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NOTHING begets confidence sooner than punctuality.

THE performance of little duties determines the character of an individual.

CHEERFULNESS is an excellent wearing quality. It has been called the bright weather of the heart.

WHEN you make a bargain, finish it. A contract half made or left incomplete is worse than none at all.

"If you wish," says Sydney Smith, "for anything like happiness in the fifth act of life, eat and drink about one-half of what you *could* eat and drink."

LIFE is a book of which we have but one edition. Let every day's actions, as they add their pages to the indestructible volume, be such as we shall be willing to have an assembled world read.

AN Englishman who had a horror of being buried alive, left fifty dollars to his doctor, on condition that he should make a careful examination and certify to the fact of his patient's being really dead.

OF the 317 Quakers who died in London last year, 141 were over 70, 61 over 80, and 8 over 90 years of age. Such facts show better than any long argument how quiet, temperate living prolongs the lives of men upon the earth.

DIABETES.

IN former articles we have been considering kidney diseases. Such diseases are diagnosed from the amount and constituent parts of urine secreted and passed in a given period. Diabetes is a disease in which there is an unusual amount of urine discharged, and in the mellitus, or true diabetes, there is an extraordinary amount of urine containing sugar. For this reason many persons have supposed that diabetes is a kidney disease. The most critical medical writers do not, however, so regard it. While they may be at a loss to locate the exact seat of the disease, they are, nevertheless, able to delineate quite fully the immediate causes of the disease, and so are quite successful in prescribing remedies for the relief of such ailments.

Of this disease J. H. Kellogg, M. D.,* says: "Little is known concerning the real cause of diabetes, and still less satisfactory is the knowledge which we possess respecting the real seat of this disease, notwithstanding the numerous experiments upon animals, and almost numberless observations of human beings which have been made with direct reference to the pathology of the disease. It has been quite well established, however, that the most frequent causes of this malady are exposure to cold and wet, physical violence, concussions of the whole body, injuries to the brain and nervous system, mental exhaustion, gluttony, and especially the use of large quantities of sugar. It is probable that dietetic errors are the principal cause of this disease. It has been claimed that diabetes is the result of the use of an exclusive vegetable diet. That this is not the case, however, is clearly shown by the fact that the disease is no more frequent among the majority of nations

*"Home Hand-Book of Hygiene and Rational Medicine," pp. 865-867.

which subsist almost wholly upon vegetable food than among those that employ diet of the opposite character. A strong argument against this theory is also found in the fact that, in the numerous dietetic experiments which have been made upon animals and human beings, in which they have been required to subsist for long periods of time upon a purely vegetable diet, this disease has never been produced. On the other hand, the eminent Dr. Berrenger-Ferroud has given an account of the occurrence of diabetes in an ape, in which he claimed that the only cause of the disease was the attempt to accustom the animal to the addition of a proportion of animal food to its natural diet of fruits and grains. Numerous experiments, however, have shown that when large quantities of sugar are taken into the system, sugar may be found in the urine after a few hours. There is some evidence also to believe that a predisposition to the disease is hereditary. It has been most frequently observed in females."

"The characteristic feature of this disease is the discharge of enormous quantities of pale urine containing sugar. As much as five or ten quarts of pale, sweetish urine is sometimes discharged in a single day. The presence of sugar in the urine may be demonstrated by the taste, or by means of chemical tests. The latter means is of course the most reliable. The test is so simple that almost anyone can apply it. Place in a small test-tube or vial two or three teaspoonfuls of the urine to be tested, and add about an equal quantity of a strong solution of caustic potash. Now add a strong solution of sulphate of copper drop by drop until the blue coagulum or precipitate which is formed is no longer dissolved. Then heat to the boiling point. If sugar is present the blue color will be changed to yellow or orange.

"All the symptoms mentioned follow each other as the disease advances.* The patient finally dies from exhaustion, or from inflammation of the bones, or of some internal organ, which is very apt to occur. In many cases the patient dies of consumption or inflammation of the lungs. The disease usually lasts from one to three years, though under favorable circumstances it may continue for a much longer time. This disease has generally been considered under the head of diseases of the kidneys, but as it is now well known that the sugar

found in the urine is not produced by the kidneys, and that whatever is the seat of the disease, the kidneys are not directly involved, it is evidently excluded from diseases of the urinary organs."

Before speaking of any specific treatment of this disease, it may be well to notice the etiology of the disease. If it is the tendency of a certain class of food to produce the disease, discretion in the use of such articles of diet, preventing, if possible, the occurrence of the disease, should interest us before coming to that condition where we need the cure. If any have tendencies, hereditary or otherwise, to the disease, timely diet changes may yield to them a prevention far preferable to getting the disease, and resorting, perhaps in vain, to some means of cure (?).

Under the head of "What Diabetics May Eat," we quote the following interesting remarks from the New York *Christian Advocate*:—

"To regulate the diet of such persons, so that their food shall contain the least possible amount of anything that may contain sugar, or be capable of being transferred into sugar, is of the greatest importance. At the same time nothing should be done to impair the appetite of the individual; otherwise he will grow feeble and emaciate, and be liable to intercurrent diseases. Too exclusive a regimen, therefore, must often be foregone, lest the patient should find the cure worse than the disease.

"The matter of bread is the first great stumbling-block. One realizes but little how important a part in the usual diet bread plays until a taboo is put upon it. The crust of ordinary wheat-bread produces three-fourths of its weight of sugar in the process of digestion, while the crumb of bread produces a little more than one-half of its weight of sugar. The whole list of cereals belong to the same class of sugar-producing substances,—rice, corn-meal, rye-meal, millet seed, buckwheat, oat-meal, peas, and beans,—some produce more, some less sugar in proportion to their weight than wheat flour, but all are rich sugar producers, and all must be rigorously banished from the diet of one who is passing sugar in his urine. Many substitutes for bread have been tried; wheat flour, by a washing process, is deprived of much of its starch, and, as gluten flour or diabetic flour, can be had in commerce. Washed bran-flour is also prepared. From these a kind of bread is prepared; but at best such breads are unpalatable and difficult of digestion, and after a time produce loathing. An almond bread is another substitute that is more agreeable, and more costly. Here is the recipe for such a bread:—

"Reduce a quarter of a pound of blanched sweet almonds to a flour by beating them in a stone

*SYMPTOMS.—Excessive quantity of urine containing sugar; emaciation; great thirst; dryness of the skin; voracious appetite.

mortar for three-quarters of an hour. Put this flour into a linen bag, and immerse it for a quarter of an hour in boiling water acidulated with a few drops of vinegar. Into the mass thus formed mix thoroughly three ounces of butter and two eggs, the yolks of three eggs, and a little salt; the whole is then to be stirred briskly for a long time. The white of the three eggs, having been beaten into a fine froth, is now added, and the whole paste is lastly put into a form smeared with butter, and baked with a gentle fire. . . .

"Of all starch food substances, potatoes contain the least starch, and for that reason produce the least sugar. The difference in this respect between gluten bread and potatoes—weight for weight—is greatly in favor of the latter. Hence potatoes, and especially baked potatoes, may be substituted for bread in most cases with advantage. It would be better that the potatoes as well as the bread should be refrained from, but if one must be taken to satisfy the irrepressible longing of the individual, the potato is the least objectionable. . . .

"Among vegetables, beets, carrots, and turnips are excluded, by reason of the sugar which they contain. Onions and leeks and artichokes are better avoided. But spinach, lettuce, cabbage, cauliflower, asparagus, celery, dandelions, oyster plant, radishes, cucumbers, and water-cresses offer a sufficient variety that is allowable from which to make a choice.

"Fruits, as a general thing, are to be rejected. The acid fruits, particularly currants, form an exception to this general rejection. Strawberries likewise may sometimes be indulged in. Sour cherries also may be included among the things allowed.

"The exclusion of sugar is absolute. When some kind of sweetening is indispensable, glycerine is recommended to be tried as a substitute. It may be put in tea or coffee or lemonade.

"In the matter of drinks, the same watchfulness against sugar is to be maintained. Plain water, mineral waters, acidulated waters, tea and coffee without sugar, are available. Chocolate is to be condemned. Milk, buttermilk, whey, need not be absolutely withheld, for the reason that the particular form of sugar which they contain does not affect the production of sugar in the body. . . .

"A person who is so unfortunate as to suffer from diabetes ought not to keep himself on the same diet all the time. The varying conditions and peculiarities of the person should always be considered. While the general principles of the diet, as outlined above, must always be kept in mind, such departures or variations should be provided for or indulged in from time to time as should prevent loathing and inanition from being produced. Nevertheless such persons should never forget that upon their own determined persistence for an indefinite time in the specified general mode of dietetics, depends their freedom from a consuming disease."

J. N. L.

FROM INFANCY TO OLD AGE. NO. 2.

SOLID animal fiber is little, if at all, required by the individual after the masticating teeth disappear. The latter third of the life requires softer and lighter foods. Well-cooked grains, and vegetable soups, as well as fruits, are valuable and appropriate, and with this non-stimulating diet, the digestion and health will be much better than if one keeps up the quantity and variety of food which marked the youthful days. If no flesh had been eaten in early life, but the system sustained on grains, fruits, and vegetables after the milk period had passed, the teeth would have been preserved much longer than if flesh were eaten daily when young.

From infancy we pass into childhood or adolescence, when the posterior molar teeth are cut and the anterior ones become crowded or decayed. It is here in life when the diet is wrong that we have nervous disorders of a choreic or epileptiform character, as also scrofulous diseases, typhoid and eruptive fevers. From youth we grow into adult life, at which time we are more prone to bronchial catarrhs, influenza, rheumatism, diseases of the lungs, heart, liver, stomach, and kidney troubles, hemorrhages, acute inflammations, and gout, and the results of new formations, as tumors and cancers. The blood-vessels also commence sooner or later to suffer from fatty, fibrous, or calcareous degenerations when our eating and drinking have not been in harmony with nature's laws.

In infancy, the diet should be milk; in childhood, well-cooked wheat, in the form of whole wheat flour, should be added. Milk contains material for building muscle, bone, and nerve, in fact, all the tissues of the body. Good wheat contains the necessary elements in the right proportions for building the same. In this simple, correct diet the child has wholesome nourishment both in solid and liquid forms.

As age advances, other grains, with fruits and vegetables, from time to time may be added until manhood is reached, when milk is better left off by many. At this period energy and activity are great, especially if one's occupation is in the open air. More food and greater quantity can be digested than at any subsequent age, and this too without much inconvenience. Because of great muscular activity, assimilation is also very great, and most of us eat after the manner of the major-

ity, both to quantity and quality of food, and do not question the suitability thereof to ourselves.

The capacity and power of the stomach in different individuals vary, as do those of the brain, hands, feet, or size of the body as a whole. All cannot wear the same-sized shoe or glove; all cannot do the same amount of brain work or physical labor; all need not try to digest the same amount of food, nor should they be impelled to eat *exactly* the same kind through the whole of life.

We often fall sick in consequence of eating more and a greater variety than is necessary to supply all demands upon the system. A very sensitive stomach will often throw off this excess at once, or soon after the surfeit is committed; with others this excess is digested, absorbed, and stored up; then comes from time to time a crisis, when nature's accounts must be squared, which is generally done by what is known as "biliousness." It may take a few hours or days of vomiting and purging to settle accounts. Should one continue to eat and drink in the same manner, then accounts must be settled every three, five, or ten weeks; it may be yearly, in the spring-time, after a stormy winter, when active exercise has been impossible. This may be kept up for years, until we reach the latter third of life, when the surplus is stored up as fat in many, instead of causing periodical sickness as formerly. When the constitution of the individual will not lay it up as fat, it must go somewhere, directly or indirectly, to produce disease in some other form—it may be to interfere with the liver's work; then look out for gout and rheumatism; or fluxes, which act the same part toward settling up that "biliousness" did in earlier life. The gouty-rheumatic efforts are not so successful as those in early life in balancing the books, because they have run longer; hence their coming is more direful, more to be dreaded.

Income should not exceed expenditure at any time, and certainly not late in life, when the powers are decreasing normally from year to year. Nutriment must be taken in quantities less and less as age advances. The same breakfasts, dinners, and suppers, if eaten in the latter third of life, as in the time of greatest energy and activity, will result in accumulated waste, which must embitter and impair the health of the individual. The person of eighty with a fair constitution, if the income corresponds to the expenditure, may live on

to a good old age, with comfortable health, far beyond the limit of man's fruitful life and labor. Here it is in the life of man where we shall find falling of the teeth and hair, shortening of the jaw bones, lack of digestive and other fluids, shrinkage of muscular and other tissues, absorption of subcutaneous fat, weakness of the bladder, and enlargement of the prostate gland, with its long train of associated evils, functional inactivity of the skin and internal organs; and now some trifling disturbance produced by external causes, as exposure, etc., may at any time arrest the worn-out machinery. The organs are no longer capable of resisting disturbances, and death results.

