poisonous emanations from the one first attacked would render the others more pervious to the disease. It is most generally sporadic, however. Children are attacked with the disease widely apart, when there was no possible exposure to the contagion.

Medical works give little satisfaction as to the etiology or causes of diphtheria. Catarrh, a tendency to throat affection, filthy habits, impure air, poisonous exhalations from sewers, and decayed vegetable and animal matter, are the principal causes stated. It is, however, generally considered a zymotic disease, a natural product from blood poisoning, as above stated; but it is admitted that these poisonous emanations may produce other diseases besides diphtheria, typhoid fever, for instance; therefore they cannot be charged as a di-

rect and positive cause. Although such foul odors are extremely offensive to our olfactories, and in effete organizations tend to develop disease, and should be abated, it cannot be proved *per se* a cause of diphtheria, or any other zymotic disease, when allowed to be freely disseminated in the atmosphere.

Every person living in Oakland has realized the abominable effluvia, at low tide, at the San Francisco ferry, yet we have never heard that the employes who were constantly exposed to it were more subject to diphtheria, typhoid fever, or any other zymotic disease, than those living in admitted healthy locations. When the system is in vigorous health, the vital forces are fully adequate to prevent any injurious consequences resulting from such causes.

The principal cause, however, which is now advanced, and accepted by most physicians, on the authority of a few scientists, who have made a specialty of microscopic examinations of the blood of persons afflicted by disease—principally those of infectious or contagious character—is this new fad, the germ theory, which is considered the cause of zymotic and all other diseases of a dangerous character, as consumption, which is not generally considered as being either infectious or contagious.

The terms microbes, bacteria, spores, bacilli, germs, etc., are glibly quoted by the most illiterate, who accept them on the authority of their physicians. This theory, however, is too large a subject to be discussed in this article, but we shall throw out a few thoughts for the consideration of the reader.

Life is everywhere—in the air we breathe, in the water we drink, and in the foods which nourish our bodies. There is no destruction of material in all the realms of nature. When a man dies he leaves his body in possession of other forms of life, which in process of time disintegrate it and resolve it to its original elements.

In healthy blood exist minute organisms by which the life principle of the body is maintained; and these are in as large a percentage as the morbid germs are found in persons suffering with disease. It has been proven that in every morbid state of the system a specific form of bacteria is present. It has also been demonstrated that healthy germs cannot exist in diseased organisms, and that morbid germs cannot retain life in

healthy blood. As so many zymotic diseases occur spontaneously when there is no exposure to contamination, it is a logical conclusion that the disease evolves its own special morbid germs, as normal blood evolves healthy germs; that is, the disease develops the germ—not the germ the disease.

We shall now state, in accordance with the experience which a practice of nearly half a century has demonstrated to our mind, what we consider some of the causes of this most fatal disease (diphtheria), and which are not to be found in medical works. The very potent cause is the almost universal custom of parents, both of high and low degree, as soon as a child is able to sit at the table in his high-chair, being allowed to be fed on everything there provided the same as the adult members of the family, whose tables in this, probably more than any other State in the Union, are generally bountifully supplied with animal foods. Now young organisms cannot live on such aliments with impunity. Children so fed are continually liable to disease of some kind. Animal fiber contains too much nitrogen, which is the basis of urea and uric acid. The kidneys are overtaxed, and cannot wholly eliminate poisonous excretions; as a consequence, they are absorbed into the system, and blood poisoning is the result, with all its fatal consequences. "Milk for babes and strong meat for adults" is a wise saying, and if carried out in the raising of children, the grave-yard would not receive so many of these young organisms. In Ireland and other European countries where the children are raised principally on farinaceous and vegetable foods, which with milk is the most wholesome and nutritious for children, diphtheria is almost unknown.

If physicians will investigate this matter they will find that in nearly all cases of this disease which come into their care, the patient has been largely fed on animal foods, with coffee and tea, perhaps, the same as other members of the family. This has been our experience.

Another cause is sleeping in badly-ventilated rooms. Many people think that the night air, if admitted, is injurious, consequently the windows are tightly closed, fearful that their little ones would take cold if a breath of air should strike them. It is calculated that an adult person will breathe over a hogshead of atmospheric air every hour, children in proportion. In an ordinary-sized bedroom how long will it take to deplete the room

of its oxygen, leaving in its place carboic acid and other effete gases, emanations from the bodies of the sleepers—deadly poisons—which they breathe over and over, filling their systems with them? Is it any wonder that sickness overtakes them? No person should sleep in a room without having a free circulation of air over their heads, so that these poisonous gases pass out, and into the atmosphere, the pure air supplying their place. Some people think that carbonic-acid gas, being of greater specific gravity than oxygen, falls to the bottom. This is a mistake; the temperature being so much higher as it escapes from the lungs than the surrounding atmosphere, it ascends to the ceiling, until the whole temperature of the room is equalized. Persons who sleep in well-ventilated rooms seldom take cold. It is those who sleep in close rooms who are the most subject to colds.

The effete gases generated as above stated are *far more injurious to health* than the foul emanations from the sewers, as offensive as they undoubtedly are. Another cause is the habit of fond mothers coddling their children by excessive clothing, on the supposition that they require more than grown people to keep them warm, whereas the reverse is the case. It is the circulation of the blood which generates heat; a child's circulation is much more rapid, therefore they require less. This excessive clothing debilitates the child, makes it more sensitive to the changes of temperature, more liable to take cold, extracts vitality, and renders it an easier prey to an attack of disease. A child will play on the snow with bare feet with impunity, which older persons dare not attempt.

It is not our province to give any advice as to treatment. The disease is of too serious a character. The only advice necessary is to send for your physician at the first appearance of the disease.

We cherish the hope that parents will heed the admonitions here given, both for their own sakes and for their little ones.

G. H. STOCKHAM, M. D.

"MAN doubles all the evils of his fate by pondering over them. A scratch becomes a wound, a slight injury, a jest an insult, a small peril a great danger, and a slight sickness often ends in death by brooding apprehension. It is always best to look on the bright side."

THE majority of cough mixtures contain opium.

SPEAKING TO PEOPLE.

"WHO in the world is *that* you're speaking to?" said one young lady to her companion of the same sex and age as they walked down one of the avenues the other day.

"That man? He is the man that mends my shoes when they need it," was the reply.

