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A PLEASANT smile is worth millions to its owner; it will win pleasures that money cannot buy.

MOST any man is willing to tell of the good things he has done, but few tell of the good things they might have done.

I THINK one of our greatest faults is that of judging hastily. We should try to put ourselves in another's place, and think if we would do any differently under similar circumstances.

SINCE 1800 the population of Europe has just doubled itself. Then the population was 175,000,000; in 1830, 216,000,000; in 1860, 280,000,000; in 1880, 331,000,000; in 1888, 350,000,000.

"WHATSOEVER things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things." Phil. 4:8.

THE Revolutionary war cost the United States \$135,193,703. The thirteen colonies furnished 395,064 troops from 1775 to 1783. England lost 50,000 men. The war of 1812-1815, with Great Britain, cost the United States \$107,159,003. The number engaged, of militia and regular service, was 471,622. The killed and wounded numbered 5,614.

PREVENTION BETTER THAN CURE.

(Continued.)

As previously stated, the most prolific source of typhoid fever is impure water used for culinary and drinking purposes. Testimony has been presented showing that water contaminated by the excreta of fever patients is almost sure to produce an epidemic among those using it. From a consideration of this fact, the first item in importance in seeking a healthful home is in giving strict attention to the water supply.

I call to mind the case of a lady who, some twenty years ago, was living in Western New York, a few rods from the gravelly beach of Lake Ontario. Said she, "I am going West to obtain a home, and it must be by the side of a lake." She found one to her liking, and so located, but on the opposite side of the lake was an extensive marsh, and in it was a continual decaying of vegetation. Her well was easily dug, for the soil was thoroughly percolated with the waters of the lake and marsh. She soon reported to her Eastern friends, "well fixed."

At the end of six months, having used the water from her "cheap well," which, being the surface water, holding in solution the germs of decayed and decaying vegetation, and at the same time inhaling the miasma arising from the adjacent marsh, she found herself and family down with "chills and fever," and the trouble was caused by living, as she reported, "by the side of a lake." Living on the lake-shore is pleasant, and sometimes delightful and desirable healthwise, if the water is pure and all other conditions right. Pure water, however, is not tested simply by its clearness. Water may look to the naked eye as clear as crystal, and yet hold in solution elements which are productive of disease and death. Even the putting of water through the best sand and charcoal filter, while it

may remove vegetable impurities, will not remove the germs of disease. A few weeks ago, while making a brief sojourn in a neighboring State, there came under my observation a case of typhoid fever which affected an entire family, father, mother, and three children, the children ranging in ages from eight to fifteen years. The children all died, and the father and mother barely escaped death. Their water supply came from a well which they supposed to be all right because the water looked clear. Their attendant physician, as any sensible physician should do, set himself to find the cause of this outbreak of fever. Testing the water in the well, he at once decided that here was the origin of the trouble, and forbade the use of the water.

We quoted last month, from a tract sent us by the State Board of Health of Michigan, on "The Origin of Typhoid Fever," and will now give from the same source some suggestions as to the proper mode of procedure when the fever appears:—

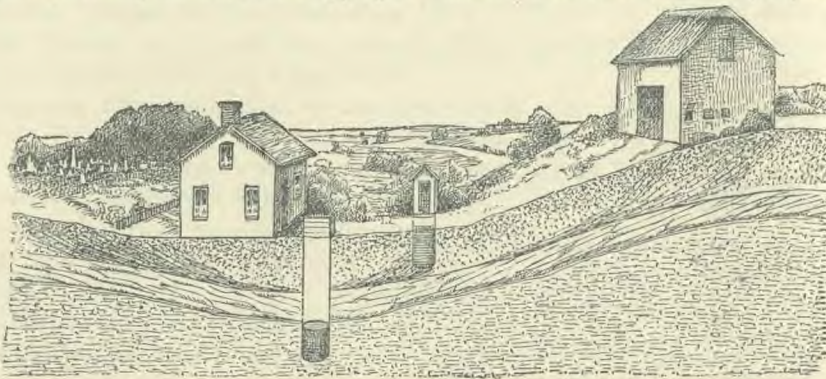
"Investigate the probable source and mode of origin of the disease. If probably from a contaminated well or general water supply, see that measures are taken, by boiling the water, or stopping its

York City, who is reported to have said that while suffering from the diarrhea in the early stages of the disease, he had visited between forty and fifty different privies.

"Order and secure the disinfection of all articles of clothing or bedding that have been soiled by discharges from the patient.

"Do not drink water which has a bad taste or odor, or which comes from a source that renders it likely to be impure, especially if there is reason to believe that it contains anything derived from a person sick with typhoid fever.

"Disinfect the bowel discharges of the sick. This is a measure of prime importance. The discharges are believed to acquire more virulent properties after a few days, particularly when thrown, without disinfection, into a vault or other receptacle of decomposing filth. The bowel discharges should, therefore, in all cases, be received upon papers or old cloths and promptly burned, or be received into a vessel and thoroughly disinfected, as follows: Disinfect each discharge from the bowels by thoroughly mixing with it at least one ounce of chlorinated lime in powders, or 1 quart of Standard Solution No. 1, recommended by the American Public Health Association's committee. In country districts, villages, and small cities, where the privy is not far distant from a well, discharges should not be thrown into a privy-vault, but, after



use, to prevent further cases being caused in the same manner.

"Order and enforce the disinfection of all discharges from the bowels of patients sick with typhoid fever. It is safest to disinfect the discharges of all persons who have diarrhea. Even cases so lightly sick as to be able to walk about and work are very dangerous, as in the well-known case at Caterham, England, where, in 1879, 352 cases of fever were caused, it is believed, by the diarrheal discharges from one such workman getting into the general water supply of Caterham and Red Hill.

"Disinfect the contents of the privy on the premises, or any other that has been used by the patient. How isolated privies may become infected is illustrated by the case of a peddler sick with typhoid fever admitted into Bellevue Hospital, New

York City, who is reported to have said that while suffering from the diarrhea in the early stages of the disease, he had visited between forty and fifty different privies.

"Standard Solution No. 1 is made by adding to each gallon of soft water 4 ounces of the chloride of lime of the best quality, which should contain at least 25 per cent of available chlorine. Use 1 quart of this solution for the disinfection of each discharge in cholera, typhoid fever, etc. Mix well and leave in the vessel for at least one hour before throwing into the privy-vault or water-closet.

"Rags, closet-papers, or other similar materials used about the patient, should be immediately burned.

"Soiled clothing, towels, bed-linen, etc., on removal from the patient, should be placed in a pail or tub of boiling-hot zinc solution, made in proportion as follows: Water, 1 gallon; sulphate of

zinc, 4 ounces; common salt, 2 ounces. Soiled clothing should, in all cases, be disinfected before sending away to the laundry, either by boiling for at least half an hour (it may well be boiled in a zinc solution), or by soaking in a strong solution of chlorinated soda."

During the month of January, 1884, one evening as I was going from Central Square to Roosevelt, Oswego County, N. Y., we passed a house which, with reference to the barn, out-house, and well, was situated much like the one in the accompanying cut, save that the house was a little more to the right, so that when we came directly in front of the house, the well and out-house were in direct line with the barn, the house standing lower than the rest. As we neared the premises the young man who was driving the conveyance said: "They are greatly afflicted with diphtheria in that house. The man has lost his wife and two children by this disease. His last child is now suffering with the same disease, and not expected to live." As we got past the house and could take in the situation, I asked the young man to stop a moment and let me look at the place. I then said to him: "I can readily explain why they have the diphtheria. A well situated like that, receiving the percolations from the barn-yard and water-closet, is enough to give any family the diphtheria, or some other zymotic disease. If they use the water for domestic purposes, they will probably lose the other child, and I should expect the father to die also, surrounded with such unsanitary conditions." I know not how the case terminated, as I passed on immediately to other parts of the country without learning the sequel. I trust our readers may take warning, and give attention to their home surroundings, and to the nature of their water supply. By so doing they may not only learn that "an ounce of prevention is better than a pound of cure," but they may prevent the taking of some disease for which they would find no cure if once subjected to an attack.

There are some very simple means by which the water may be tested. This we deem of so much importance to our readers that we will introduce some of them. One of our exchanges gives the following test for impure water:—

"Pour one tablespoonful of clear solution of tannin (a heaped teaspoonful of tannin to a gill of rain water) into a tumblerful of suspected water. If no turbidity occurs in five hours the water is good; if turbidity occurs within one hour the water is decidedly unwholesome."

The *Sanitary Volunteer* gives the following means of testing lead in water:—

"The salts of lead give rise to serious symptoms, among which may be mentioned colic, gout, rheumatism, kidney disease, paralysis, blindness, and insanity. The physician may feel quite at a loss to account for these phenomena until he detects lead in the water his patients are accustomed to drink. The test is very simple. Water containing even a trace of lead will be turned blue on adding a little of the tincture of cochineal."

In conclusion, we say to all, As you desire health, give the most critical attention to your water supply. If you are not sure it is free from the virus of disease and death, do not use it without boiling. After boiling, if it is exposed to the air for a few hours in a pure place, it will be sufficiently aerated to remove the flat taste of newly boiled water.

J. N. L.

PROPER FOOD.

THE true office of the human body, as an instrument or organ through which the divine capabilities of its intellectual nature may find expression, has been almost entirely overlooked and ignored. The intellectual nature has been regarded in a certain sense independent of the physical system, rather than a dependent element. So the physical system has been lightly regarded, when really it is the true organ of expression of the intellectual part.

As a result, scholarship culture is at present esteemed as entirely a product of mental application rather than the result of a perfect fitness of all the organs of the physical system. As a result of this false view of the subject, physical culture has been almost entirely unnoticed in the acquirement of knowledge.

Thought, logical effort, and intellectual achievement have a food soil, but this vital truth is entirely ignored in our present popular educational methods, that every intellectual acquisition is, in a certain degree, the effect of a force derived primarily from the disorganization of food elements within the cerebral tissue of the brain.

The present method consists of a process of forcing the intellectual nature to an unsustained, unnatural activity by a compulsory effort of the will, rather than inciting and inclining it to a natural exercise of its power by supplying its physical organ of expression with those elements from which nerve force and activity can alone be derived.

Force and activity exhibited by a living organ

are synonymous of waste. Waste must be met with an adequate supply, or force will cease. Hence the necessity of proper food in quality and quantity.

When a tissue is full of latent force and activity, derived from the presence of food to supply wastes, the mind becomes aware of the fact, and a mental condition is thereby induced that is sure to bring latent force and activity into exercise.

This is an important physiological law that has been entirely overlooked. This law applied to the cerebral tissue of the brain makes physical culture the true basis of intellectual acquisition. It demands that the human brain be fed by those elements from which activity and energy are derived. It urges the organ to a natural activity and energy, by supplying it with latent force in the form of proper food.

What gives to one brain an impulse of activity and energy and withholds it from another? Of what do mental energy and activity really consist? I answer, True mental power and activity are an outgrowth of the capacity of the cerebral tissue of the brain to suffer waste without injury to itself; in other words, of the presence of a surplus of food element within its substance. In short, brain and nerve food is a latent form of thought-force, the human brain being the necessary organ of transmutation or transformation.

Of course mental ability is an outgrowth of a particular faculty, or of associated faculties; but mental force and activity, the elements required to give motion and energy to the faculties, are the direct product of proper food.

Again, as the moral and intellectual organs all are situated in the cerebrum or the superior part of the head, for these reasons, then, should the moral nature of man be known and its laws obeyed.

No tongue can tell, no finite mind can conceive, the amount of pleasure and pain it is in the power of the moral faculties to occasion. All the abominations possible are caused by their perversion; all the blessings, by their harmonious developments. Theirs it is to sweeten every pleasure of life or blacken and deepen every crime which it is possible for man to commit.

How all-important then that we understand their true functions, and also how and what is best by which to sustain and support the brain, so as to keep up the nerve force, which really propels the whole system. It takes brain or nerve food to

keep up the force. And this consists of such food as contains all the elements that are needed to repair the system in the exact chemical proportions. Wheat contains all the elements, and hence is of prime importance; but to deprive it of twelve out of fifteen of its elements, and then eat the remainder, thinking it will support the brain and nerves, etc., this is simply absurd. Muscle, milk, eggs, vegetables, and fruit are good for muscle and nerve food, while fat, sugar, starch, etc., are better for the balance of the tissues.

Nature has her laws; the fulfillment of these laws is the cause of happiness. Their violation is the cause of sin and suffering. So if proper food is not taken, some organ begins to suffer. The brain, the great motor power, perceives it at once, and first one and then another function begins to falter and work with less speed, until the whole machinery is out of order. The brain aches, the mind is not clear, the whole body sympathizes from the general derangement. So the physical and moral laws depend one upon the other, are one and inseparable.