W. P. BURKE, M. D.

(To be continued.)

THE MANAGEMENT OF EARTH-CLOSETS.

To those persons who live in smaller cities, in villages and in country districts, where the advantages of a sewerage system are not accessible, and in large cities where sewers are not extended to outlying districts, there is no such easy and economical method of disposing of excreta as by using earth-closets.

The primitive and barbaric privy-pits are universally condemned, and almost as universally used. Earth-closets can take their place in a majority of instances without disturbing the habits of the family, and with great benefit to their health. The old privy can, by a little home carpentering, be fitted into a good earth-closet. The pit should be cleaned as thoroughly as possible and refilled with clean earth. The lower portion of the back of the old structure may be fixed as a door to raise up, to permit the removal and placing of the soil-containers, which should be either galvanized iron pails or strong wooden boxes. The earth may be kept in a box or barrel in the structure itself.

The trouble with remodeling the out-building for an earth-closet is that it makes no change in the publicity of access, or the disagreeableness of reaching it in stormy weather. As an earth-closet, properly constructed and managed with a due regard for decency and cleanliness, need not be an offense to sight or smell, it can be so built as to place it in some side room or shed attached to the dwelling and under the same roof. In this case a portable, easily-managed closet is necessary.

The value of dry earth as an absorbent, deodor-

izer, and disinfectant, is not properly recognized. It is said by some to be more powerful in these capacities than any other agent known. If two parts of dry earth are put with one of excrement and kept in a dry place, the two assimilate, the excreta becoming indistinguishable from the soil after a time, and it may be used over and over again, though it is generally better to bury each pailful in a different place each time over a portion of the land adjoining the residence. The earth must not be sand or gravel, but soil of a clayey nature, thoroughly pulverized. Powdered charcoal, coal ashes, and street dust are equally effective.

Earth-closets offer many advantages, chief of which is that when they are properly cared for the excreta of one family is rendered perfectly harmless and disposed of on the premises, not being liable to soak into a neighbor's well. There is no offensive odor or contamination of the soil. They may be placed under the same roof as the living-rooms, and thus be easily accessible to women, children, and invalids.

There are many failures of earth-closets to give satisfaction, but the failure is due to an inability on the part of the owner to understand their capacities. They must not be made the receptacle of house or chamber-slops, as the ability of the dry earth to absorb moisture is necessarily limited, and any excess of its capacity creates a nuisance.—*Sanitary News.*

DANGER FROM IMPURITY IN SCHOOLS.

EMERSON truly says: "You send your child to the school-master, but it is the school-boys who educate him. You send him to the Latin class, but much of his tuition comes on his way to school, from the shop window." The prevalence of immorality among the pupils of public schools is something that should cause much concern to every lover of purity. Teachers everywhere should be aroused to the immensity of the evil, and made to feel the responsibility in this matter. This work is one that mothers should be doing. Few mothers, however, realize the greatness of the evil. They know little of the school, and still less of the teacher to whom their child is intrusted two-thirds of every day. It is simply taken for granted that the teacher is all he should be, simply because he is a teacher. Unscrupulous and conscienceless teachers are rare, but those who are ignorant re-

specting the evils of impurity and the importance of watchfulness and care in this respect, are by no means so few. Let mothers seek to know to whom they intrust their children. Let them insist upon faithful watchfulness over their little ones, not only during their study-hours, but if permitted to have recesses, during their play-time also; and let them use their voice and influence with the school board in the election of women members upon such boards, and the selection of such teachers as are known to feel their responsibility for their foster charges. Let them insist upon clean and decent out-buildings, and such other conditions as are most favorable to the development of purity; and above all, let them warn and fortify their own little ones against the temptations sure to assail them.

FIRST CHARTER OF AMERICAN SELF-GOVERNMENT.

THE following is the charter of the Pilgrim Fathers, which was adopted and signed by all of the forty-one emigrants, when near the end of their voyage:—

"In the name of God, amen: We, whose names are underwritten, the loyal subjects of King James, having undertaken for the glory of God, and the advancement of the Christian faith, and honor of our king and country, a voyage to plant the first colony in the northern parts of Virginia, do by these presents solemnly and mutually, in the presence of God and one another, covenant and combine ourselves, together into a civil body politic for our better enduring and preservation and furtherance of the ends aforesaid, and by virtue hereof to enact, constitute, and frame such just and equal laws, and measures, acts, constitutions, and offices, from time to time, as shall be thought most convenient for the general good of the colony, unto which we all promise due obedience."

BRIEF RULES OF HEALTH.

"I HAVE never been in a hurry; I have always taken plenty of exercise; I have always tried to be cheerful; and I have taken all the sleep that I needed." These were the rules of health followed by the late Rev. James Freeman Clarke, and he outlived and outworked most of those who began life with him.—*Boston Herald.*

THE FIRST DECLARATION OF INDEPENDENCE SIGNED BY A WOMAN.

WHEN the absolute authority of an unjust parliament and a tyrannical king was asserted and reasserted to the annoyance and oppression of the people in America, in response to the proclamation for suppressing rebellion and sedition, as the remonstrances of our forefathers were termed, *a woman*, Abigail Adams, wrote thus in a letter to her husband, John Adams, then at Philadelphia:—

“This intelligence will make a plain path for you, though a dangerous one. I could not join today in the petitions of our worthy pastor for a reconciliation between our no longer parent State and these colonies. Let us separate; they are unworthy to be our brethren. Let us renounce them; and instead of supplication, as formerly, for their prosperity and happiness, let us beseech the Almighty to blast their counsels, and to bring to naught all their devices.”

Said the *New York Tribune*, in July, 1875, commenting on the above:—

“Here was a declaration of independence, preceding by seven months that which has become so famous; and it was signed by a woman.”—*Daughters of America*.

CONGRESSIONAL HUMOR.

HON. S. S. COX publishes in *Why We Laugh* the following excellent specimen of Congressional humor, of a much better flavor than is common nowadays. Mr. Buchanan was defending himself against the charge of disloyalty during the War of 1812. And to prove his loyalty he stated that he entered a company of volunteers at the time of the battle of North Point, and marched to Baltimore. True, he said, he was not in any engagement, as the British had retreated before he got there.

Mr. Clay—You marched to Baltimore, though?

Mr. Buchanan—Yes, sir.

Mr. Clay—Armed and equipped?

Mr. Buchanan—Yes, sir, armed and equipped.

Mr. Clay—But the British had retreated when you got there?

Mr. Buchanan—Yes.

Mr. Clay—Will you kindly inform us whether the British retreated in consequence of your valiantly marching to the relief of Baltimore, or

whether you marched to the relief of Baltimore in consequence of the British having already retreated?

SURPRISED.

THE Mahometan's scorn of women is the logical outcome of his religion, which refuses to recognize their claim as human beings deserving of respect. As they are of use to man, they are worth food and shelter, but they are not in the least entitled to standing ground at his side. The Countess Cowper, in “A Month in Palestine,” gives an instance, far more telling than any sermon, of this dreadful state of things:—

“I was told by a Christian in Cairo that he was once walking with a well-to-do Mahometan, with whom he was intimate, and who had often discussed with him the differing position of women in their respective sects. As they passed an old, veiled figure in the street, who shrank on one side out of their way, the follower of the prophet delivered a passing but well-directed kick at her.

“‘There,’ said the Christian, ‘that is what I complain of; you kick a woman as we should not kick even a dog.’

“‘That,’ said his companion, with a look of genuine astonishment, ‘why, that is only my mother!’”—*The Appeal*.

U. S. POSTAL SERVICE.

WHEN the Government of the United States was formally inaugurated in 1789, the number of post-offices in the country was 75; in 1800 there were 903; in 1825, 5,677; in 1875, 35,735, and in 1886, 53,614. The whole length of public mail routes in operation last year was 371,889 miles. The revenue of the department for 1886 amounted to \$43,948,422, while the expenditures amounted to \$50,839,340. In 1882 and 1883 there was a surplus of revenue each year amounting to considerable more than \$1,000,000, but owing to the reduction of letter postage from 3 to 2 cents, the extension of the weight limit from half an ounce to an ounce, and then, again, the very great reduction in newspaper postage, there has since been a deficiency.

ALL France has 2,000,000 childless households, and only 200,000 in which there are seven children or more.

Disease and its Causes.

STONE THE WOMAN.

YES, stone the woman—let the man go free!
 Draw back your skirts lest they perchance
 May touch her garments as she passes;
 But to him put forth a willing hand
 To clasp with his, that led her to destruction
 And disgrace. Shut up from her the sacred
 Ways of toil, that she no more may win an
 Honest meal; but open to him all honorable
 Paths, where he may win distinction.
 Give him fair, pressed-down measures of
 Life's sweetest joys. Pass her, O maiden,
 With a pure, proud face, if she puts out
 A poor, polluted palm, but lay thy hand in
 His on bridal day, and swear to cling to him
 With wifely love and tender reverence;
 Trust him who led a sister woman
 To a fearful fate.

Yes, stone the woman—let the man go free!
 Let one soul suffer for the guilt of two,
 Is the doctrine of a hurried world,
 Too out of breath for holding balances
 Where nice distinctions and injustices
 Are calmly weighted. But, ah! how will it be
 On that strange day of final fire and flame,
 When man shall stand before the one true
 Judge? Shall sex make then a difference in
 Sin? Shall He, the Searcher of the hidden
 Heart, in his eternal and divine decree
 Condemn the woman and forgive the man?

—*Selecta.*

THE MOTHER'S WORK.

BY MRS. E. G. WHITE.

No work can equal that of the Christian mother. She takes up her work with a sense of what it is to bring up her children in the nurture and admonition of the Lord. How often will she feel her burden's weight heavier than she can bear; and then how precious the privilege of taking it all to her sympathizing Saviour in prayer! She may lay her burden at his feet, and find in his presence a strength that will sustain her, and give her cheerfulness, hope, courage, and wisdom in the most trying hours. How sweet to the care-worn mother is the consciousness of such a friend in all her difficulties. If mothers would go to Christ more frequently, and trust him more fully, their burdens would be easier, and they would find rest to their souls.

Jesus is a lover of children. The important responsibility of training her children should not rest alone upon the mother. The father should act his part, uniting his efforts with those of the mother. As her children, in their tender years, are mostly under her guidance, the father should encourage and sustain the mother in her work of care by his cheerful looks and kind words. The faithful mother's labor is seldom appreciated. It is frequently the case that the father returns from his business to his home, bringing his cares and perplexities with him. He has no cheerful smile for home, and if he does not find everything for his accommodation, and to meet his ideas, he expresses his disappointment in a clouded brow and censoring words. He does not take into the account the care the mother must have had with the restless children, to keep everything moving smoothly. Her children must have her time and attention, if they are brought up, as the apostle directs, "in the nurture and admonition of the Lord."

The word of God should be judiciously brought to bear upon the youthful minds, and be their standard of rectitude, correcting their errors, enlightening and guiding their minds, which will be far more effectual in restraining and controlling the impulsive temperament than harsh words, which will provoke to wrath. This training of children to meet the Bible standard will require time, perseverance, and prayer. This should be attended to if some things about the house are neglected.

Many times in the day is the cry of, Mother, Mother, heard, first from one little troubled voice and then from another. In answer to the cry, mother must turn here and there to attend to their demands. One is in trouble, and needs the wise head of the mother to free him from his perplexity. Another is so pleased with some of his devices he must have his mother see them, thinking she will be as pleased as he is. A word of approval will bring sunshine to the heart for hours. Many precious beams of light and gladness can the mother shed here and there among her precious little ones. How closely can she bind these dear ones to her heart, that her presence will be to them the sunniest place in the world. But frequently the patience of the mother is taxed with these numerous little trials, that seem scarcely worth attention. Mischievous hands and restless feet create a great amount of labor and perplexity for the mother.

She has to hold fast the reins of self-control, or impatient words will slip from her tongue. she almost forgets herself time and again, but a silent prayer to her pitying Redeemer calms her nerves, and she is enabled to hold the reins of self-control with quiet dignity. She speaks with calm voice, but it has cost her an effort to restrain harsh words and subdue angry feelings, which, if expressed, would have destroyed her influence, which it would have taken time to regain.

The perception of children is quick, and they discern patient, loving tones from the impatient, passionate command, which dries up the moisture of love and affection in the heart of children. The true Christian mother will not drive her children from her presence by her fretfulness and lack of sympathizing love. As the parents wish God to deal with them, so should they deal with their children. Our children are only the younger members of the Lord's family, intrusted to us to educate wisely, to patiently discipline, that they may form Christian characters, and be qualified to bless others in this life, and enjoy the life to come.

