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LIFE is so short that a man's stupid who wastes one hour of it.

A PERSON who forgives without forgetting is nobler than he who forgives and forgets.

EVERYBODY'S making mistakes—yet the greatest mistake of all is stopping to worry over those mistakes.

ABOUT the right kompond for a man iz, two parts duv, and one part serpent; and for a woman, all duv—snake in the distance.—*Josh Billings.*

THE man who can hide his failings so successfully as not to be able to find them, will never have his feelings hurt by their being pointed out.

OF all the expensive luxuries which can be obtained with money, none will produce the happiness that is derived from being honest. Besides, honesty is always at hand without any cost of money.—*Sturdy Oak.*

THE truth cannot be burned, beheaded, or crucified. A lie on the throne is a lie still, and truth in a dungeon is truth still; and the lie on the throne is the way to defeat, and the truth in the dungeon is on the way to victory. No accident of position can change the essential nature of things, or the eternal laws which determine their destinies.

### TYPHOID FEVER.

DOUBTLESS most of our readers have noticed that from the latter part of August until winter is fairly opened, is the period in which fevers are especially prevalent. As to the cause of this, a few only could give an intelligent reason, while the majority have learned to connect fevers with the heat and dryness of the autumn months without knowing the exact bearing of the one upon the other.

All States have not, perhaps, been as active as the State of Michigan in seeking to suppress and check communicable diseases, nor as zealous in disseminating information by the spread of literature among the masses to teach them how they can so regulate their habits and surroundings as to ameliorate or escape the ravages of such diseases. In that State they have, not only an efficient State board of health, but there is a board of health in every township and in every incorporated city and village in the State. In townships, the township board is the board of health, consisting of the supervisor, the two justices of the peace whose terms of office will soonest expire, and the clerk; in cities and villages in which no board of health is actually organized under the charter, the board of health consists of the president and council, or trustees, of the village, and the mayor and aldermen of the city.

Every board of health is required, by the law of the State, to appoint a health officer and report his name and address to the secretary of the State board of health. Through their system of making reports to the head office of the outbreak of communicable disease, it can be brought to the notice of the State board at once, and the best medical skill in the State may be brought into requisition in the suppression of the disease. Not only is provision made for such reports from the local boards, but, in 1889, October 1, a law came in



force in relation to typhoid fevers and all contagious diseases, requiring the people to make reports of all outbreaks to the local boards. Of this law the State board of health says:—

“Typhoid fever is a disease which the State board of health has declared to be ‘dangerous to the public health,’ and as such it comes under the law requiring physicians to report to the health officials. Any physician who shall neglect to immediately give such notice ‘shall forfeit for each such offense a sum not less than fifty nor more than one hundred dollars.’ After October 1, any householder who shall refuse or willfully neglect immediately to give such notice shall be deemed guilty of a misdemeanor, and is liable to a fine of one hundred dollars, or in default of payment thereof, may be punished by imprisonment in the county jail not exceeding ninety days.

“It seems important that the people generally shall understand this new law, which applies to scarlet fever, diphtheria, small-pox, and all such dangerous diseases, as well as to typhoid fever; but at this time of the year typhoid fever is usually most prevalent, and it is especially dangerous in times of drought, therefore the safety of the people may now be greatly promoted by having every case of typhoid fever reported to the health officer, who is by law (section 1, act 137, laws of 1883) required to promptly attend to the restriction of every such disease. A new law, which takes effect October 1, makes it a misdemeanor punishable by fine or imprisonment for the health officer knowingly to violate that section of the law, or for any person knowingly to violate the orders of the health officer made in accordance with that section. But the actual penalties which are incurred by the violation of these laws are the *death penalties* to many of our people, about one thousand being lost in this State in each year from typhoid fever. The saving of a large proportion of these lives is the real reason for the effort, in which it is hoped all our people will join, for the restriction of typhoid fever, and other dangerous diseases.”

A solution of the fact that typhoid fever is more prevalent in the later summer months, is suggested by the following from J. H. Kellogg, M. D., in an address given before the State board of health in its session at Pontiac, Mich., October 17, 1889. Proceeding upon the ground that the most efficient source for the communication of this disease is the water supply, the doctor says:—

“There is a popular notion, I believe, that water runs from streams under the ground. I think this idea is propagated by the water-witch fallacy. Now, there is water everywhere under the ground. In such localities as this, there is always water in the earth. When it rains, the rain fills the soil up; when it rains several days, the soil becomes com-

pletely saturated with water clear down to bed-rock, or to clay. Now, this water passes off, some of it soaking down through the soil into the water courses or reservoirs in the earth, for there are reservoirs under the ground. A dug well is simply a hole in the ground which goes down into the ground-water. This water varies in height as indicated by the changes in the level of water in dug wells. The height of the ground-water varies with the season, and according to the amount of rainfall or snowfall. In the spring the ground is generally full of water. In a dry season, like the last summer, the wells are, in many places, and especially in localities like this, very dry, for the ground water goes down lower than ordinarily, and consequently the wells are empty.