"Well," said the first speaker, "I wouldn't speak to *him*; don't think it's nice."

"And why not?" queried the other. "He is a kind, faithful, honest, hard-working man. I never pass his window but I see him on his bench working away, and when I bow to him and give him 'Good-morning' he looks as pleased as can be. Why shouldn't I speak to him?"

"I never speak to that class of people," said the other; "they're not my kind."

"I do," was the rejoinder. "I speak to everybody I know—from Dr. Brown, our minister, to the colored man who blacks our stoves and shakes our carpets—and I notice that the humbler the one in the social scale to whom I proffer kindly words, the more grateful is the recognition I receive in return. Christ died for them as much as he did for me, and perhaps if some of them had had the opportunities my birth and rearing have given me they would be a great deal better than I. That cobbler is really quite an intelligent man. I've lent him books to read, and he likes quite a high style of reading, too."

The two girls were cousins, and they finally agreed to leave the question as to recognizing day-laborers, mechanics, and tradesmen to a young lawyer of whom they had a high opinion. So the first time the three were together one of the girls asked him:—

"If you met Myers, the grocer, on Broadway, would you speak to him?"

"Why, yes, certainly; why do you ask?"

"And would you speak to the man who cobbles your shoes?"

"Certainly, why not?"

"And the janitor of the building where you have your office?"

"Of course."

"And the boy that runs the elevator?"

"Certainly."

"Is there anybody you know that you don't speak to?"

"Well, yes; I don't speak to Jones, who cheated

a poor widow out of her house; or to Brown, who grinds down his employes and gives them starvation wages; or to Smith, whom I know to be in private anything but the saint he seems to be in public. I speak to every honest man I know whom I chance to meet. Why do you ask?"

"Because we simply want to know," replied the young lady who had taken her friend to task for speaking to a cobbler. In fact, she was ashamed to tell him that he was referee in the discussion on this point held a day or two before."

It is the privilege of nobility to be gentle and courteous to all. Kindly words hurt no one, least of all him or her who speaks them.--*Sci.*

THE BEE'S STING A USEFUL TOOL.

A NEW champion has arisen to defend the honey bee from the obloquy under which it has always rested. Mr. William F. Clarke, of Canada, claims to have discovered, from repeated observations, that the most important function of the bee's sting is not stinging. In a recent article he says: "My observations and reflections have convinced me that the most important office of the bee sting is that which is performed in doing the artistic cell work, capping the comb, and infusing the formic acid, by means of which honey receives its keeping qualities. As I said at Detroit, the sting is really a skillfully-contrived little trowel, with which the bee finishes off and caps the cells when they are filled brimful of honey. This explains why honey extracted before it is capped over does not keep well. The formic acid has not been injected into it. This is done in the very act of putting the last touches on the cell work. As the little pliant trowel is worked to and fro with such dexterity, the darts, of which there are two, pierce the plastic cell surface and leave the nectar beneath its tiny drops of the fluid which makes it keep well. This is the 'art preservative' of honey. A most wonderful provision of nature, truly! Herein we see that the sting and the poison bag, with which so many of us would like to dispense, are essential to the storage of our coveted product, and that without them the beautiful comb honey of commerce would be a thing unknown."

If these things are so, how mistaken those people are who suppose the bee is, like the prince of evil, always going about prowling in search of a victim. The fact is that the bee attends to its

own business very diligently, and has no time to waste in unnecessary quarrels. A bee is like a farmer working with a fork in his hay-field. He is fully occupied, and very busy. If molested or meddled with, he will be very apt to defend himself with the instrument he is working with. This is what the bee does; and man, by means of his knowledge of the nature and habits of this wondrous little insect, is enabled, in most cases, to ward off or evade attack.—*Scientific American.*

THE VALUE OF CIVILITY.

THERE would be fewer broken friendships, fewer unhappy unions and family quarrels, were it not so much the custom among intimate friends and relations to neglect the small courtesies of life, to show less and less mutual deference as they grow more and more familiar. It is the foundation of misery in marriage, and many a serious and life-long estrangement has begun, not from want of affection so much as from lack of that delicate and instinctive appreciation of the feelings of others which makes a person shrink from saying unpleasant things or finding fault, unless absolutely obliged, and in any case to avoid wounding the offender's sense of dignity or stirring up within him feelings of opposition and animosity; for although many persons profess to be above taking offense at honest censure, and even seem to court criticism, yet it must be carefully administered not to be unpalatable. Even kind and generous actions are often so uncouthly performed as to cause the recipient more pain than pleasure, while a reproof or denial may be so sweetened by courtesy as almost to do away with any sense of mortification or disappointment.

HORSES AND THE WHIP.

AND now steps forth a merciful horseman who sensibly declares it has for years been the altogether-too-common idea that the whip is a powerful agent for getting work out of a horse. It would be taking too high ground to say that it ought never to be used; but surely its use should not be attempted by the horseman who is himself out of temper. A man who cannot control himself is certainly unfit to control a horse. If the whip is used when the driver is in a fury, it is sure to be done indiscreetly and without restraint; hence the object aimed at is frustrated, as the horse becomes either unduly excited or obstinate. Kind usage will get much more work out of both men and horses in the long run.

Household.

"MOTHER'S WAY."

OFT within our little cottage,
As the shadows gently fall,
While the sunlight touches softly
One sweet face upon the wall,
Do we gather close together,
And in hushed and tender tone,
Ask each other's full forgiveness
For the wrong that each has done.
Should you wonder why this custom
At the ending of the day,
Eye and voice would quickly answer,
"It was once our *mother's way*."

If our home be bright and cheery,
If it hold a welcome true,
Opening wide its door of greeting
To the many, not the few;
If we share our Father's bounty
With the needy day by day,
'Tis because our hearts remember
This was ever *mother's way*.

Sometimes, when our hearts grow weary,
Or our tasks seem very long,
When our burdens look too heavy,
And we deem the right all wrong,
Then we gain a new, fresh courage,
As we rise and brightly say,
"Let us do our duty bravely;
This was our dear *mother's way*."

Thus we keep her memory precious,
While we never cease to pray
That at last, when lengthening shadows
Mark the evening of life's day,
They may find us waiting calmly
To go home our *mother's way*.

THE HAPPY HOME.