Many parents do not strive to make a happy home for their children. The pleasantest rooms are closed for visitors. The pleasantest face is put on to entertain visitors. Smiles are lavished upon those who do not prize them, while the dear members of the family are pining for smiles and affectionate words. A sunny countenance and cheerful, encouraging words will brighten the poorest home, and be as a talisman to guard the father and the children from the many temptations that allure them from the love of home to the dram-shop, or scenes of amusement which lead away from purity and morality.

But the work of making home happy does not rest upon the mother alone. Fathers have an important part to act. The husband is the husband of the home treasures, binding, by his strong, earnest, devoted affection, the members of the household, mother and children, together in the strongest bonds of union. It is for him to encourage, with cheerful words, the efforts of the mother in rearing her children. The mother seldom appreciates her own work, and frequently sets so low an estimate upon her labor that she regards it as domestic drudgery. She goes through the same round day after day, week after week, with no special marked results. She cannot tell, at the

close of the day, the many little things she has accomplished. Placed beside her husband's achievement, she feels that she has done nothing worth mentioning. The father frequently comes in with a self-satisfied air, and proudly recounts what he has accomplished through the day. His remarks show that now he must be waited upon by the mother, for she has not done much except take care of the children, cook the meals, and keep the house in order. She has not acted the merchant, bought nor sold; she has not acted the farmer, in tilling the soil; she has not acted the mechanic; therefore she has done nothing to make her weary. He criticises, and censures, and dictates, as though he was the Lord of creation. And this is all the more trying to the wife and mother because she has become very weary at her post of duty during the day, and yet she cannot see what she has done, and is really disheartened. Could the veil be withdrawn, and father and mother see as God sees the work of the day, and see how his infinite eye compares the work of the one with that of the other, they would be astonished at the heavenly revelation. The father would view his labors in a more modest light, while the mother would have new courage and energy to pursue her labor with wisdom, perseverance, and patience. Now she knows its value. While the father has been dealing with the things which must perish and pass away, the mother has been dealing with developing minds and character, working not only for time, but for eternity. Her work, if done faithfully in God, will be immortalized.

The votaries of fashion will never see or understand the immortal beauty of that Christian mother's work, and will sneer at her old-fashioned notions, and her plain, unadorned dress; while the Majesty of Heaven will write the name of that faithful mother in the book of immortal fame.

POISONOUS COSMETICS.

PERSONS ought to know that a large share of the cosmetics used in beautifying the complexion contain rank poisons. The assertions made by the manufacturers, as well as the testimonials which they usually publish, are absolutely worthless. The most popular of the various nostrums of this class now in the market contain large quantities of corrosive sublimate; and if the laws enacted by many States were complied with, the bottle would bear a label representing a skull and cross-bones.

CHARACTER STUDIES AND A CAUSE. NO. 3.

BY FANNIE BOLTON.

"WHEW!" exclaimed the young man of sensitive organization, "what is that horrible odor? It smells as if some last year's cod-fish had boarded the train."

Elsie held her handkerchief to her nose, while Laurence opened the window.

It was the floating odor of Limburger cheese from the region of the Dutchman's breakfast.

"I say, put that Dutchman out, or I shall have the locked-jaw."

The Dutchman laughed a sort of guffaw, and offered the young man a share in his delicacy, but it was promptly refused, with a look of disgust. The Dutchman and his boy regaled themselves on Limburger, dried beef, black bread, and blacker coffee, and though others did not seem to relish what they were obliged to get by refraction, the two seemed to enjoy their repast, and indeed it was a question with Laurence if they ever meant to stop eating.

"I declare, I'm hungry," said the young man. "Porter, how long before we reach the next eating-house?"

"Not much afo' an hour, sah," said the porter.

"Land o' Goshen! My stomach will be wearing a hole through my back spinal column before that time. I say, Paul, haven't we some lunch left?"

"Nothing but ham sandwiches," said Paul.

"Bah! don't mention the things," said the young man. "I'd rather starve to death for an hour than eat one of them."

Elsie hastily arranged a plate of oranges, bananas, rolls, and fruit-bread, and motioned to her brother to offer it to the young man.

"I have been in situations that make me appreciate your feeling," said Laurence. "Please stay up your energies on this until we reach the desired station."

The young man looked somewhat surprised, but upon Laurence's polite insistence, took the plate.

Meanwhile the young man revealed the fact that he was traveling for a well-known house in New York, and had just arrived from Bombay, and was on his way home after a long absence.

After breakfast the train-boy passed through with a great armful of books, and mentally sizing up his passengers, he left in each seat the kind of literature he thought suitable to its owner's mental

caliber. He gave the woman at the end of the car "A Broken Life;" the gorgeously-dressed miss, "A Woman's Idol;" the sensitively-organized young man, a novel of Haggard's; his companion, a Buffalo Bill tale. He passed the Dutchman by, reserving him for a more lucrative occasion, when he should pass through with peanuts and candy for his boy. The lady in front of Elsie was favored with "The Lost Heiress." But when he came to Elsie and Laurence, he stopped a moment, scratched his head, as he gave them a puzzled glance, and then took from the bottom of his pile "Moody's Sermons" for Elsie, and "Warren's Recreations on Astronomy" for Laurence.

They had been watching with interest his various disposals, and smiled at each other at his choice for them. The four loggers were treated to their kind in yellow covers, and the thin gentleman to "Selections from Talmage."

"You see even train-boys have their plumb-line with which to measure men," said Laurence.

At the next eating-house there was a general vacating of the cars. Elsie and Laurence went out to walk up and down the platform, to study the scenery and the people. But most of the others rushed into the eating-house to regale themselves on fried meats, fritters, fried cakes, strong tea, coffee, and strong drink.

When the train pulled out again, the old-time beauty had become acquainted with the young men over the way, and with the lady at the rear of the car, and the four were soon engaged in a game of cards. The logging party did little else but play Euchre and drink.

Laurence managed to draw the thin-looking gentleman into a conversation, and after he had gained his confidence, he found him to be a person of thought and intelligence, and able to appreciate the article he marked and handed him to read on the need of Christian temperance.

Elsie drew out her knitting, and Laurence spent the rest of the morning in reading aloud from "Warren's Recreations on Astronomy." While the others were jesting over their cards or groveling with their novels, Elsie and Laurence were on an astronomical trip up the shining stars, and came back refreshed in spirit and enlarged in mind.

Meanwhile snatches of conversation from both sides of the car came to their ears. The young man's conversation across the way was full of dry witticisms, tinged with sarcasm. He was often

sardonic and critical in his observation on human nature, but, however bitter his remarks, a certain humor flowed through them, and made them interesting and comical. Elsie still held to her opinion that he had a disappointed heart under all his apparent mirth.

Card-playing at last grew tedious, and the old-time beauty, excusing herself, indicated that perhaps they might supply her place by inviting Laurence to join them. Elsie saw the look that came into the young man's face as he said: "Nay, verily. You have not made much of a study of people, I perceive. He's not that sort. Shouldn't wonder if he belonged to the race of high neck-cloths and surplices, not fully developed yet, but, in plain words, he may be a half-fledged clergyman."

"Do you think so?" said the lady. "Why, if I had thought so, I wouldn't have played cards before him."

"Why not?" asked the young man with a perceptible curl on his lip.

"Well, because I am a High Church woman myself, and I have some respect for religion, for religious people, and especially clergymen."

"Well, I haven't," said the young man, "and if I had had any before, I would certainly lose it now. My experience teaches me that the whole religious set are a set of hypocrites, and you have illustrated this truth yourself, madam."

The old-time beauty drew up haughtily, and the card-playing came to an end, but the talking did not; it continued with increasing bitterness on the part of the young man, and grew into a controversy that waged long. Mr. Alexander noted that there was something of personal spite against himself in the remarks concerning the shallowness of canting clergymen. The young man directed his remarks with a biting sarcasm and irony which made Laurence's cheeks tingle, but he remained silent, thinking it wiser to live down a bad opinion than to try to talk it down.

The ladies both tried to defend religion, but as neither of them knew anything of its nature by experience or its principles by investigation, they only served to misrepresent it, and to make a bad argument, which confirmed the skeptic in his views.

Finally the party broke up, and the sarcastic man called to Paul to open a bottle of champagne, as he was as dry as the side of Vesuvius.

During the discussion, Elsie had slipped away to the rear of the car to become acquainted with

the children, who were amusing themselves with their dog while their mother was playing cards. When the mother returned, Elsie found it easy to lead her into a pleasant chat on the children, the scenery, the weather, and their destinations. Elsie placed a pretty journal in her hands, and, pointing out an article on the treatment of children, a pretty poem she had enjoyed, and a story she thought the children would like, she rose to go. In the afternoon, as Elsie saw that the woman was really interested in the contents of the journal, and that the children interrupted her, she coaxed them to her own seat and kept them amused until the journal was finished.

When Elsie took the children back to their mother, she noticed the traces of tears on the woman's face. She motioned to Elsie to sit down, and said: "This little journal has brought back my whole life to me. I don't mind telling you my trouble. I married, against my parents' wishes, a man who was given to occasional drinking. He was a very attractive young man, and he has always been good to me when he was sober, but he has gone on from bad to worse until we are separating. I am taking the two little ones, but he has the two older, and God only knows what will become of us. I'm a broken-hearted woman, though perhaps you might not think so when seeing me playing cards, but I just did it to see if I couldn't forget myself a while. I'm going to my poor old mother," sobbed the woman, "but I feel fairly torn in two. What will become of my boy and girl behind, and my poor degraded husband? Is there a God that cares for us?"

Elsie was not slow to offer words of consolation and sympathy, assuring her of the tender love of God to all his creatures, and especially to those in sorrow. She mingled her tears with the woman's, and it seemed that a comforting Presence drew near, even the presence of Him who was a Man of sorrows and acquainted with grief.

Elsie spoke of Him to the sorrowing one, and both felt comforted, as she sang, "Abide with Me." "That's so beautiful," said the lady as Elsie rose to go to her seat, "and you have done me good."

Dr. Smith—Your blood is impoverished. I shall have to prescribe some iron for you.

Mr. Jones—Don't, doctor. My wife says I look rustier than any other man in town already.

Temperance.

YOU'LL REAP WHAT YOU SOW.

BE careful what you sow, my boy,
 For seed that's sown will grow,
 And what you scatter, day by day,
 Will bring you joy or woe.
 For sowing and growing,
 Then reaping and mowing,
 Are the surest things e'er known;
 And sighing and crying,
 And sorrow undying,
 Will never change seed that is sown.
 Be watchful of your words, my boy,
 Be careful of your acts,
 For words can cut, and deeds bring blood,
 And wounds are stubborn facts.
 Whether sleeping or weeping,
 Or weary watch keeping,
 The seed that is sown will still grow;
 The rose brings new roses,
 The thorn-tree discloses
 Its thorns as an index of woe.
 Be careful of your friends, my boy,
 Nor walk and mate with vice;
 "The boy is father to the man;"
 Then fly when sins entice!
 The seed one is sowing
 Through time will be growing,
 And each one must gather his own;
 In joy or in sorrow,
 To-day or to-morrow,
 You'll reap what your right hand has sown!

—Selected.

BEER IN BRITAIN.

THE art of making beer is supposed to have been introduced into the British Isles by the Romans under Julius Cæsar. "Prior to that time, the usual drinks of the Britons were water, milk, and mead. The early manufacture of beer and mead was by families. Eumenius says that Britain produced grain in such abundance that it was sufficient not only for bread, but also for the manufacture of a 'drink which was comparable to wine.'

"The drinking habits of the Britons were greatly intensified by their Saxon invaders. Malmesbury, speaking of the Saxons, says that 'excessive drinking was one of the commonest vices of all classes of people, in which they spent whole days and nights, without intermission.' With them, as with the Britons, ale and mead were the principal drinks, and wine was an occasional luxury. Three kinds of ale are mentioned in this period—clear ale,

Welsh ale, and 'a crumb full of lithes,' or mild ale. Warm wine is also mentioned in the Saxon chronicles. Large quantities of honey were produced, from which metheglin was made. Vineyards were rare in the times of the Saxons, and they were chiefly attached to the monasteries. In a Saxon colloquy, a lad, being asked what he drank, replied, 'Ale if I have it; or water if I have it not.' Being asked why he did not drink wine, he said, 'I am not so rich that I can buy me wine; and wine is not the drink of children, or the weak-minded, but of the elders and the wise.'

"Thorpe has given the following account of this period: 'The Anglo-Saxon notions of hospitality were inimical to sobriety. It was the duty of the host to offer liquors to every guest, and, if possible, to induce him to drink to intoxication. The kings and nobles on their journeys stopped to drink at every man's house, and indulged until they were incapable of taking care of themselves.' This is proved by the laws which imposed a double penalty on those who injured them on those occasions, and by the number of royal assassinations which took place where monarchs stopped to drink.