“The water that is thrown into a cess-pool goes through the earth, spreading out a greater or less distance, according to the nature of the soil, and ultimately finds its way into the ground-water. Now, this ground-water generally flows with the surface of the ground and in the direction of the nearest stream. Suppose you have a cess-pool or vault upon a hill-side, and lower down you have a well; you can readily see that the foul water is certain to flow down into the well sooner or later. It is not an uncommon thing to see a barn-yard, or pig-sty, a poultry-house, vault, cess-pool, or something of that kind, up on a hill-side and the well between it and the house, located lower down. You often see wells in a barn-yard, for convenience for watering stock, and the family water supply is taken right out of the same well. Now, such water supplies are always unsafe. Indeed, I think it is not going too far to say that a dug well is never safe. Frequently something gets into it from the top; you do not know what may get into it through the sides. If your vault or cess-pool is made water-tight, it will not defile the ground-water; but it will not remain tight, and it is never perfectly safe to have wells in a community where vaults are used. Vaults ought to be entirely abolished; they ought to be prohibited by law. There can be no doubt about this, I think. In my city some time ago a gentleman brought me some water and desired me to make an examination of it. I found the water exceedingly bad. I inquired as to the location of the well, and looked the matter up; I found it came from a well on the south side of a certain street, towards the river. The man's premises were in a very good condition, and I did not see why the water in the well should not be good; but the family were all sick, and he wanted the matter investigated, so it was looked into. The neighbor across the street was afraid of his dug well, and so put in a drive well, and, thinking it useless to keep the dug well on the premises, and having his barn-yard full of material that needed to be removed, he threw the contents of this barn-yard into this well in order to get rid of it in the quickest way possible. The consequence was



that the contents of this well were drained off into the other man's well, a distance of almost twenty rods away, so that his water was dreadfully contaminated."

It is almost an undisputed fact that the most fruitful source of infection for typhoid fever is the water supply. This being the case, it can be readily seen that in the drier parts of the year, when the wells are low, they are more likely to become contaminated with bad elements from the drainage of cess-pools, etc.

The Michigan State board of health, in their report in 1887, give us a case to the point in proof of the theory of water contamination as the fruitful source of typhoid fever. It is as follows:—

"About September 1, 1887, Myron Gardner, railroad employe, arrived at his home [Lapeer, Mich.] from the South, sick with fever. His case was supposed to be malarial. No care was exercised with stools in the way of disinfection, but they were thrown into the privy vault in the rear of the house, and in close proximity to the well. Waste water was thrown on the surface of the ground, which was very dry at the time. About September 7 or 8, a copious rain fell and soaked the sandy soil, and on the 14th William Gardner and wife, father and mother of Myron, and E. D. Gardner, a brother who boarded at home, were attacked with fever. On this day Dr. M'Call, who reports the cases, visited them, and found four of them down with a severe type of typhoid fever, and in two weeks Myron's wife and child were attacked. Also a child across the street at Terry's, who had used water from the Gardner well. About the same time three cases in the Clifford house, south of Gardner's, who also used water from the Gardner well. None of the people from either of these houses were in the Gardner house. In the Walker house, still farther south, one case has occurred, and the doctor was at a loss to account for this case for some time, when the young man said that at the mill where he was working they had used the Gardner water for a few days, owing to disarrangement of the pump at the mill. Two others of the mill hands—Anderson and Lester—who used the same water, were attacked about the same time. Lester is now convalescent. Anderson is dead, as also the child at Terry's. When Dr. M'Call took charge of the cases, he ordered the discontinuance of water from the Gardner well and the disinfection of the stools, and no new cases were reported thereafter. People who assisted to take care of the Gardner and other families, and who use water from other sources, have not been attacked. Clearly Myron Gardner brought the fever to his home, the well became infected, after the first rain, from slop sand privy, and the other cases got their seed from the water."

In the *Christian Advocate* we read: "The intimate relations of this disease to drinking-water are so close and so constant that it is hardly ever worth while to think of any other source of contagion.