WHAT a striking contrast presents itself when we compare the character of the thousands of homes which exist under our common banner of liberty and enlightenment! Here is one overflowing with happiness and mirth, where beauty lingers in all its fairy forms. Beside it is another drenched with tears and haunted with the sobs and moans of breaking hearts, where the angels of misery and want stalk hand in hand. The one is sought and admired as though the sunshine that lingers there was a life-giving balm, while the other is loathed and avoided as though the pall that enshrouds it were contagious. Why the difference? In some

instances the difference is explained in characters where all may read, while in others the secret is hidden forever from mortal eyes. There are hundreds of palace-like mansions furnished and surrounded by all the elegance and state that bespeak wealth and ease, but, for all this, bear an aspect anything but inviting. They are heartless, loveless, and cheerless. Their occupants are fortune makers rather than home makers. There are thousands of others which hardly more than serve as shelters from the weather, where every day is its own provider. One would hardly think that each of these contains an almost priceless treasure—happiness. The wretchedness of the place is dispersed and the rude hovel and its surroundings assume the nature of an earthly paradise, becoming the center of attraction to its occupants. For them to live is to love, and to each the happiness of the others is the height of their ambition. To such it is home anywhere. Of course, this is not the only and unalterable line between the happy and unhappy home—only the extremes. Happiness lodges wherever welcomed and entertained. There is, therefore, no just cause for wretchedness; the germs of happiness exist in every home and every life.

The one prime requisite of happiness in the home is love; not a blind, selfish passion, that glories only in some personal attraction, but that which owes its existence to the tie of kin, and includes all in its embrace. Where this exists all else is subordinated to its supreme rein, and all family regulations are engulfed in this one supreme law.

The recognized heads of the family in business matters are also considered as the guardians of the social pleasures of the home. The father who is negligent in supplying the demands of the table and wardrobe, or who regards his wife as simply a housekeeper or servant, instead of the companion of his bosom, or who looks upon his children as nuisances and burdens instead of heaven-sent flowers to brighten his path, can only hope to find his home constantly growing more dismal and uninviting. Again, the wife who fails to serve up the bounties provided, who disregards her high mission and duty to study and try to gratify the desires of her husband, or who finds her chief pleasures in outside society, while the tranquil joys of home go begging for recognition, will soon find that a home neglected is a home destroyed.

One of the most admirable aids in securing happiness to the home is the ability to sacrifice. No other trait bears such a powerful influence, and there is none so sure to beget its like in others. There are many little pleasures and privileges falling to your lot for the enjoyment of which you would be no wiser or better, and the loss of which you would never feel, which might be more highly appreciated, and a source of greater happiness to others. Then, by all means, let those have the pleasure who find most in it. This course followed soon brings a pleasure in seeing others reveling in pleasures that might have been yours but for your willingness to make others happy at the expense of a little selfish gratification.

Contentment is an indispensable essential to happiness. Happy are the persons who can adapt themselves to surrounding circumstances, and who can see in their lot, whatever and wherever it be, the kindness and wisdom of Providence. Discontent has a whole train of fatal consequences. Ill-nature, discouragement, neglect of business, and finally despair, are all children of discontent.

Hearts and dispositions are quite liable to assume the features of surroundings. Beware of disorder. Have a place for everything and everything in its place. The household articles strewn around in a general confusion are soon mirrored upon the minds, hearts, and dispositions of the family.

One of the great aggravations of many homes, especially when including half a dozen or more children, is excessive noise. This is, to a great extent, unavoidable, and must be borne and overlooked. It can, however, be greatly remedied by frequent gentle reminders and constant thoughtfulness. The business man, fatigued and nervous from the excitement and bustling confusion of the day; the mechanic, worn with toil and wearied with the hum and clatter of machinery and tools, and the farmer, fainting from the exertions of farm-life, desire few things more, and enjoy nothing so much, as peaceful quiet around the family hearth at evening. It is more beautiful than any other ornament.

Music is one of the most exquisite beauties. Its tendency is to transmit the mind of everyone from all that is doleful—from the trials, troubles, and disappointments of life—and bid them good cheer, and inspire them with new energy. Many are the ill omens it drives away.

The home is a compound individuality. Just as the members are, so is the body; the peculiarities of each are represented in its features. The home is the nursery of the nation, the cradle of the church, and the mother of society.—*Housekeeper.*

TRUTHFULNESS TAUGHT BY EXAMPLE.

"I HAD twenty eggs hidden for Easter, and mamma said if I would bring them in, she would keep them from being mashed; and she has used them all but two! But I'm hiding some more now and she won't get them, you'd better believe."

That is what a minister's young son said to me a few days before Easter, and his mother smiled over it; but it seemed to me that it might form the text for a very eloquent sermon. I am not a preacher, and could not do such a subject justice; but I would like to enter my protest against such training. How can a mother expect to bring up her children to be truthful, when she tells falsehoods to them, or in their presence? She should strictly live up to every promise she makes them. We teach much more easily by example than by precept, and if we are careless of truth, we have no right to demand that they be otherwise.

We may look about us wherever we will, and we can but see that the love of exaggeration has a strong hold upon the people. The desire to attract notice causes them to put that which they have to tell in as attractive and striking a form as possible, and perhaps give it several embellishments that are not in strict accordance with the truth. We shall find this fault in every profession and among people who would feel quite insulted were they to be told that they were not strictly truthful.—*Selected.*

THE RIGHT KIND OF BOY.

If a boy is always ready for little deeds of kindness; if he is willing to give up his own plans to help along the plans of others; if he tells the truth, though it may be against himself; if he obeys his parents cheerfully and promptly, even when the task is hard and disagreeable, it is easy for anyone to see what that boy desires most. His wish is to do right, and such a wish is always granted, because the Holy Spirit is ever ready to lead the willing feet into the paths of righteousness.—*Religious Intelligencer.*

HINTS FOR THE SICK-ROOM.

By observation and a little experience in the sick-room we have learned that of the many things that ought to be done, and ought not to be done, none are of greater importance than an abundant supply of pure air. In fact, this is of the *utmost* importance. "In illness, the poisoned body is trying to throw off, through lungs, skin, and in every possible way, the noxious materials that have done the mischief. Bad air and dirty or saturated bedclothes increase the difficulty at the very time when the weakened powers need all the help they can get." Air from the kitchen and close closets should be avoided; outside air is the best. A fire, if needed, should be in the room to take off the chill, and thus prevent taking cold. A cold is rarely taken in bed when the bedclothes are well tucked in, but oftener in getting up out of a warm bed, when the skin is relaxed. Anything like a chill should be avoided; neither is it well to allow a draft or current of air to pass directly over the bed of a patient.