"Ale was regarded as one of the necessaries of life. As early as A. D. 694, it became so important an article of luxury that an annual tax of twelve ambers of ale was paid to Ine, the Saxon king, by every subject who possessed twelve hides of land. In the ninth century, efforts were made to check the universal intoxication, and the honor of the initiative belonged to Theodore, Archbishop of Canterbury, and Egbert, Archbishop of York. Their exertions were prompted by religious motives, and were seconded by the kings, from a desire to prevent riot and bloodshed."

The edicts of the archbishops give a clear insight of the intemperate habits of both the laity and the clergy at the time indicated.

"A bishop who was drunk to vomiting, while administering the holy sacrament, was condemned to fast ninety days; and one who was so intoxicated as, pending the rite, to drop the sacred elements, was required to chant a hundred psalms as penance. All bishops who were constantly and deliberately drunk were deposed from their office. The laity were more mildly dealt with. If a man compelled another to become intoxicated, out of hospitality, he was to do penance for twenty days; if from malice, the same penalty was enjoined as for man-slaughter."

The following curious exception from the rules of intemperance is suggestive of the times:—

“If anyone,” says Archbishop Theodore, “in joy and glory of our Saviour's natal day, or Easter, or in honor of any saint, becomes drunk to vomiting, and in so doing has taken no more than he was ordered by his elders, it matters nothing. If a bishop commanded him to be drunk, it is innocent, unless indeed the bishop were in the same state himself.”

The drinking customs in Britain since those times have changed, but there are still cogent reasons why the devoted temperance workers should zealously labor on, and there is ample room for improvement.—*D. A. Robinson, in Present Truth, England.*

THE DANGER OF TEA DRINKING.

It is a great misfortune that the popular name for a person who abstains from all alcoholic liquors is a teetotaler; the term has fostered the idea that tea is a harmless beverage, and it is no doubt true that the moderate use of well-made and not very strong tea is less harmful than the habitual resort to any other stimulant. When, however, tea drinking ceases to be the amusement of the leisure moment of a busy afternoon, and is resorted to in large quantities and strong infusions as a means of stimulating the flagging energies to accomplish the allotted task, then distinct danger commences. A break-down may ensue in more than one way; not infrequently the stimulus which tea in time fails to give us is sought in alcohol, and the atonic flatulent dyspepsia which the astringent decoction made by long drawing induces, helps to drive the victim to seek a temporary relief in spirits, sal-volatile or even Eau de Cologne, which is at first dropped on sugar and finally drank out of a wine glass. In other cases, by ladies especially, relief is sought from morphine, and in a predisposed person the morphine habit is established with extraordinary rapidity. It has been said that as long as a person takes stimulants simply for their taste, he is comparatively safe, but as soon as he begins to drink for the effect, then he is running into danger. This is, perhaps, to state the case for stimulants rather too favorably, but if the rule were adhered to we should have fewer cases of educated people sliding into habits of secret intemperance or into morphinomania.—*British Medical Journal.*

A JUST REBUKE.

A TRAIN from Pittsburg was approaching Chicago. On board was a quiet, well-dressed, copper-colored young Indian, who seemed to have all he could do to attend to his own business, which he did without molestation, until a young man, whose brains had evidently been devoted to his clothing, came from the sleeper into the smoking-car and saw him.

“An Indian, I guess,” said the young man, as he lighted a cigarette. And then approaching the son of the plains, he attracted general attention by shouting, with strange gestures:—

“Ugh, heap big Injun! Omaha! Sioux! Pawnee! See Great Father! Have a drink of fire-water? Warm Injun's blood.”

The Indian gazed at the young man a moment with an ill-concealed expression of contempt on his face, and then said, with good pronunciation: “You must have been reading dime novels, sir. I am going back to my people in Montana, after spending three years in the East at school. I advise you to do the same thing. Where I live, gentlemen do not carry whisky flasks in their pockets.”

The young fire drinker did not wait to finish his smoke. There was too much music and mirth in the air just then.—*Youth's Companion.*

BEER DRINKING.

DR. S. S. THORN, of Toledo, in speaking of the destructive effects of beer drinking, said: “If you could drop into a little circle of doctors when they are having a quiet professional chat over matters and people in the range of their experience, you would hear enough in a few minutes to terrify you as to the work of beer. One will say, ‘What's become of so-and-so? I haven't seen him around lately.’ ‘Oh, he's dead!’ ‘Dead? what was the matter?’ ‘Beer.’ Another will say, ‘I've just come from Blank's. I'm afraid it's my last call on him, poor fellow.’ ‘What's the trouble?’ ‘Oh, he's been a regular beer drinker for years!’ A third will remark how — has just gone out like a candle in a draught of wind. ‘Beer’ is the reason given. And so on until the half dozen physicians have mentioned perhaps fifty recent cases where apparently strong, hearty men, at a time of life when they should be in their prime, have suddenly

dropped into the grave. To say they are habitual beer drinkers is a sufficient explanation to any physician."—*Laws of Life*.

NO TOOTH, NO TOOTHACHE.

"You can't make a sober man by act of Parliament."

So they said. I thought it over. It didn't seem to me a self-evident proposition.

"Why not," said I. Then came a crusher.

"You might as well try to cure the toothache by act of Parliament."

This made me reflect. I had been troubled with the toothache, worried by it, maddened by it, kept off my work, my meals, my happiness, by it. My health was failing in consequence. My temper was gone. My mind was going. I was invited to try various remedies.

"Stop it," said some.

"But how?" I inquired.

"Fill the tooth with gold," they explained.

The tooth was thus primed, but the toothache went on.

"Clear it out," said others.

"How? how?" was my agonized exclamation.

"Cleanse the blessed thing," they told me.

I did. I got it inspected, illuminated, syringed, fumigated, made beautiful with camphorated chalk, bath-brick, plate-powder, and floriline. No good.

"Give it a rest on Sundays," said a clerical friend.

I tried this. Even on Sundays there were some *bona-fide* twinges; on Mondays it was as bad as ever. What was I to do?

"Be extra careful what you let into it," advised a civic functionary.

Nothing could exceed my care. Three magistrates certified the good, harmless, excellent character of all I put into my tooth. I felt safe. Not for long. I soon felt sold. The results were disappointing, distressing, excruciating. Somehow, the certified application lost its virtue the moment it got inside.

"Hold a drink of water in your mouth, and sit on the fire till it boils," urged a knowing one.

I began to think this was the only remedy. At last I took counsel of a fanatic.

"Try the Parliamentary cure," said he.

"What's that?" said I.

"Have the tooth out; a short act will do it."

This seemed drastic. It would leave a gap in

my social system. I should miss an old friend. The tooth had a vested interest. I hesitated. I took courage.

"Let the operation cost what it may, it must come," I cried.

So I summoned the dentist.

"I am ready for the Parliamentary cure," said I.

It took a strong pull. It was done; the tooth was gone. So was the toothache. I was happy.

Once more I reflected. Extraction cures toothache. I had never realized this before. No tooth, no toothache. This is strange but true. And yet you cannot make a man sober by act of Parliament?

Let us see. No tooth, no toothache; granted. No drink traffic, no drink. Eh, what? Is that a fact? No drink traffic, no drink. I never thought of that. No drink, no drunkenness. I see. A mule with no hind legs doesn't kick. He is quiet. If a man can get nothing to drink, he doesn't drink. He is sober. An act of Parliament can make him so. By whitewashing the public house?—Not quite. Sanctifying it on Sundays, in big places only?—Scarcely. What, then, do you want Parliament to enact?—PROHIBITION.—*Irish Temperance League Journal*.

FACTS ABOUT CIGARETTES.

DURING last year the collections of internal revenue from cigarettes alone amounted to considerably over a million dollars. The increase of the consumption of these deadly small articles since the year before is sufficiently startling. The added revenue from them for the year ending June 30, 1889, was \$1,444,467.63.

Let us look now at the number of cigarettes this increase implies. During last year the boys, young men, and a few women and old men, consumed 2,151,515,360 of these little paper rolls. As far as that is concerned, there are boys not yet grown who smoke as many as sixty cigarettes in a day. The plain fact is that while the population of the country increased perhaps a million and a half last year, the consumption of cigarettes increased nearly 300,000,000. It is shown by the internal revenue report.

Now as to the effects of constant cigarette smoking: First, as is sufficiently established, it creates a thirst for what has been called "the indiscriminate and useless consumption of liquors." Next, all

cigarettes contain, according to Professor Laflin, five distinct and separate poisons. Three of these poisons are oils, one in the paper wrapper, another in the nicotine of the tobacco itself, and a third in the flavoring material. The other poisons are salt-peter and opium.

The cigarette smoker draws the smoke into his lungs and puffs it out again through his nostrils. If he were to blow it through a white handkerchief before inhaling it, it would stain the handkerchief brown. This brown stain is left continually upon his own throat and lungs, and it is a poison, or rather the essence of all the five poisons mixed. In time it stains his complexion, too.

The cigar is not so bad as the cigarette, because it contains only one poison, nicotine. The reason, however, that the cigarette obtains so fatal a hold upon boys and young men is on account of the opium in it. This must have its effect on the brain and nerves. The little burning taper seems to the boy to soothe and quiet him, while it is destroying the very fountains of his life. A youth who has become a confirmed cigarette smoker in time exhibits the appearance and actions of an opium eater. Insanity and death follow sometimes.—*Sierra Valley Leader*.

WHEN IS A MA DRUNK?

"DRUNK or not drunk?" That was the question which presented itself for settlement the other day at Ripon. On behalf of the luckless man who was accused of having imbibed too freely, says the Newcastle, England, *Chronicle*, it was submitted that he was only "fresh." The legal gentleman whose services had been retained further maintained that a person who could walk, as his client had been able to do, was not drunk within the meaning of the act, and he reminded the bench that it had been written that—

"He is not drunk who from the floor
Can rise again and still drink more;
But drunk is he who helpless lies,
Without the power to drink or rise."

The poetical plea, however, ingenious as it unquestionably was, was not regarded sufficiently sound to hold water, and so the customary fine was imposed. It has lately become customary to apply tests in such cases, but this does not appear to have been done in the present instance. When the licensing act of 1872 came into operation, a pub-

lican in this neighborhood resorted to the happy expedient of fixing the limits of supply by the ability of the customer to utter, without stumbling, the words "truly rural," and some time ago it fared badly with a poor fellow in London who was so far gone as to be unable to spell "constitutional" or "statistical." The law, however, takes no cognizance either of "shibboleths" or spelling-bees in such matters.—*Sacramento Record-Union*.

PRACTICAL ECONOMY.

"PRACTICAL political economy" says: "Feed the people on whisky, then tax the whisky to pay for all the damage it does." This reminds one of the Dutchman who whipped his son till the boy was raging mad, then said to him, "Ach, I know vat you tinks; you tinks tam! Now I licks you for dat." So feed the people on whisky till they not only think but act "tam," crowding police courts, jails, poor-houses, and the rest, then tax the whisky to foot the bills, in order "to relieve overburdened real estate." Oh, long-suffering political economy! —*J. H. Ecob, in the Appeal*.

THE other evening the little daughter of a congressman was paying a visit at a neighbor's, and the respective mothers were talking of physical ailments and their remedies. After a while the little girl saw an opportunity to make a remark. "My papa," she said, "always drinks whisky when he is sick." Then she stopped for a minute, her eyes softened and saddened, and she continued slowly, "And poor papa is sick nearly all the time." —*Washington Critic*.

THE dram-shops of Paris have increased since 1880 from 24,000 to 29,000. And in the past thirty years the consumption of alcohol has been trebled.

THE total banking capital of the United States is \$717,000,000. The workingman drinks all the banks dry in nine months.

RUM has sunk more seamen than all the tempests that ever blew.

THE people of London drink 200,000,000 quarts of beer yearly.

GREAT truths are generally bought, not found by chance.—*Milton*.

Miscellaneous.

THE WILD-WOOD.

COME to the summer wild-wood,
 Where leafy, emerald bowers
 Are fragrant with the perfume
 Of humble, wild-wood flowers.
 List to the rippling streamlet
 Winding through mossy glade,
 Sparkling o'er shining pebbles,
 Tempting small feet to wade.
 Stand with me in this temple,
 Whose lofty arches ring
 With melodies which only
 The forest warblers sing.
 Afar through those green arches
 Their floating music blends
 With gentle, soothing murmurs
 The whispering foliage sends.
 Down through those leafy arches
 The radiant sunlight falls,
 In trembling, subdued brightness,
 On pillars and through halls.
 And 'mid the mossy carpet
 Your tired feet beneath,
 Anemones and violets
 Peep forth from satin sheath.
 Oh, when for days you've mingled
 In city's crowded street,
 With surging, thronging thousands,
 'Tis then most passing sweet
 To stand 'neath silent arches
 Of nature's temples grand,
 On mountain's lofty summit,
 Or by old ocean's strand!
 Strength comes to soul and body,
 To wearied heart and brain,
 And lagging pulses quicken
 To take life's work again.
 Then give to me the wild-wood,
 Its mysteries to con;
 Some mountain's crest, or cañon
 Where rivers proud foam on;
 Or let the roar of ocean
 Shut out the things of earth,
 For 'mid such scenes my spirit
 Finds gems of heavenly worth.