Thus the exercise of the appetite by itself, indulged for the mere pleasure of the palate without the intellect to choose the kind and quality of the food, or the moral sentiment to restrain its successive action, will often eat unwholesome food and in excessive quantities. But how often, with all our faculties and reason enthroned, we violate these laws and suffer their penalties! Let the intellect choose the proper food in quality and quantity, and the moral nature restrains its excess, and the consequence will be the greatest pleasure in the expenditure of the sustenance.

Physiological and chemical science have firmly and irrefutably verified these conclusions. How important then to the student and scholar the questions: What shall I eat? Is my present diet adequate to fully supply the natural, inevitable waste within the material organ of my intellect? Is the cerebral tissue of my brain so abundantly supplied with latent force, in the form of proper food elements, as to give the fullest expression in activity and energy to all of the highest faculties of my intellectual and moral nature?

The power and activity of a large portion of the best minds in our land are impaired or destroyed by a want of latent force in the form of nerve or brain food, within the substance of the material organ, the brain. So many, for want of the

food, supply a stimulant, in some form; it may consist in tea, coffee, tobacco, spirits or opiates, to take the place of food, and when this has begun, it continues as a habit, then a vice, and finally a curse. So how very important it is to avoid stimulants in any form and strive to pursue the course that will secure the most good and happiness to all concerned!

Like a steam engine without fuel to supply the waste resulting from the production of power, they exhibit idle and non-efficient capabilities of achievement and effort.

Dietetic science will, in some future age, if not now, be regarded as the fundamental element in the system of true culture. It will then be understood that in a sufficient supply of proper food to the human brain, and in a perfect function of digestion, lies primarily the grand secret of that intellectual power and activity that can alone give a perfect expression to the divine capabilities of human existence.—*Macon Health Home Journal*.

CHILD HYGIENE.

SHOULD A CHILD SLEEP ALONE?

THE maternal physique has some subtle, indefinable influence over young children, a health-giving power not at present well understood. The new baby is still, in a certain sense, a part of its mother, although a separate unit. Its well-being requires close contact with her during the greater part of the twenty-four hours. A bed by itself is an injustice to helpless infancy. It is *paterfamilias* who should seek another resting-place, and not the new life, yet so frail and insecure. Only those who have tried this natural method can thoroughly appreciate its advantages, and realize how admirably it insures the happiness of three persons. The child can be cared for during the night without exposure or any sudden chill. Always warmed and protected by a loving presence, the little one sleeps long and well. After the weaning period, the baby has his own bed, as a matter of course. Until then, an undisputed half of the maternal couch is a necessity to the embryonic citizen, if he is to grow into that relative perfection of health and strength which nature has intended for him. The human mother is the only animal that puts away its young at night, probably because the right kind of reason has not yet taken the place of half-eradicated instinct. The hen

gathers her brood under her wings; the mother-bear forms herself into a sort of animated woolly nest about her cubs, just as a cat's body embraces her kittens. Our cousins of the lower orders may not be such bad examples to follow after all. At any rate, why not give those "wonderful weans" the benefit of the doubt?

A CHILD SHOULD NOT BE MADE A PLAYTHING.

The slaughter of innocents goes on in different ways. Emotional prodigality is a most efficient means of removing the joys of a household. "Died of too much grandfather, grandmother, uncle, and aunt," would be a fitting epitaph for many a bright child. Emotion is the most exhaustive of all mental attributes. What children do, and how much, is of far less importance than the way in which they do it. The evils of premature mental activity are without doubt very great; to prematurely and unduly excite emotional manifestations is tenfold more hurtful. In this regard there seems to be the densest ignorance. The fact that young children's only business in life is to develop slowly—to eat, sleep, and play in child-like fashion—is too often forgotten in the home circle. On the contrary, they are supposed to attend to their own work of growing and developing, and afford fun for the family at the same time. Our tender little ones are made the playthings of the household—hugged, kissed, talked to, and made to talk, for the pleasure and gratification of parents and friends. Their callow brains are overworked by exciting and intense emotion. What wonder they have big heads, little bodies, and hardly any digestion at all! Feebleness, asymmetry, excitability, premature arrest of growth, are some of the evils resulting from this continued tension selfishly imposed by thoughtless grown folk upon unresisting childhood. To what extent the influences under consideration can reach, is, perhaps, known only to those who are in actual contact with large numbers of children, and who have made the subject of very young Americans something of a study.—*New York Medical Journal*.

MANY spiders, moths, and beetles counterfeit death when in danger, and no torture will make them show signs of life while the danger continues.

NOTHING is more dangerous than a friend without discretion; even a prudent enemy is preferable.

PHYSICAL EDUCATION.

PHYSICAL education is now taking a place in public estimation and popular feeling that raises much hope for the well-being of the rising generation. It is a great thing to find the question popular and to see a general desire for improvement; in this particular instance it seems almost as if the demand were in advance of the skill and intelligence of the majority of school-teachers. The public demand for some physical training of children finds expression in the desire to provide manual and technical instruction, as well as in the support given to new gymnasia and swimming-baths. Physical training is required for children of all ages and conditions of life. Athletics and gymnastic competitions are useful for older lads, but well-adapted exercises in schools, such as can be practiced by large numbers in play-grounds and in school-rooms, are necessary for the younger children; and our rapidly-increasing town population makes the matter an urgent one. Most schools have a certain amount of military drill, and such is necessary for marshaling the children in their classes; but this is very different from exercises designed to aid growth and development. It is found in the army that gymnastic exercises to produce development are needed before the military drill of the recruit can be satisfactorily undertaken. It may be that the habit of leaving drill in private schools to a drill-sergeant has helped to deter those persons of good education, who could best conduct the work, from taking a due position in this important mode of training; in America and on the continent physical exercises are conducted by medical men of good standing. Military drill in schools is comparatively worthless for aiding physical development. It is not so much individual muscles that we want brought into action as certain well-defined groups of muscles which act physiologically together. The physiologist, rather than the anatomist, should give counsel as to the methods of calisthenics best suited to stimulate muscle and nerve growth; and in the case of delicate children, the general physician should also be called upon to advise. Such training needs much care in many practical details. Great discretion is required in the teacher in advancing from one set of exercises to another, and care must always be taken to see that the strain imposed on any part is never beyond that justified by conditions of present nutrition; exhaustion should always be avoided,

especially in young and delicate children. Physical training, like mental training, should be progressive and carefully adapted to the ends in view.—*British Medical Journal.*

REST AND EXERCISE IN HEART DISEASE.

In the treatment of more than one disease there has always been a conflict between those who advocate rest and those who advocate exercise as a remedial agent. The fact is, these differences are more apt to occur on paper, where inferences are hastily drawn from a few cases. More than five years ago Oertel published, in *Ziemssen's Handbuch der Allgemeinen Therapie*, his *Therapie der Allgemeinen Kreislaufstörungen*, in which he advocated for certain forms of functional heart trouble, not rest, but active exercise, such as mountain climbing. Before him Stokes, of Dublin, had noticed that heart cases did well in climbing the Alps. In prescribing mountain climbing the utmost care is necessary, as the distance to be covered should be regulated for each patient. Its object is to strengthen the heart muscle and promote the circulation. As only healthy arteries can stand the strain, such treatment is, of course, contra-indicated in atheroma.

Lomis (*Medical News*, November 9, 1889) has reviewed this subject and given his experience with it. In the early history of physical diagnosis, the detection of a heart murmur was always looked upon as a grave event, and even now many clinicians hearing a systolic apex murmur forthwith pronounce the diagnosis "mitral regurgitation" without sufficiently considering the other signs and symptoms. Such cases often do well with exercise and outdoor life. In fatty degeneration the heart in a young person can stand a moderate amount of exercise, and can undoubtedly be strengthened, but it is in fatty infiltration or fatty overgrowth that the judicious use of exercise does great good. In this case the general diet should be regulated and the general obesity which usually exists should be removed by a depleting diet. Some German physicians in their city practice recommend stair climbing when mountain climbing is not feasible. It is undoubtedly a fact that cardiac exercise of this kind has proved of benefit to patients in Germany, and there is no reason why it should not be used in the same way in America. Those patients under forty without

hypertrophy, and with other organs intact, often recover entirely or at least improve greatly while the murmur still continues, affording them little or no inconvenience.—*Maryland Medical Journal*.

MINOR MORALS.

It is not easy to teach neatness to grown men and women, but it is possible to infuse into children a horror of the antisocial practices, which help a great deal to disfigure and vulgarize our cities, and especially this city, of throwing down refuse of whatever nature—peanut shells, bits of paper, ends of cigarettes and cigars, old shoes, hats, ashes, saliva, or other excretions—in places frequented by or seen by one's fellow-citizens, such as streets, roads, lanes, sidewalks, public stairways, etc.

Our indifference to this practice, which appears to be the result of a long familiarity, is incomprehensible to foreigners. It disappeared from European countries completely fully one hundred years ago. It is now found nowhere in the Eastern Hemisphere, except in Turkish or other Mussulman towns and cities, and is looked upon as the sure sign of a low civilization. It is considered in every European city a grievous offense against a man's neighbors to make any public display of offal, or to sit down quietly in the presence of filth or rubbish of any description. A horror of it might be taught to every child in the public schools by any average teacher. To instill it should be one of a teacher's first duties, for it must be remembered that the chief observable superiority of the civilized man over the savage lies in the greater cleanliness of his person and dwelling. Nothing about an Indian encampment is so revolting as the indifference of the inhabitants about their garbage and refuse. If they get it outside their door it is the most they strive for. When it is remembered that two-thirds, probably, of the houses, stores, and offices in this city deposit their sweepings in the streets, and follow them in many cases with the slops, one has a humiliating sense of our nearness to the Crow or the Apache in some of our social usages.

No child should leave the public schools without having a dread of refuse ground into him. He should be taught to hate the sight of unswept streets or sidewalks, of saliva-stained marble or granite, of ashes and refuse of every description,

and especially of bits of newspapers and ends of cigars, as signs of gross selfishness and a low social tone.—*N. Y. Nation*.

A NOVEL COUGH REMEDY.

THE following is from a doctor connected with an institution with many children: "There is nothing more irritable to a cough than a cough. For some time I had been so fully assured of this that I determined, for one minute at least, to lessen the number of coughs heard in a certain ward in a hospital of the institution. By the promise of rewards and punishments, I succeeded in inducing them to simply hold their breath when tempted to cough, and in a little while I was myself surprised to see how some of the children entirely recovered from their disease. Constant coughing is precisely like scratching a wound on the outside of the body. So long as it is done, the wound will not heal. Let a person when tempted to cough draw a long breath and hold it until it warms and soothes every air-cell, and some benefit will soon be received from this process. The nitrogen which is thus refined acts as an anodyne to the mucous membrane, allaying the desire to cough, and giving the throat and lungs a chance to heal. At the same time a suitable medicine will aid nature in her effort to recuperate."—*Pacific Rural Press*.

A GOOD EDUCATION.

THE late Edward Everett condensed into a single brief paragraph his estimation of what constituted a good education. Here it is: To read the English language well, to write with dispatch a neat, legible hand, and be master of the first four rules of arithmetic, so as to dispose of at once, with accuracy, every question of figures which comes up in practice—I call this a good education. And if you add the ability to write pure grammatical English, I regard this a good education. These are the tools. You can do much with them, but you are hopeless without them. They are the foundation; and unless you begin with these, all your flashy attainments, a little geology, and all other ologies and ophies, are ostentatious rubbish.

INDIA ink is made in some unknown way from burnt camphor. The secret is known only to the Chinese, and they refuse to reveal it.

Disease and its Causes.

MOTHER'S ROOM.

'Tis the cheeriest room in the household,
With window-seat battered and bruised,
Where the carpets, the chairs, and the table
Are never too good to be used.

Here little ones come with their sorrows,
Or babble with laughter and noise,
Bring sweetest caresses and kisses,
And scatter their books and their toys.

There's an unceasing patter of small feet,
And opening and shutting of doors;
And the room that was sweet and garnished
Is covered with spoils and stores.

In the dawn of a summer morning
There's a scampering down the stairs,
And everyone knows they are coming,
They whisper so loud their affairs.

And when the day's lesson is over,
They come, with their chatter and song,
To the sunniest room, where dear mother
And all that is lovely belong.

If the threads of their lives get tangled,
She quietly straightens them out,
And gathers them, sweetly united,
Her little low rocker about.

Dear mother, o'er all presiding,
O honored and beautiful queen,
You gather your loving subjects
With a grace that is rarely seen.

Then who, to keep spotless and tidy
The carpets and windows and doors,
Would lose the sweet laughter of childhood,
And love from such beautiful stores.

—*Vick's Magazine.*

THE DUTIES OF A MOTHER.

BY MRS. E. G. WHITE.