Too much cannot be said as to the cleanliness of the sick-room. "What might be endured with impunity by a well person may prove fatal to a sick and weak patient. Especially should the bed and bedding be scrupulously clean." The sheets should be changed frequently, being previously aired thoroughly either in the sun or by the fire. Light blankets are best for covering, as the heavy cotton comfortables so often used are fatiguing. "The clothing should be as light as possible with the requisite warmth."

The recovery of our invalids is often retarded by overkindness. The use of improper food, or the indulgence of some whim, may undo all that the physician has previously done, and perhaps place the patient beyond recovery. "A physician's directions should always be observed with the strictest fidelity. Sick persons generally prefer to be told anything rather than have it read to them." A change in the ornaments of the room is often a great relief, and they enjoy bright and beautiful things, especially flowers; these, however, should be culled from the delicate class, free from pungent odor.

"A very simple means of refreshing the nurse, and a valuable disinfectant, if the nature of the invalid's complaint does not forbid it—that is seldom the case—is to put some pure, fresh-ground coffee

in a saucer, or any other dish, and in the center place a very small piece of camphor-gum, and touch a match to it. As the gum burns, allow sufficient coffee to consume to pervade the atmosphere with the aroma; it is wonderful in its invigorating effects."

Another important consideration in the care of the sick is the administration of food, which should be delicately and carefully served; and this should never be left to careless and inexperienced servants. "It should be made as attractive as possible, served in the choicest ware, with the cleanest of napkins, and the brightest of silver." If hot drinks be served, such as crust-coffee or any drink prescribed by the physician, see that the daintiest cup is on the tray, a block or two of white sugar, and a few spoonfuls of sweet cream. The toast should be neither too thin nor too thick, evenly browned, and free from crust, and just from the fire. If steak be prescribed, let it be the very best tenderloin, delicately broiled, and served *hot*. The attention given to these simple matters may appear trifling to the strong and active, but to the weak, and, perhaps, fastidious, they are everything.

MRS. A. M. LOUGHBOROUGH.

A TALK WITH MOTHERS.

A GERMAN mother relates in her husband's paper, the story of her experience with her little four-year-old daughter, of which let me give you the substance.

The little Beatrice had become much interested in the chickens, which were kept in the back yard, and had been told that from the chickens came the eggs she liked so well. She had brought these in from the nests, and had been told that after the mother chicken had kept the eggs warm for a time beneath her feathers, from the eggs came the little chickens. One day she ran into the house in some excitement, calling her mother to come, because pussy was in the coal scuttle and some little kitties with her. The mother went, and, sure enough, there was puss with her new family of little ones.

"Mamma," questioned the little one, "do the little kitties too come from eggs?"

Here was the dilemma. What should the mother do—satisfy the child for the moment with one of the hackneyed untruths so often told to children, or should it be the truth? If the

latter, how should the baby mind be led up to the proper reception of the truth?

As the full sense of her responsibility flashed upon the mother, and she hesitated a moment, help came from an unexpected quarter. A neighbor came along, holding in her hand a broken egg, in which was a partially developed chick, which she showed the child. Here was the mother's opportunity. Carefully she explained to the little one that just as the little chicken lived many days inside the shell, and grew and developed until it was strong enough to walk and move about, and then came out of the shell, so the little kitties lived, without the shell, in the body of the mother kitty, until they were large enough and strong enough to walk and move about, and then they too came, just as the chickens did.

Then came the question the mother expected:

"Did I grow so too, mamma?"

"Yes," was the reply.

"And did you grow so, and papa?"

"Yes, all people grow so," replied the mother.

And with a kiss, the little one was off to her play again, unaware of the magnitude of the revelation made to her.

Thus carefully prepared for and led up to it, was it any greater marvel for the little mind than many other new things it was taking in day by day? Does anyone doubt that the mother did wisely and well by her child? She would not, nor would any of us, draw the child's attention to these matters sooner than it naturally turns, or circumstances lead it to them; but when the time comes, shall we not strive to be prepared for it and meet it wisely and intelligently, as did this mother?—*Sel.*

AN English writer tells the following: "A family let their house furnished, leaving in it a large dog. The tenant was an old lady, who liked to sit in a particularly comfortable chair in the drawing-room, but as the dog was also very fond of this chair, she frequently found him in possession. Being rather afraid of the dog, she did not care to drive him out, and therefore used to go to the window and call 'Cats!' The dog would then rush to the window and bark, and the old lady would take possession of the chair. One day the dog entered the room and found the old lady in possession of the chair. He ran to the window and barked excitedly. The lady got up to see what was the matter, and the dog instantly seated himself in the chair.—*New England Home Journal.*

HELPFUL HINTS.

THE taste of fish may be removed very effectually from steel knives and forks by rubbing them with fresh orange or lemon peel.

TO nurse a child every time it cries is the best way to give it indigestion, and insure it to have all the evils of a deranged stomach and bowels.

CHICKEN CHOLERA.—It is said that a spoonful of baking soda dissolved in four quarts of sour milk, given to chickens once a week, will prevent this disease.

A VERY good glue may be made by dissolving the gum to be found on cherry trees, in water. If water is kept on it all the time, it will always be in readiness for use.

WHEAT ground in a coffee-mill and cooked as you cook oatmeal, is healthful, palatable, and easily digested. It should be cooked at least an hour, and be served with sugar and cream.

EXCESSIVE perspiration may be relieved by bathing twice a day those parts of the body where the perspiration is most profuse, then rubbing well with alcohol, and when dry dusting with baby powder.

WHEN the brass on a lamp gets dark-colored, wash the brass clean and put on the stove to dry while hot put on a mixture of salt and vinegar, and rub with a flannel cloth. They will look nearly as good as new.

TO REMOVE OIL STAINS FROM CARPETS.—Scatter dry corn-meal upon the stain. The meal will absorb the oil. The application of a hot iron through a heavy sheet of blotting paper will have a similar effect.