MRS. M. J. BAHLER.

FRUIT VS. DRUGS.—Every improvement in the garden, says the *Orange County Farmer*, reduces the demand for the doctor's services. Let fruits do away with the demand for drugs of all kinds, and excellent vegetables in part replace the excessive use of animal food.—*Food, Home, and Garden.*

CANCER.

ETIOLOGY OF TUMORS.

BY G. H. STOCKHAM, M. D.

(Continued.)

TUMORS are grouped under two general heads, malignant and non-malignant, and their causes into predisposing and exciting.

In the non-malignant, the substance deposited being of a benign character—generally similar to the tissues by which they are surrounded—they are strictly local, and do not affect the general system, and may be removed without difficulty or danger in an early stage, as previously stated. But the malignant is a destructive disease, caused by a poisonous condition of the vital circulation, which impregnates the whole organism. It is therefore constitutional, and local only as to the tissue or organ to which it is attached. The locality, we repeat, may be occasioned by some previous injury to the part or disease of the organ which invites the cancerous deposit by lessening the vitality or power of resistance of the part or organ.

Medical authorities give no satisfactory information on this part of our subject. All agree saying that in regard to the cause or causes of cancer, little is known. It is attributed by many authors to heredity,—that about one-third of all those who have suffered with cancer, some of their progenitors had been afflicted with it, and that therefore they must have inherited it; that is, that they were born with the seeds of the disease in their organism, to fructify at some time in after life, as a specific cause irrespective of other conditions.

This theory is not based on either fact or experience, for if the person had lived physiologically, and thereby preserved his health, neither cancer nor any other benign or destructive disease could invade the system.

It is true that every child born into this world is predisposed, in accordance with its temperament and inherent constitution, when the system is in a morbid condition, to be attacked with disease, which affects some particular organ or tissue of the body which is most susceptible to the morbid influence, but the conservative powers of nature are fully adequate to abort such tendency, so long as they live in accordance with the laws of health. It is only when the vital powers are weakened by

long-continued violations of physiological laws, and the blood is surcharged with effete accumulations, that they are at all liable to an attack, or to any ailment to which they may be constitutionally predisposed; therefore it follows as a natural sequence that "heredity" as a *direct* cause of cancer is "*non sequitur*."

Another theory has been advanced of late years by scientists, and which has been accepted by most physicians all over the globe, namely:

THE GERM THEORY.

It is contended that "minute organisms, discovered or undiscovered, are productive of, and indispensable as, causes of all dangerous infections and malignant diseases; that these morbid germs are derived from the atmosphere, are received into the lungs by inhalation, or implanted in the organism by other means." These micro-organisms are designated by various names,—bacteria, basilla, microbes, spores, etc.,—every disease having its own specific germs, which, once being introduced into the system, propagate, and act as poison carriers to every part of the body, by which it is contaminated, and the disease produced. This is, in short, the whole germ theory of disease.

It would seem from this theory that the All-wise has impregnated the atmosphere with multiform morbid germs for the destruction of his creatures, and has not endowed them with the power of resisting their effects. Now the question to be decided is, whether these micro-organisms originate in the atmosphere and produce the disease, or are they the product of the disease itself?

Health is the normal condition of man, which, if preserved by proper living, will prolong his life to the allotted period of his earthly abode. He could hardly expect this if he were constantly liable to disease, by the absorption of morbid germs with every breath he draws.

That there are minute organisms in numbers infinite floating in the atmosphere is proven; so are they found in the water we drink, and the foods which sustain our bodies, which it would seem are life-germs, necessary to conserve the body; they are also found in healthy blood and tissue, and are as numerous as morbid germs found in diseased blood and tissue, each disease having its own specific germ.

However, nature has not left man powerless under such conditions, for no diseased microbe can affect him if he is careful and keeps within health's

fortress, for no morbid germ can live in a healthy body.

Admitting, for the sake of argument, that these micrococci do exist in the atmosphere, and produce these destructive diseases—which we deny—is it unreasonable to predicate that all other diseases are also caused by them?—which is absurd, but even if they did exist, they would be innoxious, unless the system was in a depraved and effete condition. It is, then, the presence of morbid accumulations in the body, which act as a nidus for their support, and make it possible for the germs of any disease to find a lodgment in the organism, and enable them to propagate.

As these life-germs are found in healthy blood as well as in diseased, but different in form, and as the body many times during life passes from a state of health to that of disease, and the reverse, it seems almost self-evident that the vital forces of the system have the power of metamorphosis, of differentiating the form of the germ, in obedience with an established law, in accordance with the changing condition of the blood and tissues of the body. It follows, then, as a logical conclusion, that germs of cancer, as well as every malignant or non-malignant disease—if such do exist—are generated *within* the body by the disease, and *not* the disease by the germs.

Then, again, cancer being a parasite, as before stated, analogous to the mistletoe, which is found only on oaks of a gnarled and unhealthy growth, so cancer is never seen except in depraved and vitiated organisms; and as the supposition that the mistletoe was produced by the deposit of germs supposed to exist in the atmosphere, is unreasonable, so should be the theory considered unreasonable that cancer could be caused by similar atmospheric deposits in the human system. It follows, then, from a parity of reasoning, that it is the unhealthy and morbid condition of the circulating fluid and tissues of the body which invite the disease, and make it possible that it could exist.

This theory has taken almost forcible possession of the minds of a large majority of physicians, and also of the public, who have accepted it on the authority of scientists, who are too often more concerned in substantiating the truth of some preconceived theory than to discover truth in any other direction than the one advocated by them.

Before discussing what we consider the real causes of cancer, we think it necessary to preface

what we have to say on the subject by considering man as a physical being, from his first inception into this world to his final departure, as to the ailments to which he is subject during the different stages of his journey through life, for which purpose we shall divide these stages into six epochs, namely, infancy, childhood, youth, manhood, maturity, and old age, which we shall endeavor to elucidate as we proceed.

A POOR DINNER MADE GOOD.

It was one of those unfortunate days that come in a life-time to all, when, seemingly, unsurmountable difficulties arise, and perplexities come not single-handed.

Such was that Sunday to Aunt Jennie when guests were expected to dinner, and the Saturday night's market procured neither lettuce, radishes, nor onions. It was that season of the year too when old potatoes were fast losing their flavor; prepared ever so carefully, and boiled in plenty of boiling water well salted, and beaten never so thoroughly, would not become fluffy and white, and the new potatoes so new that they hadn't any flavor to lose. The peas were the best the market afforded, but instead of being sweet and tender, were tough and tasteless; and, to cap the climax, the oven was capricious, consequently the bread that was usually so light and tender was overbaked. The same heat that nearly spoiled the bread scorched the rhubarb that was trusted to Mildred's care, and, taken all in all, the dinner was fated to be a failure. Many a woman for slighter provocations would have fretted and scolded, but not so with auntie.

There was sunshine in-doors as well as out, and auntie met her guests with a hearty welcome, and led them to the dining-room with a smiling face. It was enough for her to realize the lack in the dinner without talking it out to others, therefore it was eaten without an apology. Not even did she offer one when noticing that the lady at her right, "the seat of honor," ate sparingly.

Aunt Jennie hates apologies over dinners. They seem to her like cravings for praise; and is it not true that it is too often what they really are? One sits down to the table, and the hostess passes a plate of beautiful white, flaky biscuits, saying, "They are not nearly as nice as usual, the trouble must be in the flour," etc. And as the tender, fluffy biscuits are broken open one is compelled to

say, "These are excellent, I am sure; couldn't be better," and thus it goes on through the entire meal. The food is seasoned through and through with apologies, and it is a rare occurrence if truthfulness isn't stretched a little, to say the least, before the meal is over.

Notwithstanding the many little annoyances, the dinner hour passed pleasantly. An agreeable, interesting, and elevating flow of conversation so completely occupied the mind that Aunt Jennie, even, forgot, for the time being, the mishaps of the morning; and when, on leaving, the doctor said, "We thank you for our dinner, and *it was good*," she only said in reply, "Thank you," without even then inflicting an apology. She did wonder, however, how "it could merit the compliment," but on reflection concluded it had the proper seasoning, namely, smiles, that are the reflection of heart sunshine, and profitable conversation, free from apologies, which are calculated to draw attention to self. Yes, sunshine in the heart has a transforming influence, almost a converting power; it will even make a poor dinner good.

M. J. BAHLER.

A SUBSCRIBER'S EXPERIENCE.

A NUMBER of years ago, in 1876 I think, I was afflicted with a cough and other symptoms of consumption. Having no faith in the prevailing system of drug medication, I just let it alone and continued to cough. After I had coughed a year or more, I concluded to treat myself. I was teaching then and had taught for several years previously. My treatment is summed up as follows: I quit teaching in the summer. I had taught summer and winter before. To occupy my time in the summer, I bought a plot of ground and made garden. I cultivated a patch of strawberries and grew a few raspberries. Of course the berries did not come into bearing till the second year. I did my own cooking during this time, and tried to live healthfully. When I began this way of living, I made it a rule to eat some honey on the bread, rice, or mush I ate. I used graham bread and mush as a part of my bill of fare. I slept on a hard bed in a well-ventilated room. I used but little sweet, aside from honey, which I ate freely day by day for months. My neighbor was an apiarist and I could always get pure honey, either extracted or in the comb, any time of the year. This was in Northeastern Iowa, where there are

severe winters. The honey diet soon began to make its virtues felt, my cough slackened, and the second summer disappeared. I think the strawberries which I raised that spring, and ate freely, gave me a boost healthward, also. With the honey and strawberries I obtained a double purchase on disease, and rolled it away. How much more reliable nature's remedies are than drugs. I regard drugs worse than a mere nullity. Their use positively causes disease rather than cures it.

GEORGE W. COPLEY.

VEGETABLES IN ENGLAND.

DRAPER'S Nottingham Literary Almanack for 1889 says: "Vegetables do not seem to have been known in this country until about 1520, when Henry VIII. brought over a gardener from the Netherlands, who introduced artichokes, carrots, turnips, cabbages, etc. The potato was introduced into this country about forty years later." R. W. asks: "Is this true? If so, was not the food of our ancestors highly carnivorous?"—Certainly it is true; refer to any small history of England intended for a school-book. Our ancestors were notorious for living on quantities of beef. This, with bread, made their staple food. Their drink was mead, a sort of fermented wine made from honey, and afterwards beer. Queen Elizabeth's maids of honor breakfasted, as Thackeray reminds us, "on beef and beer." Antiquarians give us the bill of fare for a rich man's dinner in the Middle Ages, and it will be found to consist almost exclusively of fish, flesh, and fowl, bread and an occasional sweet pudding making up the rest. It is notorious that the Scotts, under Bruce, were able to free themselves from the English army because the latter required huge supplies of beef and wine, which they could not get in traversing the mountains of Scotland, while the Scottish skirmishers were satisfied with oatmeal. This they carried in a bag tied to their saddles, together with a slate, on which they cooked the oat-cake when they halted and got water and fire. Our ancestors, however, made use of various wild herbs as pot-herbs, which now have fallen out of use. They also used herb teas as drinks to an extent we can hardly realize; that served to some extent to obviate the evil effects of a meat diet. In country districts it is still the fashion to make these herb teas in spring "to cool the blood;" and they are

decoctions so nasty that one understands that the need of vegetable substances must have been greatly felt when they were accounted pleasant drinks.—*Vegetarian Messenger*.

CURE FOR THE BLUES.

No man is so miserable but who may find someone poorer and more comfortless. "Sometimes when I am blue and feel deserted, I am pleased to call to mind," said a Lisbon Street wholesaler, "the day that I learned a practical lesson, and it was not very long ago, either. I was feeling awfully blue and lonesome. I saw no joy in life. I didn't know whether I was worth a dollar or not. All ventures seemed to me to fail. My wife noticed it and said, 'What's the matter?' I told her. She looked sad and went away.