THE Christian mother, to a very great extent, has it within her power to secure to her children good constitutions, sound morals, and correct views of the duties and responsibilities of life. Thousands of mothers are to-day ignorant of the laws of health and morality, and utterly reckless in the management of their children. Thousands are ruined for life and rendered worthless to society through neglect of proper training in early youth. A failure of health prevents the cultivation and development of the mental faculties, the talents lie dormant in consequence, and the world loses the

benefit of them. A knowledge of, and obedience to, the laws of nature would have preserved the healthful action of body and mind, and given to humanity the blessing of many a life now wasted in uselessness. Through the inefficiency of parents, much good is lost to the world, and God is robbed of the glory he should receive through the proper direction of youthful talent and energy.

Mothers are not thoroughly qualified to discipline and educate the minds of the young, unless they have that knowledge of God by which they can conscientiously train their children for the highest usefulness in this life, and for the future immortal life. In the education of her children, the mother needs the wisdom which God alone can give her. She also needs health and its accompaniment of calm nerves, clear judgment, and sound reasoning powers. She will then have decision as well as gentleness, firmness as well as love, and will be able to hold the reins of guidance with a firm yet patient hand. She should cultivate that quiet dignity and independence of character which is necessary to her sacred life-work, and the proper conducting of her household. The customs and habits of the world in regard to the training of children should not turn a Christian mother from her course. In no case should she sacrifice her ideas of right because she sees many mothers yielding their scruples in order to gratify the inclinations of their children for questionable amusements, idleness, or a style of dress calculated to foster vanity and injure the health.

Indulgence of wrong desires and gratification of the animal passions are the order of the day in this age of the world. Youth is surrounded with the fascinations of pleasure and the seductive temptations of sin. For these reasons a great and important responsibility rests upon the Christian mother. It is hers, in a measure, to rectify the growing evils of the world by rearing her children in such a manner that they will take a firm stand for the right and cast their influence on the side of virtue. But the mother who submits her God-given womanhood to the slavery of fashion wastes, in useless labor and frivolity, time and energy which should be devoted to her sacred calling. She cannot feel a sense of her solemn responsibility to God and humanity. Satan has invented manifold temptations to divert the minds of mothers from their most important work. The matter of dress holds the larger share of women in the veriest bondage.

The study of fashion-plates is pursued with untiring zeal, and is followed up by an endless round of cutting, fitting, stitching, ruffling, pointing, and plaiting, to arrange for vain display. All this costs time, money, and concentration of mind, for which no equivalent is returned. The mental powers are dwarfed for want of proper cultivation, and wretchedly abused by being almost wholly bent upon the object of preparing raiment for the body, while their children are on the way to ruin.

Many mothers are much more concerned as to the dress and adornment of their children than they are for their behavior and the proper direction of their minds. They will spend precious time in ruffling and trimming the garments of their little ones, while those who are to wear them are running in the streets, subject to the influence of vile associates and breathing in the atmosphere of vice. The hours that should be devoted to prayerful communion with them and a careful superintendence of their employments and amusements, are worse than wasted in ornamenting the little suits, which will serve to add the evil of vanity to the faults already acquired. A mother who prizes the approval of God, and who is controlled by heavenly influences, will not dare to waste her precious time, strength, and money, in arranging her own and her children's dress to meet the claims of custom. Fashion-loving mothers are daily giving their children lessons in devotion to dress, which they will never unlearn in after life. They are sowing seeds in those tender minds which will ere long bear fruit. "Sad will the harvest be!" "Whatsoever a man soweth, that shall he also reap."

It is the mother's duty constantly to educate her mind and heart for the grave duties devolving upon her, that she may successfully meet her increasing family cares. She should study the peculiarities in the temperaments of her children, and vary her discipline to suit their different dispositions; thus she will be able to mould their minds in the right shape. The usual management of children at the present time tends to weaken their moral power. They are allowed to be idle, and their active young minds, seeking employment, stumble into evil ways. They are not taught self-denial and prompt obedience, therefore they grow up selfish and incapable of taking up the earnest work of life. The example of most parents is demoralizing to the children, who naturally look to them for a pattern. If the parents are swept into the strong current of

the world and follow its practices regardless of right or wrong, time or expense, certainly no better can be expected of their children. The lessons of precept and example given by parents to their children should tend to fit their characters for the higher immortal life. They are thus qualified also for the greatest usefulness in this world. God has placed us here not to live for our own amusement, but to do good, to bless humanity, to prepare for heaven. Every violation of moral obligation, with its burden of result, must be met and accounted for hereafter.

Especially are the mother's moments priceless; her work will be tested in the solemn day of accounts. Then it will be found that many of the failures and crimes of men and women have resulted from the ignorance and gross neglect of those whose duty it was to guide their childish feet in the right way. Then it will be found that many who have blessed the world with the light of genius and truth and holiness, owe the staunch principles and integrity that were the mainspring of their usefulness and success, to the careful religious training of a praying Christian mother.

SOUR BREAD.

BY FANNIE BOLTON.

"WELL, it's bread-day to-day, Josie, and I shall have to leave you to set the rising, as I have to go down town to meet George and Aunt Margaret. I hope you will take pains with it, and have it just as good as I make it. If there is anything that I detest, it is sour bread. I don't think I ever made a bad batch of bread in my life, so there is no need of your failing, even if it is your first trial."

Josie was the little maid of all work, and she listened attentively to Mrs. Purdy's directions, and promised to do her very best.

"If it was ordinary yeast bread I shouldn't be a mite afraid," said Josie; "but I'm not used to salt-rising, and I hate to try it."

Mrs. Purdy was a very thorough-going house-keeper. Everything went like clock work, and yet there was an element lacking in her home, a most essential element, as her two orphan nieces could testify. They had come to her from their mother's death-bed, broken-hearted, longing for sympathy and love; but while their physical needs were supplied, Aunt Huldah did not know how to

supply the balm for wounded hearts. She told them she expected to do her duty by them, and wanted them to do theirs by her. She expected them to conform to the rules of the house, which, by the way, were after the Medo-Persian order, and could not be varied or changed. They must rise at a certain time, have prayers in a kind of ceremonial style that was highly respectable and chilly, and made God seem far away, and then they were expected to go about their business as if life was only for the getting of "wood and coal and bread for the bowl."

The girls could hardly define the want they felt. They put it down under the general heading of "home-sickness," and tried to educate themselves to a belief that they never should find another like the mother they had lost.

After Mrs. Purdy went to the depot to meet her husband, who had been away for six weeks on business, and Aunt Margaret, his sister, who was coming to spend a few weeks at her home, Myrtle, her eldest niece, came down to see how Josie was prospering with the bread. She found her looking anxiously at the rising with a flushed, troubled face.

"What is the matter, little girl?" asked Myrtle.

"O Miss Myrtle, I don't know what to make of this rising. In fact, it isn't rising at all. It's settling right down, like mercury on a cold day. Your aunt told me to knead it up when it reached this rim in the pan. I looked at it just a few moments ago, and it wasn't quite up to it, and now you see it has fallen quite below it, and what shall I do? Mrs. Purdy will be mighty provoked if I don't mix it up if it is all right, and if it isn't all right and I mix it up she'll scold like everything, and what shall I do?"

"Well, Josie, I see you are in a box. You know I don't know anything about salt-rising, but I'll venture to advise you to mix it up; perhaps it will rise all right again; you see there are bubbles in it. If it don't turn out as it should, you can lay the blame on me."

Josie mixed and kneaded the dough, and Myrtle went back to her work, thinking no more of the bread.

About two o'clock she was called down to greet Uncle George and Aunt Margaret. Aunt Margaret took both her nieces in her arms, and kissed them tenderly, while her tears of sympathy mingled with theirs.

Oh, how good it did seem to feel the pressure of her kind hand, and to know that she understood something of their loss and grief! She looked like their mother, and had her gentle, affectionate way.

The girls soon felt perfectly at ease with Uncle George and Aunt Margaret. They had been silent and restrained in Aunt Huldah's presence, but now, like flowers under the genial rays of the sun, their thoughts expanded, their faces shone, and their hearts were comforted.

Aunt Margaret carried a sunny atmosphere with her wherever she went. She was always full of experiences, of stories of places and people, and of interest in others. Her religion was not a cold, gloomy order, but full of sweetness, and as she talked of the Saviour's care for those that mourn, the girls' hearts were softened, and it seemed that they had a new revelation of the character and love of the divine Master.

Right in the midst of their happy communion, Aunt Huldah called Myrtle down to the kitchen.

When Myrtle entered the door she found a striking contrast to the scene in the parlor. Josie was standing by the table with the tears streaming over her face, and Aunt Huldah looked as black as a thunder-cloud.

"Why, what is the trouble?" asked Myrtle.

"I should think you would ask!" said Aunt Huldah, in a cross tone. "This morning I left Josie to make a batch of bread, and gave her the most careful directions, and here she has gone and mixed up a whole panful of flour, enough to last us a week, and the rising was no good. I should think the little ninny would have had more sense than to have mixed up all this flour after she saw the setting had fallen."

Josie had not told Aunt Huldah of Myrtle's advice, for she did not wish to involve her in the trouble. Her eyes were swollen with weeping, and she looked nearly heart-broken.

"Why, auntie," said Myrtle, "Josie is not in the least to blame. I told her to mix it up; for I was simple enough to think it would rise."

"You did?" said Aunt Huldah, "well, you ought to be made to eat every bit of it. The idea of a girl of your age and ability not knowing any better than that—and as long as Josie has seen me make bread, I think it is perfectly inexcusable in her to make such a mistake. It only proves to my mind that you cannot trust anybody nowadays."

"What in the world will Aunt Margaret think when she hears about this piece of waste and carelessness. If there is anything that God holds us responsible for, it is for wasting what he gives us. Just think how many poor people this might have fed! Here I have you girls to keep, and I pay Josie as much again as she's worth, and then you have no care whatever for how things go. Last week Agnes broke the rocker on my sewing-chair, and if things go on at this rate, we shall all have to go to the poor-house. You are the most careless, slovenly girls I ever saw. You were not brought up the way my mother brought me up."

It was Myrtle's turn now, but she fought back the tears, and turned to Josie and said: "Don't cry, deary. It's not a bit your fault. It's all mine. But it's not worth breaking either of our hearts about. Your feelings and health are of far more value than the whole batch of bread. Don't, deary, you will only make your head ache."

Aunt Huldah was more angry than before. "That's a great way to talk, you impertinent girl," she exclaimed. "Have you no care how much Josie wastes for me?"

"Dear aunt," said Myrtle, "I think the waste of the flour is not to be compared with the waste of vital energy and happiness your anger is causing. As for Agnes and I, you are right when you say we have not been brought up as you were, and if we are not welcome at your home, both of us would rather become servants than stay with you."

"Oh, you piece of ingratitude, get out of my sight!" exclaimed Aunt Huldah.

Myrtle ran up to her room to have her cry out, and to repent for the hasty words she had spoken to Aunt Huldah; and Josie went on with the dinner, though her heart was heavy and her head aching.

Aunt Huldah had worked herself into a passion of anger, and was almost sick because of her sour dough in the pan. But there was something back of all this, and that was selfish jealousy. What a good time George and Aunt Margaret were having together, and here she had to toil in the kitchen to get dinner for them! They did not miss her at all. They didn't even think of her. She thought if she was in Aunt Margaret's place she would offer to help, at any rate; and there was George, who had been away for six weeks, and he never came to help her at all. I imagine she felt something as did Martha, who was cumbered with much

servicing and could not endure the thought of Mary's resting at the Master's feet. Aunt Huldah felt miserable, and she wanted everyone else to be miserable with her. Several times she called her husband to do some trivial errand for her, and scolded him as he passed to and fro, or complained as he left her for Aunt Margaret's cheery presence.

(*To be continued.*)

DRY BEDS AND DAMP BEDS.

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

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

A MOTHER should be able to teach her children, and lead them in all they ought to learn, especially in their earliest years. A few years of home training in the first years of life are worth more than all the preaching they may listen to in after years.

To have what we want is riches; but to be able to do without is power.

Temperance.

RECLAIM THE DRUNKARD!

"ALL right!" he cried aloud, "All right!"
But wiser people said, "He's tight!"
And he seemed spoiling for a fight,
Made mad through cursed drink.

"All right!" he said, as, reeling home,
With bloodshot eyes and mouth all foam,
All o'er the sidewalk he doth roam—
Blind drunk through greed of drink!

"All right!" he stumbled, swore, and fell;
One awful word he said—'twas "Hell!"
Then, surely, he was 'neath its spell—
'Twas all through love of drink!

Though oft he slipp'd upon the road,
He reach'd at last his poor abode,
There sank he on the floor—a load
Scarce human—crazed by drink!

His children fled from him in fear,
His wife, heart-broken, drop't a tear,
His very dog it came not near—
All feared him when in drink!

"All's wrong!"—and yet he says, "All right!"
Tho' all his future's dark as night,
Upon his home there seems a blight,
The consequence of drink!

These are thy fruits, O Upas-tree!
Death's fatal draught's distill'd by thee;
Thy victims never can be free,
If lured by thee to drink!