CHILDREN'S COLDS.—For children's colds, take onions, slice thin, and sprinkle loaf sugar over them; put in the oven and simmer until the juice is thoroughly mixed with the sugar. It makes a thick syrup, very nice. Give a teaspoonful as seems to be needed, four or five times a day.

LEAD POISONING.—Says an exchange: "It has lately been discovered by Dr. Herold, of the board of Health of Newark, New Jersey, that many cases of lead poisoning result from the use of bottled soda-water, the stoppers of which usually contain lead, which is dissolved by the soda water."

Healthful Dress.

GIRLS WHO ARE IN DEMAND.

THE girls that are wanted are good girls—
Good from the heart to the lips;

Pure as the lily is white and pure,
From its heart to its sweet leaf tips.

The girls that are wanted are home girls—
Girls that are mother's right hand,
That fathers and brothers can trust to,
And the little ones understand.

Girls that are fair on the hearthstone,
And pleasant when nobody sees;
Kind and sweet to their own folks,
Ready and anxious to please.

The girls that are wanted are wise girls,
That know what to do or say,
That drive with a smile or soft word
The wrath of the household away.

The girls that are wanted are girls of sense,
Whom fashion can never deceive;
Who can follow whatever is pretty,
And dare what is silly to leave.

The girls that are wanted are careful girls,
Who count what a thing will cost;
Who use with a prudent, generous hand,
But see that nothing is lost.

The girls that are wanted are girls with hearts;
They are wanted for mothers and wives,
Wanted to cradle in loving arms
The strongest and frailest lives.

The clever, the witty, the brilliant girls,
There are few who can understand;
But, oh! for the wise, loving home girl,
There's a constant, steady demand.

—Anon.

A CLINGING SUBJECT.

THE pen has had the corset subject on its mind for some time, has wavered between amusement, pity, and scorn, as different phases of the question presented themselves, but even a pen will hesitate a little before plunging into such a vexed matter and proclaiming its own predilection. But here comes a host of witnesses. Speaking of corsets, it is said that Thackeray, who detested "wasp-waisted women," once told a young relative, who was much in love, to take his betrothed to a physician before purchasing the engagement ring.

"What for?" his companion inquired in considerable astonishment.

"To see whether that wasp-waist is an inheritance or a consequence," he replied.

"Consequence!" exclaimed the young man, "what do you mean?"

"Corsets," said Thackeray laconically.

"Miss — has the most beautiful figure in England," said the infatuated lover.

"She is deformed," Thackeray responded. "If it is a natural deformity, she may be a moderately healthy woman. Even humpbacks are not always delicate, you know. Mind, I say *moderately* healthy. But if that girl's figure is a result of corsets, you had better go and hang yourself rather than risk the evils that will inevitably follow."

This was good advice, but ten to one it did no good, for men do not seem to care what a young lady's health may be before marriage so that her face is pretty and her hand or her foot *petite*. Later on, when they come home to a gloomy house, a sick wife, and perhaps one puny, miserable child, why, then they either mutter swear words, or, if sufficiently religious, they wonder "why the Lord has seen fit to so afflict them." It is a pity that we do not always lay the blame where it belongs, and say corsets nine times out of every ten, and some other abomination for the tenth time, instead of blaming the Lord, who never afflicts. But the world is growing into these things; that is hopeful, at least. Meantime we may all of us give a helpful stroke whenever we find an opportunity to do so.

Speaking of this same matter of health, it is said that Abraham Lincoln once remarked that every man about to marry should stand over a doctor with a club, and make him tell the truth in reference to the chosen partner for life, if there was no other way of getting it out of him. Also that the parents who would allow a girl to marry a man without knowing as nearly as could be known his physical as well as his moral condition deserved to be scalped.

"The whole marrying business is wrong," said Mr. Lincoln. "Fashionable girls have mostly fools for mothers, who care for nothing but to sell their flesh and blood to the highest bidder. The boys, you see, need no particular restraint, because they *are* boys. It don't make any difference what a young man does, or whether he is sound or unsound physically. If pa is rich, ma don't care."

Every man and woman who knows anything about physiology, knows that the corset is an unsafe garment. Admitting that there is a grain of truth in the argument so generally adduced of comfortable support to the back (which is true only after the muscles of the back have become weakened by the use of corsets), and admitting that some women possibly know how to wear a corset without injury, the fact still remains that the temptation to life down obstructing adipose tissue, or to take a reef interfering with free breathing for the purpose of making a dress set more perfectly, is ever at hand, and most literally too.

"But," says the conservative objector, "the same damaging effect can be produced by the use of any garment which is made to fit the figure. It might as well be a corset as anything else."

This is not so. The corsets which have the largest sale in this advanced period of our civilization, are those that are warranted "not to give." They are a mass of steel and whalebones. Lace a growing girl into one of these garments, and you have commenced a work of endless physical and mental deterioration. It will not stop when the victim draws her last breath; for more than likely she will live long enough to bring sickly, wretched children into the

world, who in their turn will perpetuate an hereditary curse.

The fashion now is to put steel and bone corsets on girls of ten years. Think of it! The *fashion!* Why, this is a hundred times worse than the Chinese practice of arresting the pedal development of their children.

It is universally conceded among scientific and honest physicians that corsets are responsible for the awful prevalence of uterine diseases. Here is what Eleanor Kirke calls a

“CASE OF CORSETS.”

We give it in her own words:—

“Forty inches across the bust, hips to correspond, and a twenty-two-inch waist! The owner of this universally admired figure is thirty years old, five feet seven inches in height, the mother of one child, and an invalid. The verdict of the doctor is ‘heart disease,’ which diagnosis is carefully concealed from the patient.

“To the superficial observer there does not seem to be any just reason for ill-health on the part of this woman, who in the attempt to pick up a ball of worsted that had rolled under the table, had almost fainted away. To the person who delights in broad shoulders, a well-developed bust, large hips, and a very small waist, it seems a sad pity that so symmetrical a figure should not have enough vitality to keep it conspicuous in society, a realm which such beauty and grace are well calculated to adorn. This figure has adorned society. It has floated diaphanously and short-breathedly to all the Strauss waltzes, and by the exercise of a skill and courage which would have marked its owner a grand woman had these qualities been directed in other channels, always managed to be ready for the next German or the next waltz as soon as the music struck up.