"Pretty soon she came back to me and said, putting her hand on my head as I sat in my chair: 'My dear, our neighbors down under the hill in the little house are poor. I wish you would go down and see them. You had better take down some apples and potatoes, and I will find something to send to them by the time you are ready.' Then she looked in my face, and I saw something that made me feel like minding her. Well, I did as she said. I put a bushel of apples, a bushel of potatoes, some pork, and other things, in the wagon. But my wife added a lot of clothes from the wardrobes of our girl and boy, who had outgrown them. Then I started, and in due time got to the house. I saw there someone more miserable than I was. As I poured our homely gifts out into a washtub set to receive them, I got my first lesson in the relations of wealth. To see the woman weep tears of joy at the sight of apples and potatoes and children's cast-off clothes; the little ones, half naked, view them with wonder and almost with alarm, set me to thinking, and I said to myself: 'Man, you have done wrong. You have neglected to appreciate what has been done for you. Why, you are rich, fabulously rich, for you have a home, a business, a loving wife, and all the comforts of life.'

"A great change came over me. I grew calm and still but content, and I have never been down-cast since then that I didn't seek some poor fellow more wretched than I in the hope that we both might be made less so together by mutual ministrations."—*Ex.*

IDLERS are shorter lived than the industrious.

Household.

THE BEST BEAUTY.

I KNOW a little fellow
Whose face is fair to see,
But still there's nothing pleasant
About that face to me;
For he's rude and cross and selfish,
If he cannot have his way;
And he's always making trouble,
I've heard his mother say.

I know a little fellow
Whose face is plain to see,
But that we never think of—
So kind and brave is he.
He carries sunshine with him,
And everybody's glad
To hear the cheery whistle
Of the pleasant little lad.

You see it's not the features
That others judge us by,
But what we do, I tell you,
And that you can't deny.
The plainest face has beauty
If the owner's kind and true;
And that's the kind of beauty,
My girl and boy, for you.

—*Golden Days.*

WORK MADE EASY. NO. 3.

"THAT reminds me," said Felia, in response to Celia's statement as to the effects of improperly-washed dishes, "of our experience yesterday morning. Our breakfast was nearly spoiled by the omelet tasting so strongly of onions. Papa, whose sense of taste is always acute, noticed at once something peculiar, and after first looking at one and then at the other, he pushed the dish aside, saying, 'What in the name of common sense is Jane putting into our food now?' Not being fond of onions, I often think I taste them in food when I do not, but on this occasion there was no doubt, so I said with emphasis, '*Onions!*' 'Yes,' said they all, 'that's it.' Well, the sequel is that the omelet was cooked in the same pan that the onions were fried in the day before, and the consequence, papa went to the store with a very unsatisfactory breakfast, and I feel sick even now as I think of it."

"That," said Celia, "fully illustrates the necessity of cleanliness and thoroughness in caring for cooking utensils, as well as carefullness in washing

the china-ware. Your experience proves the truthfulness of what mamma says, that much of the flavor, delicacy, and wholesomeness of food depends upon the proper care of these coarser utensils, and, besides, if they are properly cared for they will last much longer than those which are not. And to prove the assertion correct, I will say that she saw, not long since, a long-handled tin dipper which had been in constant use for over twenty years, and it was as free from dents, bruises, and rust as it was the day it came bright and new from the tin shop. Upon inquiry as to how it was kept so well and so long, the reply was, 'By simply washing and wiping dry and hanging up after using, or, in other words, taking care of it.'

Mamma says: "Every kind of cooking utensil,—tin, iron, wood, etc.,—should be washed and wiped as carefully as the dining-room dishes; and for that reason we use soft crash towels. If the utensil be tin, granite-ware, or iron, it should be placed near the fire, but not in a very hot place, for a few moments only, to insure its being perfectly free of moisture before putting it away. Wooden-ware, however, such as chopping-bowls, moulding-boards, etc., should never be dried by the fire, as they warp and crack if exposed to dry heat while they are wet. Sometimes the most careful washing will not wholly remove the flavor or odor of food from the utensil in which it was cooked. This is often the case with fish, onions, cabbage, etc.' After any of these articles have been cooked, we not only wash the sauce-pan carefully with soap and hot water, but nearly fill it with cold water, and for each quart of water add about a tablespoonful of dissolved washing-soda. Then place it on the stove, and let the water get boiling hot, after which turn this water into the sink and rinse the sauce-pan with clean warm water and wipe dry. It will then be found to be perfectly sweet. Had Jane treated the frying-pan in this manner, the omelet would not have been spoiled by tasting of the onions. In fact, we have found to keep dissolved soda constantly on hand to be most useful, in that it sweetens and cleanses everything it touches. We keep it in a two-quart glass fruit jar, standing near the sink, labeled 'Washing-soda.' And while we are speaking of the use of soda, perhaps you would like the recipe for preparing the liquid, as it may be useful to you in the future if not to-day.

"Take $\frac{1}{2}$ pint of dry soda, and put into an old

sauce-pan kept for that purpose; pour onto it three pints of boiling water. Let it remain on the stove and stir frequently until the soda is dissolved. When cold, put into the jar and use when desired. Mamma says she has also found this preparation when hot to be an excellent agent for cleaning and sweetening the plumbing in the house. We pour a pint of the hot liquid into each bowl, basin, and sink about once a fortnight. As the liquid unites with grease, it keeps the kitchen-sink pipes free of greasy deposits. It is extremely cheap when bought by the quantity. We buy a quarter of a barrel at a time, and for such purposes use it freely.

"By constant use you will find that the tin and granite-ware will become dull and rough, but with rubbing, and a little sapolio—which, bought by the box, is comparatively cheap—will brighten and smooth them wonderfully. In the absence of the sapolio, powdered bristol brick and soap are as effectual, but not so convenient, and therefore the polishing will not be so frequent. But all these little details one will work out in time for oneself.

"Mamma says with system and order in house-keeping one can do twice as much in the same time and do it more easily and better; and the right way to economize strength is not to slight or shirk duties, but to plan the work ahead, so that when we are in the midst of a hard day's work we shall not be distracted to know what to do first, but keep thinking while working, so as to save steps. The brain must be a little ahead of the hand work, or mistakes are apt to result.

"You and I know what hard work it is to correct mistakes by doing over what we failed to do right the first doing. There is wisdom in the adage, 'Make haste slowly.'"

A. M. L.

ART IN THE KITCHEN. NO. 4.

PROFESSOR VOIT, one of the most eminent German physiologists, and who has made many important experiments on man and his food, recently declared: "I see no reason why man, with well-chosen vegetable food, needs to go to the animal kingdom for albuminous matter." In our last paper we spoke of the oat as an important food, and it is only of late years that American people have begun to realize that grains, unless ground into fine flour, were fit for man to use as an article of diet. The most extensively-used and important grain is wheat. There is a growing tendency to the use of whole

wheat, or at least to the use of all except the thinnest outer cuticle. Many persons grow tired of one kind of grain used continually; this is specially so of the oat, but there is a variety of wheat preparations,—rolled, and cracked wheat, grits, etc.,—any of which if well cooked will serve to give variety. How often do we find the breakfast composed largely of mushes or half-cooked grains, the inevitable result of which will be a *dislike* to the whole grain diet, if not dyspepsia. We have little faith in grain preparations for mush that require but twenty minutes' cooking. Most of the rolled grains have been steamed in their preparation, otherwise they would require more cooking; but our experience is that rolled oats requires at least one hour and rolled wheat two hours' steady cooking to render them digestible. Rice is also a valuable grain food if properly cooked. Each grain should be entire, dry, and mealy when cooked. Rye is little used as a whole grain. Pearled barley cooked until done but not mushy is a change when other grains become tiresome.

A careful housewife with ordinary ingenuity may vary the bill of fare for breakfast so that no one will grow tired. It is better to keep the family and guests in ignorance of what their meal will consist, until coming to the table, making frequent changes, not serving too frequently in succession the same thing. Always make your meal an agreeable surprise. This is accomplished by a variety of manner in preparing and serving the food.

We once boarded for a season at a country hotel where they employed a Chinese cook.

We always had mush, beefsteak, waffles, and boiled eggs for breakfast, stewed chicken and vegetables for dinner, and steak and warm biscuit for supper. You may imagine our feelings after living there a short time, when we contemplated from one meal to another the bill of fare. We once heard of a boarder being remonstrated with by his landlady because he declined mackerel after having it set before him a number of times. He said he did like mackerel for fifty or sixty meals, but to make a steady diet of it, he could not do it. Teach the cooks to vary the bill, even though it be nothing more than a change in the manner of cooking the same article. M.

TWELVE million children are taught in the public schools of the United States.

NOTES IN COOKING.

ORANGE JELLY.—One-half pint of orange juice, one-half pint water, two lemons (the juice), the rind of three oranges, three ounces granulated sugar, one ounce French gelatine. Put the water, sugar, orange rind, and gelatine into a stew-pan and let them simmer for ten minutes; skim and strain. Add the orange and lemon juice, and pour into a mould. If it does not jell readily with this amount of sugar, add more.

CHARTREUSE OF ORANGES.—Six tangerine or small oranges, one pint of jelly; peel the oranges and take away every morsel of white skin very carefully; quarter them carefully so as not to break the skin and let the juice out. Cover the bottom of the mould with a little jelly; let it sit until cold, then arrange the quarters of oranges with great precision and neatness all around the mould, overlapping each other. Carefully pour in a little jelly to cover these quarters, and when quite set repeat this, until the mould is full. When set, turn out and serve.

MR. WINSLOW'S RECIPE FOR CANNING CORN.—It is as follows: "Fill the cans with the uncooked corn (freshly gathered) cut from the cob, and seal them hermetically; surround them with straw to prevent their striking against each other; put them into a boiler over the fire, with enough cold water to cover them. Heat the water gradually, and when they have boiled an hour and a half puncture the tops of the cans to allow the escape of gases, then seal them immediately, while they are still hot. Continue to boil them for two and one-half hours. In packing the cut corn in the can, the liberated milk and juices surround the kernels, forming a liquid, in which they are cooked." This process, patented by Mr. Winslow, is by far the best one for preserving the natural flavor of green sweet-corn.

BOILED RICE PUDDING.—Two quarts fresh sweet milk put on in a double boiler; to this add three-fourths of a cup of rice that has been thoroughly washed; cook all together until tender. Then add two tablespoonfuls corn-starch rubbed in a little milk or water. Lastly add two tablespoonfuls thick cream, also one-half cupful sugar; flavor with a little grated lemon. The corn-starch gives a creamy appearance. Can stir in the yolk of an egg if desired, and one-fourth teaspoonful salt.

CUSTARD SAUCE.—One egg, one-fourth pint of milk, one teaspoonful granulated sugar, eight drops

vanilla. Break the eggs into a sauce-pan, add the sugar, milk, and vanilla, and whisk it over the fire until it thickens, taking care that it does not curdle. Serve over puddings.

POTATO CROQUETTES.—Two pounds of potatoes, two tablespoonfuls cream, three eggs, one teaspoonful salt, one teaspoonful chopped parsley, bread crumbs. Rub two pounds of cold potatoes, or potatoes cooked on purpose, through a sieve onto a plate. Add the cream to the potatoes; break the yolks of two eggs into the potatoes; stir in the chopped parsley and salt. Shape this mixture into balls or cakes, and dip into the beaten whites of eggs and then in bread crumbs, and bake fifteen minutes in a hot oven, and serve hot.

MRS. F. L. McCLURE.

HOW TO TRIM A LAMP WICK.

If a lamp wick is trimmed by shears, cutting it across just below the charred part, one end will almost certainly be left higher than the other. In such a case the wick cannot be turned up enough to give much light, because the higher end of it will begin to smoke before the remainder of it gives out one-quarter of the light which it should. If the wick is cut straight across, the flame will be irregular. This kind of a flame is caused by inequalities of combustion at the sides and ends of the wick. To cut a wick exactly square across is almost impossible, even if it were best; and a flame with a low center and a tall, flaring, smoky horn on each end is a bad flame. It is bad for the lamp chimneys and for the eyes. No lamp which has such a flame is properly trimmed. If one tries to avoid the horned flame by rounding off the ends of the wick, an imperfect flame will result. This flame may not crack chimneys, but it will give out but little light. It shows an honest attempt to trim the lamp properly, but an unsuccessful one. To secure a good flame, the lamp trimmer should be instructed to turn the wick up until about one-eighth of an inch projects above the brass sheath. Next, let him take off the charred portion. Let this be done with the forefinger and thumb.

Cutting with shears, besides the mischiefs already set forth, will take off more than is necessary. Rubbing off the charred portion with the back of a knife or a blunt edge of any kind, will generally leave fibers, which will cause an uneven light. With

the finger and thumb just enough can be taken off, and taken off smoothly. All that will not easily break off is good, sound wick, no matter how black it may be. To cut a wick down to the very white every time it is trimmed, results in a waste of one-half of it. After pinching off the burned portion of the wick, take just as little off the corners of it as a sharp pair of shears will take hold of and cut. There is always more danger that too much will be taken off than too little. But if just the right quantity is removed, and the cuts on the two corners are made at the same angle, the lamps will give out a broad, white flame. To trim a new wick, turn the wick down until the loose and unraveled end projects from the brass sheath, and light it before the oil fills it. It will quickly burn down to the sheath, leaving a straight edge, and can then be trimmed as directed above. The end can as well be burned down to the sheath before the wick is put into the oil.—*The Analyst.*

WHO IS TO BLAME?