Oh, God in heaven, hear the prayer
Of mothers, wives, and children fair,
For lov'd ones driven to despair,—
"God save them from strong drink!"

—John Imrie.

WHO WILL HEED IT?

HEED what?—The moral drawn from the sad fate of those who argue the "go-as-you-please" theory respecting liquor drinking, claiming that they are only "moderate drinkers," and can stop when they please, until, finding themselves at last in "toils" from which they cannot extricate themselves, in despair they take their own lives.

It is said that once on a time John B. Gough, the great temperance advocate, on seeing a helpless drunken man lying in the muddy gutter whence he had fallen in a fit of intoxication, said to the by-standers, "That is temperance lecture enough for one day." So we thought as we completed a

reading of the sad suicide of William F. Huntoon, secretary of the People's Savings Bank of Sacramento, as narrated in the *Sacramento Weekly Union* of January 30. The announcement is made in the head lines, "He had been drinking heavily, and was temporarily insane."

By looking over the unvarnished record in the *Union*, we cull the following facts concerning this unfortunate man. He was thirty-three years of age, a native of Sacramento. He was unmarried. He was known and liked by almost everybody. Financially he was well fixed. He had a good salary, was not extravagant, and saved some of it monthly. He was able to make some loans on his own account—was worth about \$20,000, perhaps more. There was not a dishonest hair in his head. He was a noble young man, true, of fine financial judgment, clear-handed, and trustworthy to any amount.

The above statements were made on the authority of the president of the bank, who further added: "I was associated with him for eleven years; I knew him clear through. He was a man of fine qualities. No young man had fairer prospects, none deserved more." Mr. Abbott, cashier of the California State Bank, said of him: "I knew Mr. Huntoon well. He was financially sound, and must have been pretty well off. He was a high-strung young man. I mean that he was very sensitive and deeply sensible of affront or injury, morbidly so, indeed, and likely to suffer when there was no cause for it. I sincerely regret his end. He was a young man of financial capacity and full of promise."

The reporter of the *Union* said to the president of the bank of which Mr. Huntoon was secretary, "But you say he drank too much?"

"Yes, his friends all knew it. He had promised me to restrain himself, and I believe he meant sincerely all he said."

"Don't you think, Mr. Beckman, that political life for a young and sensitive man like him was bad?"

"There is no doubt of it. That led him into association where he had to drink with others. When he was defeated for fire commissioner I told him I was, after all, glad of it, for his sake. He said then, and once since, that he had enough of politics, and wouldn't go in again with all the associations related to town politics for anything, and he meant it, and kept his word, too."

The *Union* then gives the following facts concerning the last hours of Mr. Huntoon:—

"Yesterday, Mr. Huntoon appeared at the bank as usual, but it was evident to his colleagues that he was not in condition to work.

"Clerk Lorenz suggested to him that he had better go home. Mr. Huntoon began to weep like a child, and chided himself for drinking. He then went to Mr. Beckman, the president of the bank, and told him of his condition, and said he desired to go home.

"Mr. Beckman promptly granted the request, and the secretary left the place. This was about 9:30 A. M.

"Mr. Huntoon was seen in various parts of the city during the forenoon. He wandered about aimlessly, in a despondent sort of way, and frequently wept when spoken to by some friend. He took several more drinks, which did not better his condition any. Shortly before 1 o'clock he returned to the bank, but after remaining there a few minutes went out again. He then went to the Play Saloon, on K Street, and Mr. Fawcett, one of the proprietors, induced him to lie down for a while in a rear room. An hour later Mr. Fawcett summoned a carriage, and he and Mr. Huntoon took a drive about the city. At about 3:30 o'clock they drove to the corner of Eighth and M Streets, which is within a few rods of Mr. Huntoon's home, and the latter alighted. He promised his friend that he would go directly home, and Mr. Fawcett drove off.

"Instead of going home, however, he went into John Belmer's grocery store, on the corner of Eighth and M.

"He remained here some time, and it was noticed that he was acting strangely. He would stand in one spot for several minutes, gazing fixedly at the floor, and then the tears would well in his eyes, and he would weep.

"Mr. Bellmer observed that he had been drinking, and instructed his clerk not to give him any liquor.

"It was not long after this that Mr. Huntoon asked the clerk for a drink, and the latter of course declined to supply him with it.

"The young man seemed to take this considerably at heart, and wept bitterly for some time.

"Then he walked out into the front part of the store, where several gentlemen were sitting. His hand sought his hip pocket, and just as he reached the door he turned his tear-stained face to the party and said, 'Good-by, boys.' The next instant he whipped out a large 38-caliber revolver, and before anyone could reach him, placed the muzzle over his heart and pulled the trigger.

"Death was instantaneous. The bullet pierced the unfortunate young man's heart, and he fell to the floor a corpse."

The above is but a sample of hundreds of cases, many of which, because not so prominent as this man, never come before the public eye. A summary of these might be stated in these simple

words: Fine young man; good abilities; of genial disposition; liked by nearly all who knew him; was succeeding well in business; learned to drink from his genial associates; found the drink was getting the mastery of him; resolved to leave it off; found he could not do it, but when he attempted thus to do his appetite for it was the stronger. Under the influence of the drink he found that he had played the fool. Then that same fine-cut, sympathetic temperament, which had made him friendly to all, caused him to feel the deeper chagrin of defeat in his efforts to leave the intoxicating cup, and still more to feel the disgrace he had brought upon his kindred and friends. In his frenzy fit "he took poison," or "shot himself," or "drowned himself," or "hanged himself," as the case may be.

Such cases, with their fatal termination, are a practical demonstration of the wisdom contained in the advice of King Solomon when he said, "Look not thou upon the wine when it is red, when it giveth his color in the cup, when it moveth itself aright. At the last it biteth like a serpent, and stingeth like an adder." Prov. 23:31, 32.

J. N. L.

SYMPATHY WITH THE DRUNKARD.

THE *Dietetic Gazette* gives the following anecdote illustrating Mr. Hodgson's way of reaching men:—

"On this occasion I asked a very serious question. The question was, 'If you happened to be standing here, and had ninepence that you could spend, what would you do with it?' After some delay, the only answer given was, 'We must each put threepence to it and go to the public-house.' I asked, 'What must be the kind of drink we must purchase with the money when we get to the public-house?' After a short discussion as to their individual likings, I was made painfully aware of the sad ignorance of all of them as to the uselessness and bad effects of taking such drinks. I then said: 'I see you cannot agree as to my question, so I will make you a new offer. I will pay for a gallon of any of the drinks you have named on your agreeing to two conditions: First, that the drink chosen shall be all of one kind; second, that you tell me the component parts of such drink as you may choose.' The auditors failed to fulfill the conditions, owing to ignorance. At last one man said, 'Master, if you have ninepence to

spare, there is an old woman up in the row,' pointing to that direction, 'where it would be a charity to give it.' I thanked him, and then told him how alcohol was produced, etc. I told them my knowledge of malt-making and brewing, and then had to catch my train at Haslingden.

"Some six years afterwards, going along a road in Church parish, near Accrington, where a new brewing-shed was in course of erection, . . . I was struck with the apparent curiosity of one of the men employed there. As I passed along he overtook me, and exclaimed, 'Ye're the veera man!' at which I halted and said, 'What do you mean?' He asked, 'Were you ever in Bedlam?' To which I replied, 'It has sometimes been said I was fit for that place.' 'I do not mean Bedlam madhouse,' he said. 'I mean Bedlam, at the top of Oswaldtwistle.' 'Yes,' I said, 'I was once there, and spoke to some men at the entrance to the moor.' 'Yes,' said he, 'and you wanted to know how you might spend ninepence, where it would do some good to somebody, and then offered to stand a gallon of drink if we could tell what it was made of, but none of us could tell what there was in ale that made men drunk; and then we were all stuck fast, and could not win the gallon. One man told you of an old woman to whom the ninepence would be charity.' 'Yes,' I remember,' I said. 'Well,' said he, 'that old woman was my mother. It cut me to the quick when I said that my mother was so neglected as to need charity. I worked then for the same master as I do now, and had then the same wages as I have now, twenty-four shillings per week, but my mother seldom got more than the four shillings, and when I thought of your saying you knew all about malt-making, and brewing, and told us that the ale on which we spent so much of our money did us harm, and could not possibly do us any good, I determined I would have no more, and take my money home to my mother. I have never taken intoxicating drink since then. In two years our home comforts were second to none in Bedlam, and then I got one of the nicest wenches in Oswaldtwistle to be my wife. My mother's last years were the happiest of her life, and although last winter we had eight weeks of frost and cold, no work, yet we wanted for nothing. If you ever come to Bedlam be sure you come to see us.'"

IN the Madras presidency the drink revenue amounts to between \$4,000,000 and \$4,500,000.

WOMEN AND THE WEED.

THE practice of smoking is becoming increasingly prevalent among women. A growing number of our English ladies are imitating the example set them by the beautiful Circassians, the ladies of the Persian and Turkish harems, the South American girls, the negresses of Havana and Manilla, and not a few women in Holland and Russia. If the practice once gains a recognized footing in England it will be difficult to uproot it. And if the female nature is affected by tobacco as it is by alcoholic beverages, it will be far more difficult for a lady who has once acquired the habit to abandon it than it is for a man to do so. And we all know how difficult it is for a male smoker to abandon his pipe. The present then is the time when the practice must be most strongly condemned if it is to be condemned at all. We need hardly say that we most strongly object to it. The thought of seeing ladies breathing out the smoke of perfumed cigarettes is most repulsive. The habit seems to us most unladylike. But there is a stronger objection to it than any of these. This has been stated by Dr. Richardson in words which all who are tempted to smoke, just for fun, will do well to ponder: "I do not hesitate to say that if a community of both sexes, whose progenitors were finely formed and powerful, were to be trained to the early practice of smoking, and if marriage were confined to smokers, an apparently new and physically inferior race of men and women would be bred up."—*Christian Commonwealth*.

BAD EFFECTS OF TOBACCO.

SCIENCE says that in an experimental observation of thirty-eight boys of all classes of society, and of average health, who had been using tobacco for periods ranging from two months to two years, twenty-seven showed severe injury to the constitution, and insufficient growth; thirty-two showed the existence of irregularities of the heart's action, disordered stomach, cough, and a craving for alcohol; thirteen had intermittency of the pulse, and one had consumption. After they abandoned the use of tobacco, within six months one-half were free from all their former symptoms, and the remainder had recovered by the end of the year.—*Free Press*.

LAST year 1,356 people died of delirium tremens in England.

ALCOHOL ON THE CONTINENT.

It is a general belief that there is little of drunkenness on the Continent, and casual visitors undoubtedly see but little to alter this belief. But facts are coming to light which show that drunkenness is far more common than is supposed. The Anti-Alcohol Congress at Paris has come to an end. One of many saddening facts it brought out is that there has been an increase of 5,000 dram shops in Paris since 1880, when the number was 24,000. The consumption of alcohol has been trebled in thirty years, and as much as 36,000,000 gallons has been manufactured out of potatoes for the French market. The average yearly consumption per adult man is over twelve quarts. We are glad to know that women and children have not yet learned to tipple in these gin shops. Between 1875 and 1885 the consumption of alcohol has doubled. Strangely enough, the consumption is least in the wine-producing countries of the South. It is most deplorable to find that drunkenness among children is on the increase. In Austria this is particularly noticeable, many cases of nervous diseases being traceable to the use of alcohol. The Congress resolved that the governments of the world should be asked to impose a prohibitive duty on alcohol, and exempt from duty tea, coffee, and other ingredients for temperance drinks.—*Christian Commonwealth*.

A SURPRISE FOR PRINCE BISMARCK.

SIGNOR CRISPI is said to have communicated the following anecdote to a correspondent, who sends it to a paper in Rome:—

"During my first interview with Prince Bismarck, at Friedrichsrah, the chancellor caused two enormous glasses of beer to be brought, and invited me to drink the one placed before me. I protested that I drank only water, whereat the prince seemed astonished beyond measure, but said nothing. But when he had emptied his own glass, he slowly drank the one which had been intended for me. Shortly afterwards, two large pipes filled with tobacco were brought. The prince lit his own, and handed the other to me. 'Your Highness,' I observed, 'many thanks; but I do not smoke.' 'What,' exclaimed Bismarck, rather impatiently, 'you don't drink, and you don't smoke! What sort of a man are you, then?'"—*Echo*.

WHO WAS THE MURDERER?

SOME years ago in New York a worthy man was tempted to drink until he was drunk. In the delirium of drunkenness he went home and murdered his wife in the most barbarous manner. He was carried to jail while drunk, and kept there through the night. Awakening in the morning, and looking around the walls, and seeing the bars upon the windows, he exclaimed:—

"Is this a jail?"

"Yes, you are in jail," answered someone.