"The typhoid poison, though rendered inactive by extreme cold, is not destroyed by a freezing temperature, so that ice taken from infected sources may become the active agent of the transmission of the disease. Rivers into which the sewage of large cities pour, such always being contaminated to some degree by typhoid excreta, form therefore a dangerous source from which to obtain a supply of ice. The almost universal American custom of cooling drinking water by permitting lumps of ice to melt in the water, may readily favor the propagation of this disease. All observations, however, favor the assumption that boiling the water will destroy any typhoid poison that it may contain. The wisdom of the practice of using in any suspicious locality only water that has been boiled will therefore commend itself to the judgment of the most careless.

"It is only in the immediate neighborhood of masses of decomposing matter containing typhoid elements that the poison exists in the air in sufficient quantities to produce infection. A person who avoids breathing the exhalations of contaminated privies and sewers, who does not handle linen foul with typhoid dejections, who does not drink unboiled water from infected springs, is as safe in a place where a typhoid epidemic is raging as in one where not a case of the disease exists."

J. N. L.

(To be continued.)

THE danger of infection from impure water is said to be only slightly reduced by filtration through sand, bacteria passing through at all times, but in larger numbers just after the filter has been cleaned, and again after it has been used for some time.

*Mr. Chipps* (looking up from the paper)—"The doctors have discovered another new disease."  
*Mrs. Chipps*—"Well, I wish they'd stop looking for new diseases long enough to find a cure for old rheumatism."—*New York Weekly*.

WHILE the population of the United States has but a little more than doubled since 1850, the number of the insane is six times as great.



## FROM INFANCY TO OLD AGE. NO. 4.

WE derive our food mostly from organized matter; plants, from unorganized. It is true that man, to a slight extent, lives from inorganic material. Some kinds of plants thrive on organized matter. The animal and vegetable kingdoms are the principal sources of man's nourishment. From the animal source come the proteids (lean meat and other tissues), the fat and mineral matter. The animal furnishes no carbohydrates (starchy foods), but the vegetable furnishes the proteids (albumens), fats, mineral matter, and the carbohydrates. The vegetable world supplies every element of our food; they are all there in rich abundance, but in the animal kingdom we may search in vain for the starchy or carbohydrate foods. You ask, Then why eat flesh?—Because accustomed to do so for ages; because we are diseased in many ways, which compels us to do it. This should not be; there should be no slaughterhouse to murder the animals for sustenance. Many of these animals are superior to some human beings who are full of selfishness and cruelty. You may have bred and perfected them through much thought and labor, and they seem to be almost human.

We should change from an animal diet to a vegetable quite gradually. Our digestive organs are accustomed to the animal food, and they do most easily what they are in the habit of doing, and, therefore, digest the animal more easily than they do the vegetable food. But had we lived on the vegetable food from the first, the digestive organs would not complain any more in the digestion of vegetable than they do in the digestion of animal foods. We believe in enthusiasm, but keep it on the right track. Enthusiasm will move the world when nothing else will, but knowledge and common sense must go with it, which is every-day science known only by hard experience. Without these necessities, enthusiasm has to be counteracted, and many reformers in diet who have had enthusiasm without knowledge have paid the penalty.

Some think their force of character would wane were they to live upon a vegetable diet alone. But not so; the benefits of this return to nature could not be calculated. It is certain he would become a better man, and have energy enough, and have less restlessness and cruelty, so often mistaken for

energy. We are sure that human progress and moral reform lie largely in the reform in table habits, and are destined to grow in the minds of all good people.

The diet at all ages must be simple. True simplicity in food and drink favors economy in living, favors good health, the saving of time, and limits expense. This is recognized the world over by the rich and poor, by the learned and unlearned. Many dishes at one meal means many diseases, so from the kitchen comes most of the troubles of the human family. Plain living is a great bond between class and class. Rich people can take to the diet of poor with great gain to mind, body, and possessions. The poor never ape the diet of the rich without more or less ruin. It is not living on bread and water that makes the happiness, but to be able to be happy even on bread and water. If you wish to be healthy and happy, live on simple food, and earn it, then you can have money to buy books, and time to read them, with clear brains to think, and money and bread to spare to the starving. Then the whole army of adulterers of food, who make it to sell and not for use, will ask to learn some honest trade; then the butchers might turn gardeners, and be happy for the change.

Simplicity in diet will do good to our mothers. How great are their cares! From early dawn to late at night they struggle and strive, but much of this labor is to prepare food to tickle the palate and delight the eye of the family and friends.