“Then one day the owner of the much-envied figure married, and two years later a child was born. Since that time, though the so-called ‘perfect figure’ inspires just as much admiration, is in fact fitted as snugly and flawlessly as ever, she dances no more, and has not been able to comb her own hair for several months without danger of swooning. Her husband agonizes over her, and employs the best medical attendance. The doctor prescribes perfect quiet, a safe tonic, looks somewhat grave, evades the mother when she suggests heart disease at the front door, and goes his way, either very ignorant of the real cause of mischief or very well informed.

“It certainly seems incredible that the trained eye of a scientific physician should not at once discover the true inwardness of such a condition, and quite as strange that men known to be honest in every other department of business, will not be equally honest here, and say at once what they must know to be true, ‘Madam, this is a case of corsets.’

“It may be that such verdicts are rendered oftener than we know; and let us hope, for the honor of the truth and the credit of the profession, that such is the case. But as we rarely hear of any such diagnosis, and as rarely see any change in the manner of dressing, even among chronic invalids or those condemned to death, so long as the corset can be laced and the dress strained over it, it does not seem as if such missionary work were very widespread.

“The figure above described sits every day—a recumbent position is painful, and walking about provocative of swoons or convulsions—in a tightly-fitting corset, and a dress

simulating a wrapper in the back by the effect of a graceful Watteau pleat. When asked by a friend whose sympathies were aroused by the labored and spasmodic breathing, why she did not wear a real instead of a sham wrapper, and leave off her corset entirely while confined to her room, she replied:—

“‘Oh, I fall all to pieces when I haven’t my corsets on. I can’t keep up a minute without them. When I take them off at night, I cannot even turn over in bed without help.’

“‘Why didn’t *you* tell her it was a case of corsets?’ the writer inquired.

“‘And make an enemy?’ was the sad response. ‘I *did* tell her mother,’ she added, ‘that I was sure she would suffer very much less if she were loosely dressed, and rubbed several times a day with a healthy hand. But she pooh-pooed the idea, and said that I was not the first who thought Minnie laced, but we were all very much mistaken. People were always suspicious of beautiful figures. What more could I say? Then there is doubtless some fatal affection of the heart and lungs which would make any interference of mine on the corset subject quite unavailing. It is too late.’

“‘The corset is indeed a sacred subject. Who among us, after all, dares to meddle with it? The voice of the most intimate friends is hushed in regard to it. The doctors are evidently all afraid of it. The husband falls in love with a figure, and naturally respects the corset for the part it has played, not knowing it for the sickness and death-trap it really is. The mother, vain of her daughter’s fine proportions, refuses to believe the evidence of her eyes and her common sense.’

Do you know who first introduced corsets? No, of course you do not, but I can tell you—women of the *demi monde*. And do you know why? Again, no; I could tell you that also, but should I do so every modest girl and every honest matron among all my band of *Housekeeper* readers would blush to own that they had ever worn one. Corsets are worn now simply because from such ignoble beginnings the practice has grown into a fashion, and now the question arises, When will honest, sensible women frown down the fashion and allow our growing daughters to develop as nature intended?

As we do not care to imitate the class of women whose lives are a reproach to the sex, I can see no very good reason for keeping up the fashion, but if we must do so, let us at least be consistent. Let us get permits to destroy all the marble statues of Venus and the Greek Slave, and have them replaced by others copied from forms that have been properly laced. Let us have our art galleries and our fashion-plates correspond, while we lace our daughters and ourselves into the semblance of—well, of those who first set us the fashion—and continue to fill our homes with weak, complaining women and children. But more of this in the future.—*Housekeeper*.

It is said that the very simple remedy of common salt has cured many cases of fever and ague. A teaspoonful taken in water, and a teaspoonful deposited in each stocking next to the foot, as the chill is coming on, comprises the whole of the treatment.

Publishers' Department.

THE HILL-SIDE HOME.

SUCH indeed we may call the Rural Health Retreat, and as such it is regarded by the thousands who have shared its benefits and home-like influences during the last five years. It is the aim of the managers that all who are here as workers, as fast and as far as possible, shall unitedly strive to emulate the real family plan of each seeking the welfare and happiness of the other, as well as that of the patients and guests. Where this true religious method is adopted in an institution for the sick, the place does not assume to the patient the gloomy aspect of simply a hospital, or even the staid etiquette of a hotel or boarding-house, where he is merely cared for in consideration of what he is to pay. At this institution, although a stranger, he is very soon made to feel that this is indeed "a home," because it has the warmth of tenderness and congeniality of a home.

Those who have been patients in the institution for a time, who have regained their health, and have returned to their homes, judging from their letters, look back to this place not only as a home, but as one of the brightest spots they have met in life's journey. As a sample of how such regard the Retreat we take the liberty to quote from a letter written by Miss E. B. Foote, of Pasadena, Cal. She came here the last of October, 1888, a thin, bloodless, nervous dyspeptic. She remained with us until the middle of May, 1889, when she returned to her home and labors in Los Angeles County.

This letter was not written for publication, but is simply an expression of the real feelings of Miss Foote when writing a letter to a friend at the Retreat, and it shows the gratitude of her heart for the blessings she enjoyed during her stay at the Crystal Springs. We know the words it contains will be of interest to many of our readers who were inmates of the home at the same time that Miss Foote was here as a patient, and so we take pleasure in quoting the same. She says: "You would hardly recognize the limping, tottering form that inhabited the Retreat one year ago. I am now forty-eight pounds bigger, and have considerable more strength. I can never tell you how grateful I am for the kindness shown me there.

"When I think of my stay at the Rural Health Retreat, and the many strolls I enjoyed on the hills out alone with the lovely things in nature, it seems most like a dream of a fairy land, for I had seen so much of life's realities, and there I tried to throw them aside and revel in the delights that the woods seemed to furnish for me.

"The manzanita will blossom, and all the flowers come out the same as if I were there, and I trust you have other patients who will find pleasure among them as well as health and animation. When I think of them it seems as if I *must* go over the hills once more and get a wild bouquet. But I am back to this hard, hurrying world, and every day brings its bundles of absolute duties for me to work on, yet I feel so well and so thankful all the time that the future does not seem a mountain of difficulty as it once did, when I was so weak.

"I hope the Retreat may keep filled up, and many receive its benefits; for I really believe that if a person goes there with a determination to get better, and uses every advantage afforded, not relying wholly on-baths or medicine, but many other ways that help so much, he surely will improve, to say the least."