"What am I here for?" was the earnest inquiry.

"For murder," was the answer.

"Does my wife know it?"

"Your wife know it? why, it is your wife you have killed," said someone.

On this announcement he dropped suddenly as if he had been struck dead. Let it be remembered that the constable who carried him to jail sold him the liquor which caused his drunkenness; the justice who issued the warrant was one of those who signed his license; the man who hung him also sold liquor and kept a ten-pin alley.

MODERATE DRINKING AND BLINDNESS.

A NEWSPAPER correspondent recently asked an eminent oculist, "What are the causes of blindness, doctor?"

"Whisky often causes incurable blindness," was the reply. "The steady drinking of this spirit causes a disease called *amblyopia potatorum*, and it is the moderate drinker who becomes the victim of this disease, the man who takes his three or four glasses a day right along. The man who goes on a spree is not the man who will suffer, because he generally throws it all up again, but the respectable moderate drinker who never takes too much or oversteps the boundary line of decency, but goes around half full all the time, exposes himself to the risk of losing his eyesight, which in this case is incurable. Tobacco used to excess produces the same condition, but it is very difficult to differentiate the two, as the smoker generally drinks more or less. Another cause of blindness is the moderate and steady use of quinine. That has, to my own knowledge, produced absolute incurable blindness in three cases, and in one case death, preceded by total blindness."

SUGAR aggravates acid dyspepsia.

Miscellaneous.

WHICH ROAD WOULD YOU TAKE?

If you could go back to the forks of the road—
Back the long miles you have carried the load;
Back to the place where you had to decide
By this way or that through your life to abide;
Back of the sorrow and back to the care;
Back to the place where the future was fair—
If you were there now, a decision to make
O pilgrim of sorrow, which road would you take?

Then, after you'd trodden the other long track,
Suppose that again to the forks you went back,
After you found that its promises fair
Were but a delusion that led to a snare,
That the road you first traveled, with sighs and unrest,
Though dreary and rough, was most graciously blest
With balm for each bruise and a charm for each ache—
O pilgrim of sorrow, which road would you take?

—*Sacramento Weekly Union.*

WAS IT PROVIDENCE?

"MARY, will thee tell me what thee meanest by asking God in thy prayer so plaintively, to 'avert if possible the present dispensation of his providence'?"

Aunt Rachel had just come on a first visit to her married niece, who lived in —, and had arrived in the midst of a ladies' afternoon prayer-meeting. In every prayer that followed her arrival, some like mention had been made of something evidently deemed by the suppliants as great calamity. The ladies had gone, the usual family items of interest to each had been discussed, and now came this query from Aunt Rachel.

"Yes, auntie, you must wonder, with your tender, sympathetic heart, when the whole burden of our meeting to-day was that God would remove his hand from his dear afflicted ones. Briefly, then, there seems to be a perfect epidemic of fevers among us, chiefly of the low, malarial type, but in some cases taking the form of typhoid, and there have been some families sorely tried by the loss of several of their number. In one, across the street from us, the father succumbed first, then two children died, and a sister that was visiting took the fever and died. In our own square are three sick ones, and there are other localities as sadly visited."

"And do thee call this sickness a 'dispensation of Providence,' Mary?"

"What would I call it, auntie?"

"It may all be the result of neglect, of individuals or of corporations. I saw as I rode along that many roofs are half covered with moss, which, if not the hot-bed of germs themselves, certainly denote the presence of much moisture from rains, from fogs, or heavy dews; either one, followed by a hot sunshine like this of to-day, must cause speedy decomposition of vegetable and animal matter, if left exposed, and I noticed the streets were not kept clear of fallen leaves, and much refuse matter had collected in the gutters. Somebody wrote, I don't know who, that 'for every case of death from typhoid fever someone ought to be hanged.' It may be your city fathers that deserve the rope, and it may be the individuals themselves who are to blame. Is the sewerage good here?"

"No, it is not good; this part of the city is new, and intersected by several ravines that during the rainy season are well washed out with water, but in summer there is but a small stream, and in some places I think the water stands till it becomes stagnant. I am told, however, that some water always runs through to the river, and many consider the city all the better for this natural drainage."

Aunt Rachel was a dear Quaker lady, quiet, kindly, but intelligent and of quick perceptions. She had come with the intent of remaining a month, but the above conversation and pale, sallow face of her niece suggested to her that the best thing to do was to go home again to her cottage by the cool, salt sea, and take Mary, with her little, fatherless brood, along, till cold weather should come to stay.

At supper-time that evening the next-door neighbor came to say that his wife had been sick all day, and he wished Mrs. Randolph would step in while he went for the doctor. While she was gone, Aunt Rachel stole out into the yard; soft and velvety the grass, sweet and soul-reviving the fragrance of the sweet peas, the heliotrope, and the clove pinks; the roses nodded their buds and shook their blossoms at her feet; and the cinnamon vine poured its perfume into the air, as if a fitting tribute of praise to the God who fashioned its heart-shaped leaves, and tinted its dainty blossoms. But Aunt Rachel, though by no means unmindful of all these, left them all, and passed through the gate that led out into the back yard. Here the same neatness and tidiness was found;

but, going farther, she suddenly stopped and snuffed in the air, giving her wise old head a little shake as she did so. Spying a platform on which stood two barrels, each covered, she was soon peeping into one. "Nothing but nice clean ashes. Ah! here it is, may be"—raising the other cover. "No, this is not it—nothing here but a handful of potato skins and some corn husks, sweet and fresh." Still she sniffed an odor which seemed to come from that corner. So over the fence she peeped, and there, piled on the ground, was the most unsightly mass of every conceivable thing that could be cast out of a house, rags, boots, shoes, cabbage leaves, and potato parings, all rotting and perishing together; old oil cans, rusty lard buckets, some mouth up, and half filled with water, turbid and foul with dust and filth—an old yard closet, with its back against another in the adjoining yard, from whose vaults came forth the stench which said to Aunt Rachel's olfactory nerves, "Danger ahead!"

To her niece she said that evening:—

"Surely it is but the restraining power of the good God that hath kept disease from thine own little flock. It is not the sickness that prevails that is his work, Mary dear, it lies at another door." And she told her of the discoveries she had made.

"Thee canst not guess at the mischievous work done by the infinitesimal organisms that rise from such collection of decaying rubbish as lies not a hundred feet from thy door. Thine is a merciful God to protect and keep thee."

"Then if God had given to me as I prayed him to do, and had 'averted his providence,' there would have been a spreading instead of a decrease of the scourge?"

"Even so, so long as we pray for that which, if God gave us according to our asking, would prove death to body or soul, and this when we need not."

"How can we help it, Aunt Rachel. Do tell me. I shall be afraid to pray any now, I think, 'lest I ask amiss.'"

"Nay, thee will not; but praise more than thee pleadeth, Mary; give more thanks to Him than thou askest gifts of him, and when thee prayest, do it as He commandeth."

"Do you mean as Christ taught his disciples?"

"He taught them brevity and to pray without repetition, and Paul taught to pray 'with the understanding also.'"

"But how can I get the understanding?"

"Thy God is no 'respector of persons;' he loves thee as he loved Paul, and gave thee the Scriptures, 'which are able to make thee wise unto salvation'—and are 'profitable for doctrine, for reproof, for correction, for instruction in righteousness; that the man of God may be perfect; thoroughly furnished unto all good works.'"

"But oh, Aunt Rachel, what if I let the cares of this world choke out the word?"

"Then thee will continue to pray for that thou dost not want, and some day he will give thee thy request."

The next day Mrs. Randolph took her aunt to ride about town. By her request they rode along the street nearest the ravine, and at length crossed it on one of the bridges. In the middle of the bridge Aunt Rachel begged her to halt, while she took in the scene.

"Can thee think such drainage as this ravine affords is a benefit to the town, Mary? Its banks must be saturated with impurities; the seepage from the sinks, and barn-yards, and privy-vaults, belonging to the dwellings that skirt its side so thickly as far up and down as we can see, must gravitate toward and into this natural sewer, polluting the stream which naturally may be pure, and causing it to send into the air poisonous fumes and germs of disease for every passer-by to draw into their lungs. Not long can the human system resist such an army of microbes as must obtain when reinforced by every breath drawn from such a death-laden atmosphere as must pervade a locality where is taking place so much decomposition from both vegetable and animal matter as is thrown into this ravine."

As she spoke a gentleman rode up to them.

"Good-morning, Mr. Jones. Glad to see you and have you meet my aunt, Mrs. Richard. Have you heard from Mr. Graham this morning?"

"Just came from there. The health officers have been inspecting the premises, and I shall astonish you by saying we found typhoid germs enough to desolate our city if scattered abroad. High and dry as their house stands, new in every part a year and a half ago, with pure spring water to drink and use, I never was more surprised at oversight in my life than in Elder Graham's folks. In the wood-house we found a big, deep, dry goods box two-thirds full, I think three feet deep at least, with stuff from the kitchen, parings, cold victuals, bones, all such like; the accumulation of waste of

the whole spring and summer, with daily additions still being made, all rotting together. But that was not all. Down cellar were whole sacks of potatoes so rotten that the sacks seemed full of slush, and when we moved one it sent out such a stench that drove us upstairs for air immediately. Not one chance for ventilation, but up through the door into the kitchen, or the one outside that is on the north, so the sun's rays can never penetrate its darkness and dampness. There was canned fruit on a hanging shelf, and the jars were so covered with mold, red, green, and yellow, that you could not tell the kind of fruit the jars held without wiping it off. The walls on one side were covered an inch and in some places two inches thick with the same kind of mold. But I've not told you all yet. Under the kitchen was a defective drain-pipe, so that nearly all the drainage from the sink and bath-room seeped down and soaked the cellar wall next to it."

"It is little wonder they have been sorely afflicted."

"No, indeed, the wonder is not that they lost their three children, but that they are themselves recovering. But I am late and must bid you both good-morning."

"Thee seest it is not Providence, dear, but a gross neglect even by God's professed children to heed the apostle's injunction to 'avoid all filthiness and uncleanness.' To be a hearer of the word only and not a doer is but to withdraw ourselves from God's favor and care. Will thee take thy babies and go with me in the morning to the pure air of the sea, and in the quiet of my home we will have time to learn more of His will and knowledge?"

"O Aunt Rachel, I'll only be too glad to go."

INQUIRER.

HOW TO REMAIN YOUNG.

TAKE frequent recreation.

Keep free of intense excitements.

Preserve the feelings and habits of youth.

Insist upon an abundance of regular sleep.

Keep a clear conscience, and lead a life void of offense.

Avoid excesses of all kinds, whether of work, pleasure, eating or drinking.

A man cannot long keep young who gives up all the active, health-giving exercises of youth.

WHY OUR TEETH DECAY.

DYSPEPTICS have become so common in our country that the adage has become extant that we "dig our graves with our teeth," and, judging from the demoralized condition of these useful implements in the average American, it would seem that they must come in contact with a great many bowlders and other useless rubbish in forming the dismal excavations. Now while the above statement does not convey a literal truth, yet the fact remains that not only the teeth are sacrificed, but life itself is shortened in average duration, not by reason of the constant use of the incisors, but rather for lack of use. Did we cease to use our feet in walking, a shrinking of the muscles, or atrophy, would occur; did we cease to use our hands in the ordinary duties of life, the same wasting-away process would occur in our arms. It is very evident that those in the habit of "bolting" their food, and who will deny that the larger majority of the people of this country take their nourishment into their stomachs in a partially masticated condition, lose their teeth prematurely.

Some of the bipeds get along without visible teeth, which are among the feathered tribe that have their teeth in their stomachs in the form of a muscular sack containing stones enough to rasp and to thoroughly prepare the food for digestion. Man is not so automatically arranged, but with digestive powers more delicate, and is endowed with reason, which, if properly exercised, will keep these powers in perfect order. If digestion is good, no acids or gases arise which break through and destroy the firm coating or enamel of the teeth. Good digestion avoids bad breath, biliousness, and the unpleasant eructations from the stomach, and means good health as well as sound teeth. Another important question enters into the discussion of what causes our teeth to decay, and that is the question of food elements. There is no doubt of the fact that the American people subsist too largely upon a diet composed of starchy and carbonaceous elements, and not enough of the phosphatic. Without proper bone nourishment, the osseous frame-work of our bodies becomes brittle, the teeth decay, and the joints are liable to lose their suppleness and become rheumatic.

No bolted flour should be eaten, and more oat-meal should enter into the diet of our people, and less of the pastries, which are composed of abomi-

nations, which curse mankind with nightmare and hobgoblin revelations, to an extent greater, in the aggregate, than does that awful curse of humanity, the worm of the still. Fluids should not be taken in much quantity with the meals, but between times, and the teeth should be well cleaned with a brush at least once a day, after the last meal in the day. Eat at regular hours and take plenty of time at meals, eating nothing at intervals.