ONE of our neighbors is in deep trouble. She has just discovered that her daughter, a charming girl, has engaged herself to a man who is utterly worthless. She came to our house for sympathy, weeping, wringing her hands, and severely condemning her daughter, wondering how her child could have "such low tastes."

Understanding the case thoroughly, and more to direct the mother's attention to a phase of the subject she was ignoring than for the sake of the information, I asked, "But how did she become acquainted with young Dash?"

"Well," she said, "he is a great friend of Alec's, and, you know, he has boarded with us since last summer."

"Yes, I know," said I, "and if you are surprised at the entanglement, you are the only one who is. Everyone else has expected it, and has pitied Nettie for being so badly treated by her mother and brother as to be, through them, brought in contact with such a worthless scamp."

She went home with the impression that Job's comforters were not an extinct race.

A young friend of ours was not long ago describing his family, who live in a distant State, to Julius and me. He was especially eloquent in speaking of his sister—her beauty, talent, amiabil-

ity, etc. "But she disappointed us all in her marriage," he said. "She made a sad mistake there. I can't bear to think of it."

"How did she become acquainted with the man she married?" I asked.

He hesitated, blushed painfully, and then said: "To tell the truth, he was a friend of mine. I brought him home and introduced him to the family."

Julius and I exchanged glances, saying nothing.

Our young friend, after a thoughtful pause, exclaimed: "I declare, I never thought of it in that way before. I suppose it was all my fault, and I have always wondered at her and blamed her for fancying such a fellow."

A young married friend and I were once conversing on this subject. She declared that it had caused her some of the saddest hours and bitterest tears of her whole life. "When I was a young girl," she said, "my eldest brother brought home and introduced a young man whom we all liked at once. He was not handsome, but very witty and dashing—a most amusing and entertaining companion. He was constantly at the house,—to spend the evening, to play croquet, to go boating, or on some other pretext. He "fell in love" with me, and I was dazzled and fascinated by him; but as soon as the family discovered it, they were horrified. I was taunted, upbraided, and hurried from home to make one unwished-for visit after another, and treated by the whole family as if I had committed some terrible crime, the very brother who introduced him being especially severe, constantly scolding, taunting, and watching me. I never had the same affection for that brother afterward, and I never can have."

Innocent, unsuspecting young girls, eager to begin the romance of their lives, will naturally feel an interest in any pleasant-mannered young man with whom they are associated. Who is to blame if they form unsuitable attachments, when parents and brothers thoughtlessly surround them with undesirable companions? We all know who receives the punishment in such cases; but who is to blame?—*Judith Sunshine, in Housekeeper.*

FROM toluene is obtained the new substance known as saccharine, which is said to be two hundred and thirty times as sweet as the best cane-sugar.

CHILD WHIPPING.

"SPARE the rod and spoil the child" was intended, in my estimation, in a purely metaphorical sense.

It is pretty generally conceded that cuffing children on the head or ears is frequently fraught with the most serious results—many cases of deafness and brain diseases having arisen from this practice. Evils quite as grave, I am assured by a lady physician of extensive practice, result from the punishment known as "spanking." Blows given with more or less severity and greater or less frequency in the region of the spine, will, she contends, cause serious brain or spinal trouble.

Moreover, the state of the brain and nervous system have a great effect upon the disposition, and the shock which may possibly cure one fault may, by disordering and deranging the nervous system, produce faults of a much graver and more complicated nature.

It may console some people to know that the physician referred to does not regard switching as open to the same objections as spanking; and let the followers of Solomon's precepts see that they literally use the rod and not the hand, and thus do as little harm as possible. Would that all parents could be convinced of the evils of the whole practice.—*Ladies' Home Journal*.

A LITTLE four-year-old girl was put to bed in the third story of her home and left, as usual, in the dark. A terrific thunder-storm came up, and the mother, thinking that the child would be frightened at the lightning, went to her. On entering, the child called out with delight, "Mamma, the wind blew the sun up just now; did you see it?" Fear had no entrance there.

CHILDREN take great delight in blowing soap bubbles. Take shavings of best castile soap, and make a saturated solution in warm water. Let stand overnight. Pour off the clear liquid and add to it from one-third to one-half its bulk of glycerine. Shake well, and you have ready for use the right mixture for blowing large and strong bubbles.

WHAT is fame?—The advantage of being known by people of whom you know nothing, and for whom you care as little.—*Maxims to Live By*.

BE economical and live within your income.

HELPFUL HINTS.

MILK, sweet or sour, is excellent for fowls.

A BOX 4 inches by 4 inches square and 4½ inches deep will contain 1 quart.

A PIECE of sponge fastened to a stick is a good thing with which to clean lamp chimneys.

IN using ammonia for domestic purposes one tablespoonful to a quart of water is about the ordinary proportion.

DR. LINTNER says that apple-tree borers may be kept out of the trees by applications of a mixture of carbolic acid and soap.

WHITE woolen material that is soiled but not spotted can be cleansed by rubbing it through corn-starch, just as if the flour were water.

PUT a teaspoonful of ammonia in a quart of water; wash your brushes and combs in this, and all grease and dirt will disappear. Rinse, shake, and dry in the sun or by the fire.

TO fasten a steel blade which has come out of the handle, fill the cavity with resin, then warm the part to be adjusted, and insert slowly, pressing it in firmly. Hold till it gets cold.

THERE is nothing better for black-walnut furniture than to rub it with a bit of flannel wet with kerosene, until it shines. A whole set can in this way be made to look as well as new in a few minutes.

PREPARING apples for cooking: First, quarter them; then core them and remove defects, if any; and, lastly, pare them. Leaving the skin on in this way protects the fingers from the stain caused by paring the apple whole and holding it to finish.

THE best application in case of burns and scalds is a mixture of one part of carbolic acid to eight parts of olive oil. Lint or linen rags are to be saturated in a lotion, and spread smoothly over the burned parts, which should then be covered with oil silk or gutta-percha tissue to exclude air.

TO prevent your glass jars from cracking when putting in hot liquid, stand a tablespoon up in them. There is a prevailing idea that this process has something to do with electricity, but the true solution is that the spoon absorbs some of the heat, and also carries some of it out into the open air.

Healthful Dress.

LISTEN.

If anything unkind you hear
About someone you know, my dear,
Do not, I pray you, it repeat
When you that someone chance to meet;
For such news has a leaden way
Of clouding o'er a sunny day.

But if you something pleasant hear
About someone you know, my dear,
Make haste—to make great haste 'twere well—
To her or him the same to tell;
For such news has a golden way
Of lighting up a cloudy day.

—Harper's Bazar.

CORSET AND WAIST CONSTRICTION SHORTEN LIFE.

THE corset is the worst enemy of the diaphragm. This is not the place for a full dissertation on the subject of impropriety in dress, but its relation to our subject is so intimate that some allusion to it must be made.

The habit of corset-wearing is one that, among many others, shortens life. This appliance kills slowly, and, to the unlearned, imperceptibly; the corset is, nevertheless, a murderous instrument. Owing to woman's physiological ability to breathe more than man with the upper ribs, she can stand the effect of the fashion longer than the sterner sex; but if it were not for the nightly recess the diaphragm receives from the constricting pressure of a tight waist, it would soon atrophy, and life to the corset-wearer would be a very brief span indeed.

When one really takes the subject into his mental range, and thinks that this vicious habit is passively countenanced by men of science, of letters, and of morals, and practiced by their wives and daughters, one's mental emotion is scarcely sufficiently under control to talk or write collectedly on the subject. The practice probably grew out of the ancient habit of bandaging the waist to support the breasts. The only rational excuse that we ever knew for the use of the corset is this one of support.

It may be said here that, in most cases, support of the breasts is not necessary, and, if it were needed, could be more properly afforded by a support hung from the shoulders.

The habit has grown from generation to generation, and seems now to be ingrained into the female being. How many generations it will take to eradicate the idea that a constricted and supported waist is right in a woman, no man can say. The mother commences to put the idea into execution from the earliest infantile days. An umbilical bandage on an infant for the first few days is a prudent procedure; but after the umbilicus is healed, the human waist, in the healthy male or female, should know no restraining or constricting pressure during life. Why should a baby's waist be bandaged for the first year or two of its existence? We asked an experienced mother this question. She replied that some thought it made them feel comfortable and improved their form, and that, anyway, it had always been

the custom, and that was why she did it. The old idea will be observed. The form that is adapted to the various structures which it contains, in the mother's eye is not correct, and hence must be reformed.

The process is commenced in the infant. The little girl is put into a corded waist, and the pressure gradually applied. One little girl who came under our observation told us that she left the waist unbuttoned because it hurt. The same waist would not meet at the back by three inches unless pressure was brought to bear on it.

At puberty the little girl advances to the dignity of the real corset, with its lacing constricting powers. The pressure is gradually increased and imperceptibly applied, and at maturity the woman is a deformity. The upper part of the thorax is overdeveloped; the lower ribs are pressed inward; the diaphragm is undeveloped; the spine is more or less curved; the muscles of the waist are undeveloped and weak; the lungs and heart are compressed; the abdominal organs are displaced, mostly downward; there is recession of the epigastric region, and the woman has a pendulous abdomen, which is really a deformity.

The strange part of the whole matter is that no woman ever knows that her waist is constricted. She will tell you energetically that she never laces tightly, that she is peculiarly formed, and always that she can put her hand under her corset at the waist. She does not know that all the tissues under that waist are very soft, nine-tenths being water, and that they, or even human bone, will shrink away and disappear under the slightest pressure, if only it be continued.

Every woman who has grown up in a corset, no matter how loosely worn, is deformed.

Any constriction of the waist, no matter how slight, interferes with the action of the respiratory structures, and especially interferes with the action of the diaphragm. If the lower ribs cannot expand and rise latterly to their fullest extent, and do not attain their natural form, and if the abdominal walls cannot have full freedom to expand, the action of the diaphragm is imperfect.

Among the wonderful illustrations of the adaptability of the human structure to the conditions that environ it, is the comparative success to which lady singers can attain without the full use of the diaphragm. The writer well remembers the astonishment he experienced one evening at a concert, during his boyhood days, while listening to a certain tight-waisted, no-neck-to-her-dress cantatrice perform some vocal gymnastics. The alternate buoyant distention and cavernous sinking in of the sub-clavicular region was to him simply marvelous; and it is still a wonder to him to see how the physiological capacity for motion in this part of the chest can be developed. Nevertheless, such development is a great mistake, and no singer or speaker can sing or speak so easily or effectively as when he uses the whole of the machinery forming the bellows of the vocal apparatus.

Not only is the corseted waist an offense against hygienic law, but so is also every sort of waist constriction caused by any kind of tight garment or girdle.

There is no practical difficulty in avoiding such impropriety in dress. Clothing for the trunk can be hung on the shoulders by simply having a waist to every garment. In

short, let women wear clothing made exactly on the principle of the comfortable loose wrapper that is now in vogue for *négligé* costume. If the corset be given up by one accustomed to its use, some time will be required for the weakened tissues of the waist to become strong and healthy, and able to carry out their natural functions of support with ease to the individual. Such a person would soon find great difficulty in breathing if the corset were replaced.

In the cases coming under the writer's observation, where corsets have been abandoned, there has been, in a few months after uncasing the waist, a very decided increase in the girth at the lower part of the chest, and a marked development and better nutrition of the whole thorax.

A whole chapter could be written on the ethics of the subject, but space and place forbid our making extended comment. The evils it works in the body are not confined to the diaphragm. An experienced gynecologist can tell of the many female ills he has to combat, as a result of this and other improprieties in methods of dressing. We close this part of the subject with the declaration that the putting of a corset on a child is a slow murder of that child, and if she be of a phthisical or consumptive tendency, it is not so very slow murder either.—*J. M. W. Kitchen, M. D., in the Herald of Health.*

THE INFLUENCE OF DRESS.

A WRITER on men's dress says: "The influence of dress upon the welfare, manners, and morals of mankind is but too rarely estimated at the proper measure of importance. A nation whose people are garbed in slovenly coverings, apparently content to accept this condition, whether as a result of poverty or of prevalent vices, will be found at a painful stand-still in the march of civilization. There is nothing that so blunts the ambition and hopes of a community as the lapsing into a state of indifference to personal appearance which permits the masses to go about ragged and unclean. The effect of an utter disregard among the poorer classes as to what shall be the nature and condition of their apparel, not only has a most blighting effect upon their progress, but it is found that such a negligence will, by degrees, degrade the standard of manhood down along the decline toward the veriest animal depravity.