Not only is it the aim of the managers to make the sojourn of patients as home-like as possible, but it is the policy of Doctor Burke to cure each one as *soon* as possible, that they in their turn may impart happiness to their own households, and be living advertisements to their invalid friends, telling them, stronger than words, where to go to receive like benefits. It is not the policy of the institution to detain patients any longer than their own safety, healthwise, demands.

SEQUEL OF THE STORM.

THE heavy rains of December, 7.82 inches, were exceeded by only one December since 1880 (1884). These were followed January 4 by a regular "down-Eastern snow-storm." This snow much of it melted as it came; but on the hills across and above the Retreat it remained for several days, being about four inches in depth. The beautiful white snow contrasted well with the evergreen firs and manzanitas, presenting a beautiful scene, affording quite a pastime for the patients, not only in the rare amusement of "a snow-balling" but in the grand views to be obtained, not only in the clear sunshining of the day, and the clear light by night of the full moon, but in the glorious sun's risings, and its settings, tinted with gold and purple, as seen on old Mount St. Helena. These scenes brought forth from the patients the exclamation, "Oh, I wish I had a photograph of that sunset, and the scenery here, as it now appears!"

Nature's paintings in such sunsets far surpass that which can be produced by the pencilings and paintings of the human artist. God's sunset paintings give the beholder a slight hint of the resplendent glories which the great I AM has in reserve for those who love him.

LA GRIPPE.

FOR a few weeks past there has been much excitement in various parts of the United States in consequence of the visit to our land of the Russian disease known as the *grippe*, a species of influenza which, according to reports in the public journals, has proved quite fatal in foreign countries. On January 2 there was reported, in London, the death of Gayarro, the Spanish tenor, from the effects of an attack of the *grippe*. It seems the malady in this country thus far has been of the milder type. In the New York *Medical Record* there is an editorial from Dr. Geo. F. Shrady, concerning this disease, in which he says:—

"There is now no doubt that influenza, or what is popularly known as the *grippe*, has become epidemic in this city, and is scattered broadcast over the country. It is also quite evident that its general characteristics correspond with those noted in connection with the prevailing type of the malady in Russia, Germany, and France. Fortunately it is of such a mild type that, save for its invasion of large districts,

and for the large number of persons attacked, it would scarcely be noticed in the category of ailments connected with the usual ones which occur during the winter months, associated with rapid and varied changes of temperature and humidity.

"In point of fact there is no disease with such wide prevalence which has such a comparatively low mortality. In this country, at least, there is yet to be reported the first case of death which can be laid to a pure and simple attack of the disease. Even the serious complications are so few as scarcely to merit recognition alongside of those which are constantly occurring with the usual diseases of the season.

"The after effects of the epidemic will doubtless be marked by a feeling of prostration, more or less continued, and the lowering of the health tone. Previously robust persons will quickly rally, while the feeble will require stimulants and tonics for variable periods."

Getting the system relaxed through useless anxiety, fearing you will be attacked with an epidemic, is a very good way to prepare the system for such attack. The better way for all is to keep the surface of the body in proper condition by proper bathing, eating of such foods as will build up the body, partaking of sub-acid fruits in fair amounts, being especially careful to avoid wet feet, damp rooms and bedding, and all exposures that would be liable to induce colds. Then, with a hopeful frame of mind, trust nature to carry you through. Never allow yourself to be in the condition of mind of a man in my native town in the State of New York, who, in the cholera time of 1835, had heard that one of the first symptoms of cholera was "a buzzing sound in the head." One day he went, in usual health, into the harvest-field, and, while engaged in cradling grain, he suddenly heard a buzzing sound, and started with all speed to the house, throwing himself on the lounge, exclaiming, "I've got the cholera! I've got the cholera!" Just then his straw hat dropped off his head, and his buzzing cholera escaped in the form of a bumble-bee, which, passing through an aperture in his dilapidated straw hat, was buzzing in the meshes of the splints of his palm-leaf, and had nearly given him, what the people afterward jestingly called, "the cholera in the hat."

EATING FOR STRENGTH.

SUCH is the title of a book from the pen of M. L. Holbrook, M. D., of which a revised and enlarged edition has just come to our table. It is a clear and concise treatise upon the subject of food and diet in their relation to health and work. It contains many hundred recipes for the preparation of healthful foods and drinks, illustrative of the principles advocated, and not of that radical character to discourage one newly entering upon a reform in diet. Those who study carefully this volume will be better prepared to grasp that blessing of Holy Writ pronounced upon those "who eat in due season, for strength, and not for drunkenness." This work contains 250 pages, bound in cloth, with gilt title upon back and side. Price by mail, post-paid, \$1.00. The book can be obtained by addressing Rural Health Retreat, St. Helena, Cal.

THE GERM THEORY.

LET all our readers peruse carefully the article on "Diphtheria," on pages 48, 49. This essay is kindly furnished by one of our Oakland physicians, and gives us some of the results of observations made during many years of medical practice. If all are not able to scientifically decide on the "germ theory," whether the germ produces the peculiar form of disease or the germ is produced by the disease, we can certainly profit by the wholesome instruction offered by this veteran physician.

WE learn from the book-keeper that there were over eleven hundred arrivals at the Rural Health Retreat during the year just closed. This means that a good many persons have received more or less physical benefit. May there be many more who shall do likewise in the year just opened.

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., 608 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. Dysert, Sec., 1103 Case Ave., Cleveland, Ohio.
 Pennsylvania Tract Society—Amelia Cook, Williamsport, Penn. Box 2716.
 South Africa—International Tract Society, Somerset House, Roelandt St., Cape Town.
 Switzerland—Imprimerie Polyglotte, 48 Weiherweg, Basel.
 Tennessee—J. H. Dortch, 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. Nelia M. Stone, Clarksburg, W. Va.
 Wisconsin Tract Society—S. D. Hartwell, Sec., 1029 Jenifer St., Madison, Wis.



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')	0
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 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. H. 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. Elmwood, 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 Flush, Charmingly decorated insides. 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 rapidity 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?