If life is worth living, it is worth living well and to reach the highest stage of existence. A well-regulated life secures the greatest success and a fullness of days.—*Sel.*

TREATMENT FOR DIPHTHERIA.

DR. ROBERT WALKER, in his *Journal of Health*, recommends the following treatment for diphtheria, which has been attended with almost invariable success:—

First, isolate the patient. Give him a large, airy room to himself, with nobody to enter it except the nurse and doctor. When a patient is taken with fever, sore throat, perhaps sickness of the stomach, and illness which calls for attention, let the throat be examined, and if a dirty, yellowish, white coating or membrane is found just where the mouth becomes throat, viz., the fauces, diphtheria may be diagnosed. The first thing to be done after putting the patient to bed is to wrap his throat in ice. If an ice-bag can be promptly obtained from the drug store, fill it with ice and place it over the throat, and refill it as often as the ice melts. Keep the throat cold. By the application of ice the external skin will become as red as though a mustard plaster had been applied, causing the internal swelling to subside, the condition for rapid decomposition to be obviated, so that in the course of a week or ten days the patient will become convalescent. In connection with the application of ice, which should not be neglected in any case, the feet should be kept warm, and the bowels should be emptied by enemata of tepid water. Three or four enemata daily during the fever will not only tend to relieve the bowels, but will cool the fever wonderfully by its soothing influence upon the alimentary canal. The tepid bath once a day is also in order, though not really necessary, and may be dispensed with if the half-pack, made by folding a sheet twice, wringing one-half of it out of tepid water, and wrapping it around the patient between

the arm-pits and the hips, being careful that it is smooth and comfortable, covered by the dry end of the sheet, which is wrapped around the wet sheet and the body, and allowed to remain in place from one to three hours, if the patient is comfortable, is found to be agreeable. At the end of three hours it may be taken off and repeated, if it cools and soothes the fevered patient.

There is not much else to be done, except to wait. The patient has no appetite, and all food should be withheld, even for one, two, or three days. In case of appetite, the patient may be allowed to eat very lightly of plain food, such as gruels, fruit, home-made bread, without meat, eggs, soups, beef-tea, or anything of the kind. Avoid especially the stuffing theories of the medical profession. If this treatment is followed, the mortality will be found to be very slight indeed.

HOW HE DESCRIBED IT.

A SEA captain, just ashore, was invited by some gentlemen to go hunting. After the sport was over he gave his friends this particular account of what pastime he had: "Our horses being completely rigged, we manned them, and the wind being at S. W., twenty of us being in company, away we went over the Downs. In the time of half a watch we spied a hare under a full gale; we tacked and stood after her; coming up close, she tacked, and we tacked, upon which tack I had like to run aground, but, getting close off, I stood after her again, but, as luck would have it, just about to lay her aboard, bearing too much wind, I and my horse overset, and came keel upward."

"AMONG the Piutes," says the Virginia City (Nev.) *Enterprise*, "it is always the father-in-law that makes the trouble. Every married Piute is always glad of a visit from his mother-in-law. He welcomes her with his broadest grin. The arrival of his mother-in-law gives him a double team, where before he had only one animal. He hails her appearance with delight, and, piling a jackass load of wood upon her willing old back, sends her into town with his wife (similarly packed), to peddle out the fuel and bring back to him a supply of money for his favorite game of poker. The Piute father-in-law is of no use as a wood-packer, nor will he gather grass seeds nor pine nuts."

Household.

CONSOLATION.

WHEN Molly came home from the party to-night—

The party was out at nine—

There were traces of tears in her bright blue eyes
That looked mournfully up to mine.

For someone had said, she whispered to me,
With her face on my shoulder hid,
Someone had said (there were sobs in her voice)
That they didn't like something she did.

So I took my little girl upon my knee—
I am old and exceedingly wise—
And I said: "My dear, now listen to me,
Just listen, and dry your eyes.

"This world is a difficult world, indeed,
And people are hard to suit,
And the man who plays on the violin
Is a bore to the man with the flute.

"And I myself have often thought
How very much better 'twould be
If every one of the folks I know
Would only agree with me.

"But since they will not, the very best way
To make this world look bright
Is never to mind what people say,
But do what you think is right."

—Walter Learned, in *St. Nicholas*.

BESSIE HOUSTON'S EXPERIENCE.

MRS. HOUSTON had been out all the morning administering comfort to the afflicted, and trying to alleviate the physical sufferings of those in need, when, pale and weary, she turned her steps homeward, and, on entering the pleasant, comfortable parlor of her own quiet home, she quickly dropped into the first easy-chair she came to, with wraps still on. Mr. Houston, being so thoroughly absorbed in the manuscript before him, noticed not the entrance of Mrs. Houston, until she asked:

Why is it, Mr. Houston, that the blowing of the north or east wind always gives me such a racking headache, especially the north wind? I can," she continued, "endure a foggy, or rainy, or even a snowy day with comparative comfort, but I completely succumb to a strong north wind."

"I have been told," said Mr. Houston, in a quiet way, "that in this country those afflicted, though in a slight degree, with bronchial or lung difficulties dread the east wind, while those with catarrhal

or neuralgic affection feel very uncomfortable, to say the least, when the north wind blows. Never having noticed any difference in my own case, I have given no particular attention to the thought, but now that you have experienced some trouble, I shall give the subject some consideration; and in the meanwhile we will keep you in-doors, especially when the wind comes from the north, and search for the cause of the neuralgia in your case. Of one thing, however, I am quite sure, the north wind does not produce the symptoms, but may greatly aggravate the disease. As neuralgia is a nerve affection, you have probably been overtaxed this morning."

As the warm air of the room only increased the pain in Mrs. Houston's head, she turned to Bessie, their only daughter, saying, "Take my wraps, dear, and I will go to my room and lie down. Perhaps a little rest and sleep, if I can get it, will relieve my head."

Bessie, with ever willing hands and heart, hastened for a hot-water bag for Mrs. Houston's feet, and, after doing everything that a loving, dutiful heart could suggest, she darkened the room, and, closing gently the door, left the mother to rest.

Quietly and softly did Mr. Houston and daughter move about the house, occasionally opening carefully the door of Mrs. Houston's room and peeping in, to inquire, if finding her awake, "Is there anything we can do for you?"

"No, thanks," said Mrs. Houston, "sleep, rest and quiet, perfect quiet, is what I need, and if I can only get a little sleep, I am sure I will feel better."

After hours of pain and restlessness, sleep came at last, "nature's sweet restorer," and such, indeed, it was to Mrs. Houston.

Early the next morning Bessie entered the mother's sleeping-room, and, finding her awake, tenderly inquired, "Are you feeling better, mother dear?"

"Yes, my dear, but weak," replied Mrs. Houston.

"No wonder she is weak," said Bessie to herself, "she hasn't eaten anything since yesterday morning, and then only a small piece of toast."

After tidying up the room and doing many little things such as are prompted by affection only, Bessie hastened through the halls of Myrtlewood to the kitchen, saying almost audibly as she went: "Now I want to get mother's breakfast all myself, but I'll have a time with Nancy, because she never

wants me in the kitchen, and the very first thing I'll hear on opening the door, 'This a'nt no place for the likes of youn,' etc., but I have a right there in time of sickness anyway. And then, again, she can't fix up nice, dainty dishes for the sick as I have seen mother do. I wish I could do things as nice as she can. There is so much in how things look to a sick person. Mother is dainty in her well days, and would naturally be more so when she is ill. Let me see, she needs something hot to drink. I'll make some crust coffee, the best that ever was made—nothing stimulating or exciting in that, but, on the cont nourishing. She will eat but little at the best, and that little should be strengthening and easy of digestion; I think a fresh-laid egg, the white and yolk beaten separately, the yolk beaten thoroughly, with a little sugar added, the white beaten to a stiff froth so that it will stand alone. I will add a little sugar to this also and flavor with a little lemon. To make it look pretty I will put the yolk in a glass tumbler and the white all prepared on the top of that. I suppose it would taste just as good to beat it all together, but the white contrasts so nicely with the yellow, it looks better on the tray. Mother is fond of toast, so I will take a slice of stale bread about the fourth of an inch in thickness. I will remove the outside crust, and toast it a golden brown—evenly on both sides. I will see that some hot milk is ready, and just dip the toast in it to soften it a little, after which I will pour over it three or four tablespoonfuls of good sweet cream, and put it where it will keep hot until the rest of the breakfast is ready. She may not want a poached egg, but I think I will break one carefully, so as not to break the yolk, into some boiling water, where it must remain until the white part of the egg is set, perhaps ten minutes. I will try to bear in mind to have plenty of water, so that the egg is well covered, and be careful not to let the water boil after the egg is in it, for if it does it will harden and toughen the white part, and thus make it indigestible. The egg I will take from the water with the perforated skimmer, so that every drop of water is removed, then put it on the toast; and now that I have everything in my mind that I want to prepare, I am ready to enter Nancy's domain."

Bessie saw at a glance that Nancy was not in the most amicable mood, so she patronizingly said, "You are busy this morning, Nancy, so I will get mother's breakfast," to which Nancy made no reply.

But when Bessie opened the door of the range to put the bread for the coffee in the oven, she spitefully cried out:—

"O Miss Bessie, you'll spile the pie; he'll all spill out. You always wants to officiate, but 'tis bothering."

"The pie is now ready to come out," replied Bessie. "No harm done at all, just a little juice oozed out when the air struck it as the oven door was opened."

While the bread was toasting, Bessie selected the whitest, finest, and smoothest of napkins, and, putting one over the tray, she filled a small glass creamer with sweet cream, a glass sauce-dish with blocks of sugar, and put on the brightest silver, and the white china dishes with a golden band that mother always liked to see. This being finished, the bread was evenly toasted to a dark, rich brown. Having ready a quart pitcher of boiling water, she dropped into it two slices of toast. After standing a few minutes, she turned this coffee into another pitcher holding about two cups, into which she put two or three tablespoonfuls of cream. This, with the other things prepared, were all smoking hot—for if there is anything in the wide world that a sick person dislikes it is food that is neither cold nor hot. Covering the second napkin over the whole, she carried the tray to her mother, to whom its contents were unknown, and all the better for that.

"How nice the tray looks, and everything on it!" said Mrs. Houston. "I am not hungry in the least, but it looks so inviting, I will taste it." Bessie watched the result. Soon Mrs. Houston tasted again, and again, until all was eaten.

"It was the looks, Bessie, that induced me to taste. The eating of all this reminds me," said Mrs. Houston with a smile, "of the words of my father, who said he always preferred to feed two hungry men to one who wasn't hungry."

Bessie felt amply rewarded for all her painstaking, in seeing her mother so much refreshed, and on hearing her words of commendation. "It is just as mother says, 'There is a right and a wrong way of doing everything, and the right way is always the better way.' Yes, and I believe it is the easier way too," said Bessie, "at all events such has been my experience."

A. M. L.

No true woman will permit her aspirations to prejudice her mind against domestic responsibilities.—*Chapin.*

BERRIES AND BRIERS.

WE heard a pretty story the other day of a boy who had been out gathering berries for his mother. His hands were scratched and bleeding from contact with the sharp briers on the berry bushes; but he was careful to wash off all traces of the blood before presenting the berries, and to use the hand that was least scratched, concealing the other behind his back, that his mother's pleasure might not be marred by any thought of the unpleasantness caused him by the briers.

There is a lesson in that little anecdote that many of us need to learn—how to present the berries of life and conceal all suggestions of the briers. There are many who delight in gathering and giving these berries to others, and they are called generous; but there are few who are so truly unselfish as to make no mention of the briers. It is so natural to crave all due praise for having picked the berries in spite of the briers, that everything else is forgotten in the desire to gratify that spirit of vanity and self-love that we have not the courage to strangle. It seems a little hard to use so strong an adjective as selfish when speaking of one who has put himself out to give pleasure to another, yet it is really correctly applied, whenever the briers are allowed to accompany the berries.

Have you never had your pleasure in a gift spoiled by the knowledge of the care and labor that it cost the giver? Were you never made uncomfortable by being obliged to receive even a slight assistance from one who took no pains to conceal the fact that the rendering of it cost him trouble? No matter how strongly he might urge that it was gladly given for your sake, you could not quite forget the little sting of the brier.

What a study for a picture that unselfish little boy would make, and in how many homes would a copy of it prove a blessing! But if we cannot have it in oils, we can carry it in our hearts, and pray God that it may always rise vividly before us whenever we offer assistance, or present a gift, or strive to give pleasure to another.—*Housekeeper.*

FAITH, love, and hope in the home will weave their influence in the heart. Pure affections, and an earnest, holy purpose, will bring their own reward of happiness in the end. Avoid as crime the whining discontent over *what is*, and the feverish anxiety for *what is not*.

PAPERING.