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

SELF-DESTROYING MOTHERS.

FANNY FERN writes in the *New York Ledger* something which should engage the attention of all mothers. She says:—

"Yesterday I saw a funeral; a fair young mother was borne away in her coffin from a wailing babe a few days old. Husband, sisters, and mother were weeping as those

weep the sunlight of whose homes are quenched forever. It was little satisfaction to them that the wardrobe of the motherless babe was so ample and so beautiful; that the little robes were plaited and embroidered and fashioned after the latest devices; that the fine, filmy little skirts had stitches in them as regular as seed pearls. It was little comfort to know that while all this millinery preparation was going on, and the thoughtless young mother was neglecting necessary relaxation and gentle exercise, death was busy as she was weaving her shroud.

"Ah! where was the gentle word of warning, or the compulsory one if necessary, which should have banished needles and spools and embroidery, and long sitting in rocking-chairs, and substituted refreshing sleep at early hours and plenty of fresh air?

"Away with this suicidal passion for embroidery on infants' robes, which has left so many babes motherless and so many homes desolate. I shudder to see these rich little garments even when they hang harmlessly suspended in the shop windows. Their delicate tracery of leaves and flowers seems to me like the handwriting on the wall of the doomed king; well I know that every young mother who cannot buy them will straightway go home and stitch her precious life away, that 'her babe may be dressed as well as other babies.'

"As if the pure white robes of a babe's innocence could be outdone by the deftest fingers that ever matched or mimicked flowers on cambric. As if any trick of dress were to be weighed against early orphanage and a desolate home. I confess I know not how to speak, strongly as I feel, on this subject; so I leave it here to the consideration of those whom it most nearly concerns."

TO RESTORE THE FRESHNESS OF WORN CLOTHING.—

Take, for instance, a shiny old coat, vest, or pair of pants of broadcloth, cassimere, or diagonal. The scourer makes a strong, warm soap-suds, and plunges the garment into it, souses it up and down, rubs the dirty places, if necessary puts it through the second suds, then rinses it through several waters, and hangs it to dry on the line. When nearly dry, he takes it in, rolls it up for an hour or two, and then presses it. An old cotton cloth is laid on the outside of the coat, and the iron passed over until the wrinkles are out; but the iron is removed before the steam ceases to rise from the goods, else they would be shiny. Wrinkles that are obstinate are removed by laying a wet cloth over them, and passing the iron over that. If any shiny places are seen, they are treated as the wrinkles are; the iron is lifted, while the full cloud of steam rises, and brings the nap up with it. Cloth should always have a suds made especially for it, as, if that which has been used for white cotton or woolen clothes is used, lint will be left in the water, and cling to the cloth.—*Hall's Journal of Health.*

LEMONS were used by the Romans to keep moths from their garments, and in the time of Pliny were considered an excellent poison. They are natives of Asia.

KIND words are flowers that anyone can grow without owning a foot of land.

Publishers' Department.

HEALTH RESORTS.

AT this season of the year multitudes of people leave the noisy, crowded cities to rusticate, for a time, in the quiet mountains or valleys,—“out in the country.” California has many pleasure resorts for those who wish rest and relaxation from home cares. Not all of these places, however, are just to the liking of chronic invalids or nervous dyspeptics, who not only wish rest and quiet, but the care of experienced physicians and proper treatment for their ailments. In these respects the Rural Health Retreat presents superior advantages. It is also easy of access, being only seventy miles from San Francisco to St. Helena by rail, and two and a half by easy stage to the Retreat. The institution itself is some four hundred feet up the mountain-side. Guests visiting the place have not only the full benefit of pure mountain air, but the purest soft water, and the care of physicians and their helpers, who are just doing wonders in relieving the afflicted. The patronage this year is ahead of any previous season, which of itself speaks for the reputation of the institution.

THE ST. LOUIS COLLEGE OF PHYSICIANS AND SURGEONS.—Our readers will notice in our advertising pages the announcement of the college year of this institution for the year 1890-91. This college, as its name implies (Hygic-Therapeutic), employs life-giving (not disease-producing) agents in treating the sick. It recognizes the fact that all healing power is inherent in the living organism; and it maintains that the true office of the physician is not to find remedies for disease, but to supply conditions of cure, viz., obedience to physiological law. The remedial agencies and influences which it employs are such as have normal relations to the vital organs; not those that are abnormal and anti-vital in their effects, and that the system must reject and expel.

TYPOGRAPHICAL ERRORS.—Two of them were made in the article on “Cancer,” by G. H. Stockham, M. D., of this city, in the June number of this JOURNAL. In the close of the fourth line of the article, for “non-malignant” it was made to read “more malignant.” And on page 166, first column, sixth line from the bottom, for “often diagnosed as such,” it was made to read “often disagreeable as such.” We regret the mistake and beg the doctor’s pardon, and have the assurance that we receive it. We do not leave him in the condition of the infuriated man who waited for an important telegram to be delivered in Salem, Ill., but was deprived of that privilege because the blundering telegraph operator could not ascertain from the Postal Guide where *Sale Mills* was.

RADAM’S MICROBE KILLER is recommended to kill and rid from the human system all disease-producing germs. According to Dr. R. G. Eccle’s analysis, given in the *Druggists’ Circular*, it is composed of “oil of vitriol,

impure, 4 drams; muriatic acid, impure, 1 dram; red wine, about 1 ounce; well or spring water, one gallon. This concoction is sold for three dollars per gallon, less than five cents being required in its manufacture.” Such a combination of ingredients may kill the microbes, but what about the effect on the person taking the terrible dose. It reminds one of the tame monkey that was guarding his master while sleeping. When a fly alighted upon the forehead of the object of his tender care, he picked up a stone and threw it, intending to kill the fly, but, alas! crushed his master’s skull, thus killing both at one stroke.

BOOK NOTICES.

“THE INTERNATIONAL ANNUAL AND PRACTITIONER’S INDEX for 1889.” Edited by P. W. Williams, M. D., Secretary of Staff, assisted by a corps of thirty-six collaborators—European and American—specialists in their several departments. This volume consists of six hundred octavo pages, illustrated. It may be obtained, post-paid, for \$2.75, from the publisher, E. B. Treat, 5 Cooper Institute, New York City, N. Y. The eighth yearly issue of this one-volume manual is at hand. Besides its alphabetical index of new remedies and its dictionary of new treatment, it presents many valuable papers on such subjects as the “Bath,” “Electro-Therapeutics,” “Sanitary Science in City and Country,” and the “Medical Examiner in Life Insurance.” It is indeed a helpful volume for the busy practitioner, and contains a vast amount of information of practical value to hygienic students. From a careful perusal of the papers on the “Bath” and “Electricity,” we can say that we regard those alone worth the price of the book, to say nothing of the great amount of practical hints distributed throughout its pages.

“WOMAN AND HEALTH.”—In the April number of this JOURNAL we called attention to the most excellent book with the above title, from the pen of M. Augusta Fairchild, of Quincy, Ill. In that announcement there occurred a typographical error. It says, “The book contains 275 pages.” The facts are, the volume contains 384 well-filled pages, and the price is only \$2.50, post-paid. It may be obtained by addressing the author as above, inclosing the price. As “a mother’s hygienic hand-book, and a daughter’s counselor and guide to the attainment of true womanhood,” it is invaluable. Some idea may be formed of the scope of the work when we state that it contains 34 chapters, treating upon topics the mother wishes to understand, commencing with maternity and childhood up to womanhood, telling in a plain, comprehensible, and interesting way how she may successfully rear and present to the world daughters who are healthy and womanly women.

“THE SUPPRESSION OF CONSUMPTION.”—In the June number of the JOURNAL we called attention to the announcement of this work, from the pen of G. W. Hambleton, England. A copy of the work has since come to our table. It consists of 40 pages, with flexible cover, and sets forth in a clear manner, in “fact and theory,” the author’s experience in dealing with lung difficulties. On pages 6 and

7 he says: "The theory my investigations have led me to hold, may be stated as follows: That consumption is the direct result of the reduction of the breathing surface of the lungs below a certain point in proportion to the remainder of the body, and is solely produced by conditions that tend to reduce the breathing capacity." His instructions relative to treatment, tending to increase the size of the lungs, are worth many times the price of the book. It can be obtained, post-paid, by addressing N. D. C. Hodge, 47 Lafayette Place, New York City. Price, 40 cents.

"STORIES OF A COUNTRY DOCTOR."—This work has come to our table. It is a volume of 400 pages, bound in silk cloth, embossed in gilt and gold, with seventy-two illustrations (photo-engravings), by T. N. Fitzgerald, of New York. Price, \$2.50, postage prepaid. It may be obtained from Robert E. King, general agent, 1333 Jefferson Street, Kansas City, Missouri. It was written by Willis P. King, M. D., and the subject is "Pioneer Life in Missouri," and a narration of some of the comical and instructive experiences of the author in the practice of his medical profession for a quarter of a century; setting forth many peculiar characteristics of humanity, as met with both in and out of the profession. It is written in an easy style, and its anecdotes and illustrations will serve as good "side-shakers" for nervous dyspeptics, and any others who need to laugh.

"FROM EDEN TO EDEN."—Such is the title of a beautifully illustrated volume of 270 pages, 9x6 inches in size, neatly bound in cloth, embossed on the front cover with a splendid design in jet, gold and silver. The subject of the book is "a historic and prophetic study." It was written by J. H. Waggoner, of Basel, Switzerland. One thing which speaks greatly in its favor is the fact that the work is having a rapid and extensive sale in the French, German, Danish and Swedish languages. The English edition of this instructive volume is now offered to the public. It is sold by subscription, at \$1.50. If you do not soon have your attention thus called to the work, you can obtain a copy, post-paid, at the same price, by addressing J. J. Ireland, 1059 Castro Street, Oakland, Cal.

"NEW PHILOSOPHY"—a radical's idea of health, happiness, and longevity—by L. P. McCarty, the well-known author of the "Annual Statistician." This little volume of 160 pages gives the results of the author's experience in gaining his own health, after being set down by his friends as a life-long invalid. The book bristles with wholesome instruction, and that which can hardly fail to benefit those who "read to know and do" the same. The price is 50 cents in paper covers, or 75 cents in flexible binding. For sale by all prominent newsdealers. Or it may be obtained, post-paid, by inclosing the price of the book to Carson & Co., 208 Post Street, San Francisco, Cal.

The Jenness-Miller Magazine.—Such is the title of one of our exchanges devoted to dress, physical culture, etc. It contains about 50 pages, monthly, and its articles on the various styles of dress are profusely illustrated by engravings prepared expressly for the journal. The June number, under

the head of "Physical Culture," has a very interesting article on "Walking, Sitting, and Going Upstairs." This number also contains an illustrated article on "Fine Lace," and treats of "Summer Recreations," showing what a true recreation is. Besides these, there are many interesting papers, among which we notice "Brilliant People," "Wanted a House," "Civilized Idiocy," etc. The subscription price of this popular magazine is \$2.50 per year. Address the Jenness-Miller Publishing Company, 363 Fifth Avenue, New York City.

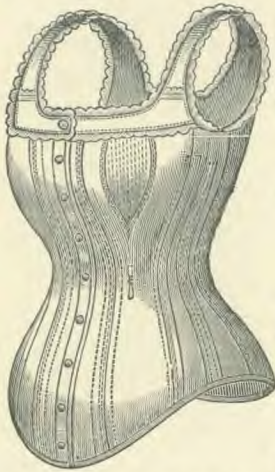
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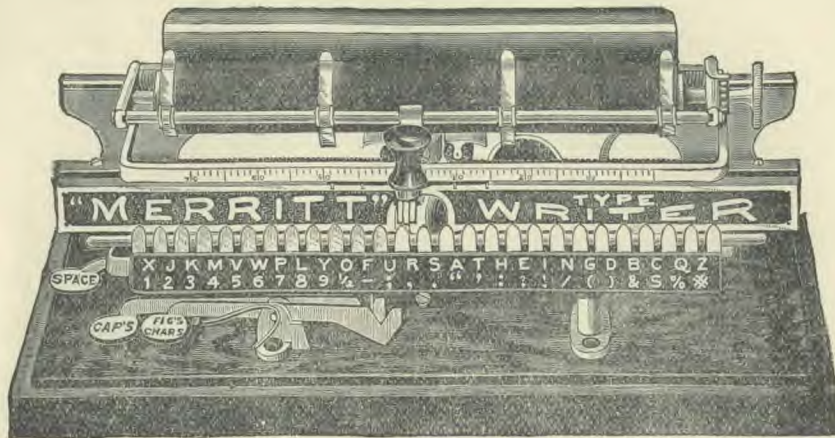
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