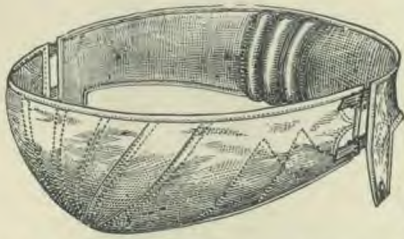
A TRACT of 24 pages, which fully answers this question, and shows how Sunday displaced the Bible Sabbath. Extracts given from Catholic writers. Price, 3 cents.

Address, PACIFIC PRESS, Oakland, Cal

DRS. GRAY & FOSTER'S

Abdominal * Supporter.

PATENTED DECEMBER 18, 1877.



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

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

Relief to the Back.

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



Aid in Walking.

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

Support to the Bowels.

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

Made in two widths of front, at following prices:

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

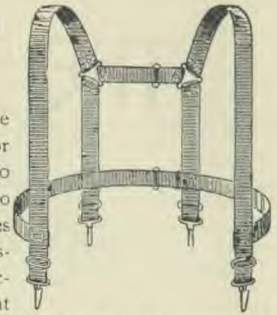
Orders from any part of the United States will be sent by mail, postage prepaid, on receipt of price.

Address,

Rural Health Retreat,

ST. HELENA, NAPA CO., CAL.

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, CA.

SCIENTIFIC AMERICAN

ESTABLISHED 1845.

Is the oldest and most popular scientific and mechanical paper published and has the largest circulation of any paper of its class in the world. Fully illustrated. Best class of Wood Engravings. Published weekly. Send for specimen copy. Price \$3 a year. Four months' trial, \$1. MUNN & CO., PUBLISHERS, 361 Broadway, N.Y.

ARCHITECTS & BUILDERS

Edition of Scientific American.

A great success. Each issue contains colored lithographic plates of country and city residences or public buildings. Numerous engravings and full plans and specifications for the use of such as contemplate building. Price \$2.50 a year, 25 cts. a copy. MUNN & CO., PUBLISHERS.

PATENTS may be secured by applying to MUNN & CO., who have had over 40 years' experience and have made over 100,000 applications for American and Foreign patents. Send for Handbook. Correspondence strictly confidential.

TRADE MARKS.

In case your mark is not registered in the Patent Office, apply to MUNN & CO., and procure immediate protection. Send for Handbook.

COPYRIGHTS for books, charts, maps, etc., quickly procured. Address

MUNN & CO., Patent Solicitors.

GENERAL OFFICE: 361 BROADWAY, N. Y.

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.

THE SIGNS OF THE TIMES.

A 16-PAGE RELIGIOUS FAMILY JOURNAL, PUBLISHED WEEKLY FOR THE

INTERNATIONAL TRACT AND MISSIONARY SOCIETY

AT OAKLAND, CALIFORNIA.

Devoted to Expositions of Prophecy and the Dissemination of General Biblical Knowledge. Its contents are of the most varied kind, the Departments embracing EDITORIAL AND GENERAL ARTICLES, TEMPERANCE, HOME CIRCLE, SABBATH-SCHOOL, THE MISSIONARY, SECULAR AND RELIGIOUS NEWS.

IT CONTAINS NO PAID ADVERTISEMENTS, and is full every week of fresh, new matter. Among expository journals it takes the lead, both in quality and quantity of matter. It has proved of unusual interest to its tens of thousands of readers, who everywhere pronounce it a live, religious paper; a reliable expositor of Scripture; and a household journal, the contents of which are pure and elevating. Each number contains a characteristic article from the pen of Mrs. E. G. White. All who see it agree in pronouncing it first-class in every respect.

TERMS.

- The SIGNS, three months, on trial, for - - - - - \$ 50
- The SIGNS, one year, for - - - - - 2 00
- The SIGNS for six months and "Prophetic Lights," paper cover, for - 1 50
- The SIGNS one year with the 180-page illustrated pamphlet, "Prophetic Lights," for - - - - - 2 40
- The SIGNS one year and the 500-page popular edition of the "Great Controversy between Christ and Satan," for - - - - - 3 00

Address,

SIGNS OF THE TIMES,

12th and Castro Sts., 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." Mail, on receipt of the price. Address,

**RURAL HEALTH RETREAT,
St. Helena, Cal.**

BOUND VOLUMES.

We are prepared to furnish all the back numbers of the PACIFIC HEALTH JOURNAL in two bound volumes, with leather backs and corners, cloth sides, and gilt title upon the back. One book contains Volumes 1 and 2, the other Volume 3. They will be sent by mail, post-paid, for the sum of \$2.25 per volume, or \$4.00 for the two volumes. These books contain a vast amount of reading of the greatest importance to those who wish to learn how to regain or preserve health, also just the information needed for those who wish to make a home healthful, agreeable, and attractive. You will never regret investing the price of these volumes. Please send your orders, accompanied with the price for either one or both the volumes, and they will be promptly sent to your address. Direct to PACIFIC HEALTH JOURNAL, Oakland, Cal.

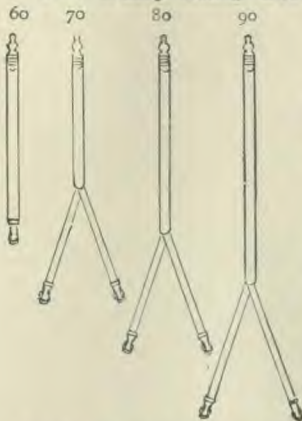


Can be attached to all the skirts in one minute, securing and holding them together, so they may all be put on or off in less time than one skirt is usually put on and secured. This Supporter transfers the weight of the skirts to the shoulders, from which is experienced relief and immediate improvement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

Garters are another serious source of functional obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in

the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. The stockings should always be suspended by being attached to some other garment by means of buttons or a proper suspender.

The Daisy Clasp Stocking Supporters



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



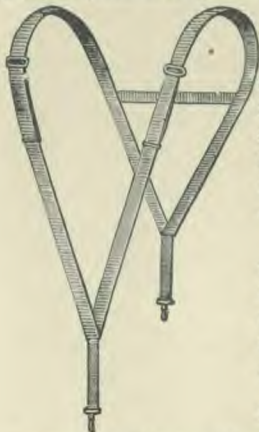
Daisy Clasp Stocking Supporter.
To be attached at the waist.

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, address

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,
ILL. ATLANTA, GA. TEX.
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 spring term began December 30, 1889. For descriptive catalogue and further information address the principal,

W. C. GRAINGER, Healdsburg, 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.