THE wall should be prepared before the paper is put on; if very greasy or smoky it should be washed with weak lye or soap-suds or strong soda-water. If the wall is hard-finished, or if it has been painted, it should be covered with a sizing made of white glue, and put on with a whitewash brush. With a pair of long shears trim the paper close to the pattern on one side, allowing the roll to lie on the floor, and rolling up again on the lap as fast as trimmed. Have a board wider than the paper and a little longer than a single breadth when cut. All the full breadths that will be required for the room should be first cut off and matched when cut. The pieces left will serve for spaces over doors and windows. Begin at the right and work toward the left. Lay all the breadths on the board one on the other, paste the top breadth with a broad brush, fold the two ends down, bringing the pasted sides together, for ease in handling. Adjust the top of the breadth carefully in place, using soft towels to press it on the wall, first down the middle of the breadth, and then on either edge. In turning a corner press the right hand part of the breadth in place and then the left. Wall paper is half a yard wide, and there are usually eight yards in a roll. The colors of the paper should harmonize with those of the carpet and furniture. A low ceiling will be heightened by lines running up and down; a sunless room will be brightened by much gilding and a cheerful tint in the paper. Build no fire in a freshly-papered room till it is dry. For the paste use an ounce of pulverized alum to every pound of flour, mix it smoothly with cold water, then pour on boiling water till the proper consistency is secured. When it swells and turns yellow it is done. A few drops of carbolic acid may be added to keep vermin away. Do not use the paste till it is cool. The paste may be made one day and the rolls trimmed, and the papering be done the next day.—*Sel.*

THE STRING TO YOUTHFUL JOY.—“Now, Willie, see the nice cake I have made you for your birthday.”

“Can I eat it all myself?”

“Why, of course not. You would be sick.”

“That's just the way with you, mamma. Whenever you do give me any pleasure you always tie a string to it.”—*Life.*

THE CARE OF THE NAILS.

VERY few people know how to properly care for the nails. In cleaning them, a sharp knife ought never to be employed, but between the ends of the nails and the fingers the space should be filled with soap and then removed by brushing with the so-called nail-brush. Many improperly cut away that part of the flesh which grows over the nail from the bottom; but it should be simply pressed backward, and sufficiently to show the white part, considered by some to be a mark of beauty. If the flesh is adherent to the nail the operation may be facilitated by passing the sharp point of a knife underneath the fold of flesh and separating it from its attachments. With this done it can be pushed back more readily. Scissors should never be used to cut the nails; that should be done only with a sharp penknife.—*Boston Journal of Health.*

THE FEELING.

A COLORED man who was evidently in poor circumstances called at a Gratiot Avenue hardware store the other day and asked for a door lock, and while he was looking at a line of them, the merchant said:—

“You can’t be afraid of burglars?”

“But I ar’,” was the reply.

“Have you got anything to be stolen?”

“No, sah. Hain’t got \$20 worth of stuff in the house.”

“Then why do you fear burglars?”

“It hain’t cause I spect dey would steal anything, but because I doan’ want to be woke up in the night and see a burglar at de foot of de bed, an’ hear him say: ‘Now, Reuben, you hand over dat bag of gold or I’ll put six bullets into ye.’”

“But you have no gold.”

“Dat’s jist it. He’d think I was lyin’ and shute me.”—*Detroit Free Press.*

DISORDER at all times is demoralizing; it is extremely depressing to the invalid. The deft-handed mother, or sister, or nurse, who moves quietly about the sick-room, and tidies up the bureau and the table, and arranges the vases or pictures on the mantel-piece, is as valuable an aid to the physician as the sunshine is. Wholesome air, a neatly-dressed, cheerful-faced attendant, a clean room, do much to mitigate the sufferings of the sick.—*St. Louis Magazine.*

HELPFUL HINTS.

TO CLEAN BRASS LAMPS.—Scour with damp bath-brick with a cloth, then rub well with paper and dry brick-dust.

PUMICE-STONE will remove match stains and other surface stains from hard-finished walls, and restore the original clean look to soapstone stoves.

PUT a teaspoonful of molasses in with your blacking before applying it to the stove. It will keep the dust from flying and make the polishing process easier.

To take spots of paint from wood, lay a thick coating of lime and soda mixed over it, letting it stay twenty-four hours. Then wash off with warm water and the spots will disappear.

TO REMOVE WARTS.—Take Irish potato and cut a piece off the end and rub on the wart two or three times a day, but every time you rub it on cut a slice off the potato so it will be fresh; oftentimes one potato is sufficient.

GOOD cologne is made from oils of rosemary and lemon, each half a drachm, oils of bergamot and lavender, each one-fourth drachm, oils of cinnamon, cloves, and rose, each four drops, and alcohol, one pint; mix and shake often for a week.

FOR A COUGH.—Roast a lemon, carefully, without burning it; while it is thoroughly hot, cut it open and squeeze the juice into a cup on three ounces of sugar finely powdered. Take a spoonful as often as the cough is repeated. It is as useful as it is agreeable to the taste.

TO DRIVE MOTHS FROM UPHOLSTERED WORK.—Sprinkle the upholstered parts with benzine. The benzine should be put in a small watering-pot such as is used for sprinkling house plants. It does not spot the most delicate silk, and the unpleasant odor passes off after an hour or two exposure in the air.

CARPETS.—After shaking the carpets thoroughly and tacking them in place, go over them with a cloth wrung from warm water with a little ammonia in it. If there are spots on the carpet scrub them with ox-gall and water. The carpet in an invalid’s room may be quite well cleansed by being wiped with a cloth wrung from clear water.

Healthful Dress.

THE LOOM OF LIFE.

ALL day, all night, I can hear the jar
Of the loom of life, and near and far
It thrills with its deep and muffled sound,
As the tireless wheels go round and round.

Busily, ceaselessly, goes the loom
In the light of day and the midnight's gloom;
The wheels are turning early and late,
And the woof is wound in the warp of fate.

Click, clack! there's a thread of love woven in;
Click, clack! and another of wrong and sin;
What a checkered thing will this life be
When we see it unrolled in eternity.

Time, with a face like mystery,
And hands as busy as hands can be,
Sits at the loom with warp outspread,
To catch in its meshes each glancing thread.

When shall this wonderful web be done?
In a thousand years, perhaps, or in one,
Or to-morrow. Who knoweth? Not you nor I,
But the wheels turn on and the shuttles fly.

Ah! sad-eyed weaver, the years are slow,
But each one is nearer the end, I know,
And some day the last thread shall be woven in—
God grant it be love instead of sin.

Are we spinners of woof for this life-web, say?
Do we furnish the weaver a thread each day?
It were better then, O my friend, to spin
A beautiful thread than a thread of sin.

COMPRESSIONS.

SPARTANS are not the only ones who have ever mortified the flesh with a smile on their lips. In these days, when every lady takes at least one journal devoted to the interest of women, and therein reads of the evils of compressing the body with different portions of dress, and still continues in such injurious ways, we must conclude that either she is not convinced of the truth of the assertions made or is willing to take the consequences. But I hardly think such a woman realizes what she is doing. Everyone, probably, hopes to escape the evil consequences, since she does not wear her clothes "so very tight."

The proportions of the female form are gradually changing, and for the worse. The approved size for a professional model who exhibits cloaks, dresses, etc., for wholesale and retail dry-goods houses, is as follows: Height, five feet five inches; distance from base of skull to waist, sixteen and one-half inches; from shoulder to shoulder, thirteen and one-half inches; upper arm, eleven inches; waist, twenty-two inches; bust, thirty-six inches. Now compare the above figures with those of the Venus of Milo, the statue which, the

whole world is agreed, is the finest ideal form of a woman. The Venus is five feet five inches in height; distance from the base of the skull to waist, fourteen and one-half inches; the upper arm, thirteen inches; the waist measure is twenty-five inches; that of the bust, thirty-four inches.

The difference in shape between the dressmaker's model



Fig. 53. A waist compressed by tight-lacing.

and that of the Venus can be traced to the influence of the corset, which makes the waist smaller and the bust and hips larger than they should be. A waist that is continually laced will grow longer. The difference in the arm measure-



Fig. 52. A waist of natural shape.

ment is two inches; this can be attributed only to lack of exercise on the part of modern women. You know ladies do not find it easy to take systematic exercise when a portion of their bodies is incased in a jacket of bones and steel.

Now some ladies will undoubtedly remark that they have worn a corset so long that they would not feel "dressed" without one; they experience an "all-falling-to-pieces" sensation, as they express it. Now it is nature's plan to have the body firm and compact, and from this rule shows diseased or unused muscles. Our bodies are

not like merchandise, which we can lay away on the shelf and return to in a month to find it in perfect condition. "Move on" is an inexorable law of nature. Proper attention to bathing, exercise, pure air, and nutritious food should put a person who has no serious disease in an excellent condition of health. To ladies who are so blessed, a neat-fitting underwaist is all that is necessary to make their forms pleasing to the eye. Women ought not to allow their flesh to grow so flabby and jelly-like that a portion of it must be *canned* to present a desirable appearance. And, moreover, if all do not appreciate the beauty of the statuesque form which I have mentioned, and wish to look small, and still do not wish to compress themselves, out of regard for their health, they must remember that in adopting a corset they are adding from one to three inches to their real circumference at the waist. If you doubt this, just measure your corset after you have rolled it as tight as possible, after taking it out of the box.

Many wear corsets who claim and really believe that they wear them loose. To such a woman I would say, Seat yourself in a chair, loosen your dress, and then your corset, without attempting to remove either. Each will part at the fastenings from three to five inches. Now if they were not a little bit closer-fitting than is desirable, each would remain around you just the same, with the edges of the openings touching.

The corset is an unsafe garment, especially so in the hands of young girls. I have seen misses not yet in their teens wearing them on their little pipe-stem bodies, and wondered what they were for. There is no sense in this, especially when there are so many admirable health waists manufactured for girls. What chance is there for their muscles to grow and strengthen with such health destroyers surrounding them? Shakespeare says, "What's in a name?" I think if the name corset were changed to *health-destroyer*, there would be fewer of them purchased. Just fancy stepping into a dry-goods store and asking for such an article.

Aside from the danger to health resulting from compression, the heavy steels down the front are very injurious, pressing upon the most vital parts of the female anatomy. Of late years there are two rows of steel where there used to be only one. Women who lace when young are almost sure to be immense in girth after middle age. Did you ever see a fat old lady in your life who did not tell you how her husband could span her waist with his two hands when they were married? Fleishy people wear corsets to make them look thin, and thin people hope to look plumper by adopting them. To the first class let me say that exertion keeps down flesh. Obesity is the result of luxurious habits and little brain work. A stirring, busy life, daily baths, both of sun and water, and a small amount of nutritious food, with regular walks and exercise, will prove beneficial to those afflicted with an oversupply of adipose tissue. Where the tendency is inherited, it is harder to work against; but the mother should think for her daughter, and not allow her to lie on a soft bed, sleep late, or acquire any of those easy habits which a growing girl longs for. Thin people, on the contrary, can hope for a soft roundness of contour by practicing the following suggestions: Sleep as long as you can, eat what you crave, and never worry or fret. Bathe once a week for the sake of cleanliness, and once every day apply a little

water, with the hand or sponge, all over the body, and slap and rub yourself dry with the hands instead of a towel. Water goes a good way in making up the flesh, and the more you can work in through the pores the better.—*Clara B. Miller, in Housekeeper.*

DRESS BABY SENSIBLY.

It seems to me that American children are precocious enough without putting a new-born babe into short clothes. The clothes being an index to the age, I imagine a child so dressed would not be so carefully handled as it should be. I do not believe in comparing babies to puppies and kittens. When six months old, a kitten often becomes a mother herself, while a baby at that age is barely able to sit alone. All admit that there is nothing on earth so tender and helpless as the young of the human race. I would not advise the long, dragging skirts, but think they should be about a yard in length. If the wardrobe of the first little stranger be a substantial one, it requires but little replenishing for numbers two and three. If one does not care to look so far ahead, then the little slips can be used for night-dresses, and each long skirt can be easily made into two short ones.

Speaking of night-dresses, I wish to say that I clothe my whole family in gray flannel during the cold weather, and find it a good plan, as it saves doctor's bills and washing.—*Sel.*

TO MOTHERS.

I WANT to tell prospective mothers of a circumstance that happened in my native village. Mrs. A. was a strong and healthy young woman; she wore corsets and continued to do so up to the day of her confinement, wearing them so tightly laced that a stranger would call her form a good one. What were the consequences?—She died after bringing forth a living child, to be left without a mother; the long-continued tight lacing had so weakened the muscles that they had no power or strength to contract, and death was the result. She was a lovely young woman, and the local paper published a long obituary about her; but I could not help thinking that it would have done much more good to publish the real cause of her death, and had the article signed by her attending physician.—*August Flower.*

Granger — "Doc, thar mus' be suthin' left whar ye pulled thet tooth for me last week. It's ached ever sence."

Dentist (examining the mouth)—"Nothing there, sir, but a vacuum."

"How big?"

"Why, about the size of a tooth, of course."

"Wal, yank 'er out, Doc. I knowed suthin' was wrong. I've heerd thar nacher obhors a vackeyum, an' dinged if I blame 'er, 'f she ever got one stuck inter her jaw."—*Time.*

"AND how do you feel, my dear, this morning?" asked a sympathizing physician of a lady prostrated by the gripe. "I feel as if a freight train had run over me," was the reply. "Do you ache in your bones?" "Ache in my bones? Yes, I do, and I think the number of bones in the human body has been grossly underestimated."

Publishers' Department.

PATIENTS AT THE RETREAT.

NOTWITHSTANDING the long-protracted rains of the past winter, the patients have been of good cheer, knowing that everything was done that could possibly be done both for their comfort and speedy recovery. A goodly number have been cured and gone to their homes and friends during the last month. As they go they send others to fill their places, and thus the good work goes on.

"What a winter!" is the salutation from those we meet. Some say, "It beats all of California rain records." This perhaps could not be proven if the "gauge" for past years was examined.

The storm of January 23 and 24 was the severest of the season, and although it brought the waters of Napa River over the bridge, the structure still stands, and the passage-way between St. Helena and the Retreat is still unobstructed. The rainfall at St. Helena for the season, up to February 1, is four and one-half feet.

The bright, sunny days are bringing forth the beautiful white blossoms on the manzanitas, and the wild flowers are springing up all over the hill-side. The gladness of all on the coming of spring is well expressed in the following lines:

"Far over the distant hill-tops
The first faint rays of the sun
Gleam with a tender promise
Of the beautiful day to come.
See! they are growing brighter,
They touch with a loving hand
The gray old trees and the sad brown fields,
And glory fills the land."

LA GRIPPE GERMS.

LA GRIPPE has affected its thousands in our land during the last month. One observed of San Francisco that it might be easier to count up those who had *not* had the malady than those who had, because it had been almost universal in its work. Some cases have been reported from different parts of California as having died of la grippe. In most instances, it is thought if we had the whole history it would be found that the death of these individuals was really occasioned by pneumonia, or by pleurisy, and that these were relapses of the disease, occasioned by vicissitudes of the damp air while the system was still in a relaxed state.

As might be expected, the scientists who are attributing every form of disease to some germ, have found the la grippe germ, which is supposed to spread the disease. It seems, at least, that he is present when the disease breaks out, if he does not really originate it. We quote the following testimony on this point from the *Pacific Rural Press* of February 1:—

"By telegraph from Vienna, of January 22, we are informed that two physicians of that city, after some two months of study and research, have succeeded in discovering the particular bacillus which is producing the grippe. It is described as new, and differing materially from any heretofore discovered. Its distinguishing mark is the form

of the head, which is miter-shaped. Hence it is called bishop bacteria. This unwelcome visitor is, moreover, said to be the most active of all the microbes yet discovered, it being almost impossible for the eye to follow its movements, even with the aid of the most powerful microscope. From the marvelous activity which it is reported they show in their movements, one can readily imagine the destruction they can cause when once they secure a lodgment in the human system. The chief of the two discoverers has been for six years professor of bacteriology at the University of Wurtemberg. He has succeeded with these microbes in producing influenza in rabbits by inoculation, thus proving the genuineness of this discovery.

"In his researches to learn the source of these microbes, he soon found them in water from a well in the Syrian Mountains, more than three hundred miles distant from Vienna. Not less than two hundred and twenty-eight specimens were counted in a half cubic inch of that pure mountain well water."

NATIONAL CRUSADERS.

THE word crusaders suggests to the mind those fanatical ones who, in ages past, engaged in bloody wars to obtain possession of Jerusalem and the holy sepulcher, or to Joan of Arc, with her followers, and sad end at Rouen, France. A reminiscence of modern times, however, dispels that, and brings to mind that noble band of mothers and sisters who, a few years since, determined "a crusade" against old King Alcohol, that, if possible, they might so far weaken his dominion as to rescue their fond husbands and brothers from the power of the fiend who is yearly placing so many in his sepulcher.

We read of one hundred and fifty delegates, representing over twelve States of the Union, assembling, in the closing days of January, at Cleveland, Ohio, for the purpose of organizing as National Crusaders, adopting the name, "Non-Partisan Woman's Christian Temperance Union." These women do not propose to overthrow the nation in their crusade, nor to build up any sect or party, either in politics or religion, but, if we understand them correctly, to stick, like genuine, womanly women, to the work of arousing the people on the side of true Christian temperance, and defeating, if possible, King Alcohol in his work. Surely there is a great field open for this kind of labor. We shall look for telling results from this newly-organized band of mothers and sisters, as they strike out in this "crusade" against this power of the demon.

"HOW TO STRENGTHEN THE MEMORY."

SUCH is the title of a neatly-bound muslin volume, with gilt title upon the back and sides, from the pen of M. L. Holbrook, M. D. The plan of the work is peculiar to the author. While he sets forth the true principle of strengthening the memory, he also illustrates the very intimate connection between memory, health of body, and proper habits of life. From a careful perusal of the work, we can say, in the words of the *Sunday Times*, "The suggestions for remembering facts, dates, figures, for learning a new language, or music, for lawyers or clergymen, commend themselves to our common sense." The price of the volume by mail, post-paid, is \$1.00. They can be ordered through the Rural Health Retreat, St. Helena, Cal.

MANY a good dish is spoiled by an ill sauce.

WHAT OTHERS SAY OF THE JOURNAL.

I HAVE received the copies of the JOURNAL referred to, and have read them with great interest and profit. I am convinced that the cause of temperance will not come to the successful issue until more people, yes, the majority of the people, are enlightened in the matter of living healthfully. This is indeed a difficult task, and all such literature will do great good, if it can be brought to the people so that they will read it.

GEORGE FISHER,
Rector of Trinity Church, Melford, Mass.

I thank you very much for the copies of the PACIFIC HEALTH JOURNAL that you were so kind as to send to me. I find in them a great deal of useful information in relation to important matters concerning daily life, and how to preserve health, without which life is often a burden.

NEAL DOW.

Portland, Maine.

Mrs. Eliza B. Burus, principal of the New York School of Phonography, sending a club of subscribers to this JOURNAL, says: "I thoroughly believe and practice the precepts laid down in the HEALTH JOURNAL."

Mr. Morris Tinkham, writing from East Shelby, Orleans Co., N. Y., to subscribe for the JOURNAL, says: "Before receiving a sample copy, I did not know there was such a paper in the world. Before reading it, I told my wife that I thought it was a dear paper compared with other publications. But after reading it, I said, Mrs. E. G. White's pieces alone are worth the price of the JOURNAL, to say nothing of all the other valuable reading. I appreciate your JOURNAL very much. The world needs just such reform. A sound mind *must* have a sound body. I do not want to miss one number. Among the many periodicals I take I regard this one the best; and while the others get torn up and wasted, I shall have a place for your valuable work, to keep for future reference. I bid you Godspeed in the worldwide circulation of your "JOURNAL."

"VICK'S FLORAL GUIDE."

We have received from James Vick, Rochester, N. Y., his *Floral Guide*, which, in beauty of appearance and convenience of arrangement, surpasses anything in this line which we have ever had the privilege of seeing before. It is a pamphlet eight by ten inches in size, and with the covers, which are by no means the least important part of it, contains an even one hundred pages. Although called a "floral guide," it is devoted to vegetables as well, and includes as full a list and description of both flowers, vegetables, and also small fruits, as could be brought within the compass of a book of this size.

In all that the Vicks have undertaken, their aim seems to have been to attain as near to absolute perfection as possible, and probably no one ever did so much towards bringing the cultivation of flowers to the high standard which it has now attained as did the head of this firm.

The firm takes the same pride in raising choice vegetables as in developing attractive varieties of flowers, and after using their seeds for a number of years we are able to recommend them in the highest terms.

We advise all our readers to send ten cents for the *Guide* (which can be deducted from first order); and if there are any of our lady friends who can succeed in growing a natural rose which will compare in beauty with the new striped rose shown in the illustration, we should like to receive an invitation to call and see it.

"DEEP BREATHING."

THIS valuable work on lung gymnastics, or proper breathing as a means of promoting the art of song, and of curing weakness and affections of the throat and lungs, and especially as an aid to those who have consumptive tendencies, was first written in German by Sophia Marquise A. Ciccolina, and was translated into English by Edgar S. Werner. To this a chapter was added by M. L. Holbrook, M. D., on the subject of air cure and ventilation, and the whole volume is published by the doctor, neatly bound in muslin, with gilt title upon the side, and offered to the public at the exceedingly low price of fifty cents, post-paid.

The work is illustrated by six bust figures, showing proper and improper breathing, the evils resulting from restrained breathing, and the great benefits which have been, and may be, derived from the proper use of the breathing organs. The price of the book is but slight compared with the value to be obtained healthwise by carrying out the suggestions made. It can be obtained at the price stated above, through the Rural Health Retreat, St. Helena, California.

A STORY WITHOUT WORDS.

SUCH is the title of a "story," told on a card 5x3 inches, which we have received from the publisher, W. H. Brearley, *Detroit (Mich.) Journal*. It is six pictures, placed upon the card, and numbered in the order they are to be studied. The story told is a graphic illustration of Solomon's wine "in the cup," that, "at last it biteth like a serpent." Prov. 23:31, 32. The price of these cards is \$1.00 per hundred, and they are excellent for those who wish to scatter effective object lessons on temperance. These can be obtained by addressing the publisher, as mentioned above.

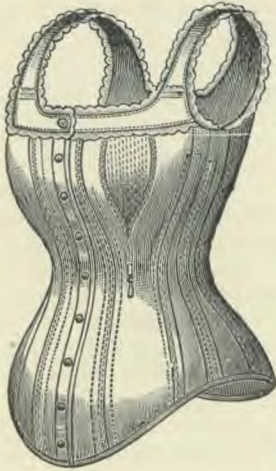
TEMPERANCE LECTURES.

PROF. G. K. OWEN has had some very interesting times the past winter in connection with his health and temperance lectures, which he has delivered in different parts of Los Angeles County. These lectures are illustrated by charts especially prepared for the purpose. Those wishing to secure his lecture services can address him, any time, at 35 Carr Street, Los Angeles, Cal.

WHO WAS YOUR GREAT GRANDFATHER?

THE *Detroit Journal* desires to receive, by postal card, the address of all living male and female descendants of Revolutionary officers and soldiers of 1776, and, when possible, the name and State of the ancestor. Wonder if W. H. Brearley, proprietor of the *Detroit Journal*, is contemplating a raid upon the United States treasury?

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



UNEQUALED FOR
ELEGANCE
AND
PERFECTION
OF FIT.

—§—
GRACEFUL,
HEALTHFUL,
PERFECT-FITTING.

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

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

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

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

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

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

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.

How to Dress Healthfully.

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

What Drags the Life Out of a Woman.

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

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

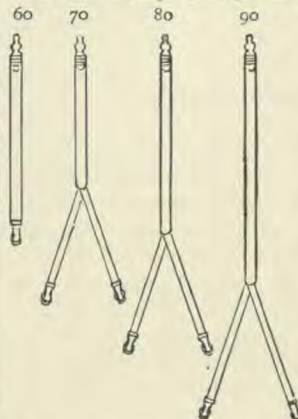
The Ladies' Hygienic Skirt Supporter.



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

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

The Daisy Clasp Stocking Supporters



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

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



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

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

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

THE AMERICAN SENTINEL.

AN EIGHT-PAGE WEEKLY JOURNAL, DEVOTED TO

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

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

TERMS.

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

If no Agent in your vicinity, write to the Secretary of your State Tract Society or Address,

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 43 Bond St., New York City, N. Y.

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."

Mailed, 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 three bound volumes, with leather backs and corners, cloth sides, and gilt title upon the back. One book contains Volumes 1 and 2, the others Volumes 3 and 4. They will be sent by mail, post-paid, for the sum of \$2.25 per volume, or \$6.00 for the three 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 all the volumes, and they will be promptly sent to your address. Direct to **PACIFIC HEALTH JOURNAL**, Oakland, Cal.

HEALTH PUBLICATIONS.

- The Home Hand-Book of Domestic Hygiene and Rational Medicine*, by J. H. Kellogg, M. D. It is the most important work for domestic use that has yet appeared. It contains 1,624 pages, with 500 engravings, including 26 full-page plates, and a paper manakin, in two volumes. The price of this work, bound in muslin, richly embossed in jet and gold, is \$6 50
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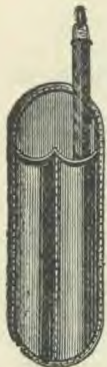
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HAVING at our Health Retreat a revolving oven, and first-class cracker machinery, we are prepared to furnish the foods advertised below, at their respective prices. These foods are not only adapted to those suffering from digestive ailments, but are 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,

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