A good appetite comes from simplicity in diet; and good digestion comes from a well-treated stomach; and a well-treated stomach gives a clear brain; and a clear brain will save time; and time is money. The preparation of numberless complicated dishes means much useless time and expense. What you *need* is right, but you may add to your means by taking from your supposed wants. The world's workers live on simple food, but nourishing and wholesome. Read the story of their greatness. Proper fasting is the most powerful and safest of all medicines; but feasting is folly. Eat light and rise next morning a wiser and merrier man! So it has always been; so it will always be. Begin *now* to live right; begin wisely, and you will never repent.

W. P. BURKE, M. D.

It costs an effort to be happy, but misery is free.



**CHOLERA: CAUSE AND PREVENTION.**

THE Michigan State Board of Health, in a tract printed August, 1885, gives some interesting facts concerning cholera, which may be of interest to our readers at this time, when cholera is making inroads in some parts of the Old World, and by some fears are entertained that it may visit America. As to the cause of cholera, the tract says:—

“Microscopical and experimental researches in Egypt, India, and Germany, made at the expense of the German Government, by Dr. Robert Koch, one of the most successful observers of disease-causing germs, seems to demonstrate, what general observation of the disease had already indicated, that Asiatic cholera is caused by the growth and reproduction in the body of innumerable bacilli, or one-celled plants, of a kind peculiar to this disease, invisible to the naked eye; that these bacilli may enter the body by the air inhaled, but are far more likely to enter by the food or drink taken into the stomach; that they are present in the excreta of a person sick with the cholera, and in his clothing soiled thereby, and, therefore, may be on almost everything that comes in contact with his body.

“The investigations by Dr. Koch and others make it probable that the bacillus of cholera can live and reproduce itself in kind indefinitely, in certain, but not in all, substances outside the body, namely, in certain alkaline but not in acid solutions; and as the normal condition of the stomach is acid, that it cannot live in the human stomach in its normal condition. The intestinal juices being normally alkaline, the bacillus can, probably, reproduce itself therein without limit whenever it can pass through the stomach, and perhaps also in the stomach itself, if, through the regurgitation of bile, or otherwise, its contents should become alkaline. This makes it of especial importance that in times of danger from cholera, the stomach should be kept in its naturally good condition.

“Because of the possibility that the cholera bacillus may find lodgment and multiply in various kinds of moist filth, it is important that everything about the house, cellars, barns, premises, alleys, and streets, should be cleaned up and kept dry, and as clean as possible, and that there should be a general antiseptic treatment of all places liable to become infected. Especially should privy-vaults, sewers, cess-pools, drains, and similar places, be thoroughly and often made antiseptic with a strong solution of copperas, which may be made acid by the addition of sulphuric acid. The cholera germs are said to thrive in nutritive alkaline solutions, and the contents of most privy-vaults are alkaline; hence the importance of such thorough and frequent antiseptic treatment of them as shall make their contents unfavorable to any germs which may find lodgment there.

“Privies, cess-pools, drains, water-closets, sewers, gutters, etc., not known to be infected, should be frequently and liberally treated with chloride of lime, or with copperas solution made in the proportion of one and one-half pounds of copperas to one gallon of water.”

**WHERE IS CALIFORNIA CLIMATE FREE FROM MALARIA?**

DR. EDWIN FREEMAN'S letter published this month under the head of correspondence, raises a pertinent question which we would be glad to have some of our California readers answer. Irrigating districts and the foot-hills all over the State must be more or less subject to paludal influence, and these may be left behind in the search of a climate free from such infection. The larger towns all offer the objection of irrigation, the lawns, the parks, the streets, and the vegetable gardens constantly giving off emanations of miasmatic character. The only city we know of in which this objection does not apply, is San Francisco, where the ground is so closely covered with buildings and pavements that little surface except the streets is subjected to irrigation. The location, also, of this city on a headland between the bay and ocean, across which the winds—boisterous sometimes—sweep, serves as a protector by rapidly diffusing ocean atmosphere into every nook where stagnation might engender disease. Other things being propitious, we could commend this place as a residence for one seeking refuge from malarious influence. But a great drawback here is the one mentioned by Dr. Freeman as an objection to the climate of the Eastern sea-shore, and that is the tendency to the occurrence of severe myalgic and neurotic twinges. The climate is also rather less favorable to pulmonary and catarrhal difficulties than some other parts of the State.

However, one with reactive constitution may, we believe, become acclimated to San Francisco and suffer but little inconvenience from the rheumatic and neuralgic tendencies of the climate after the first year. The faithful application of self-massage, and the constant wearing of flannels—habilitment not objectionable here—will enable one not too far past life's meridian, to sustain a fair state of health and comfort, if his lungs take kindly to the winds and dust that frolic in every street, and the fogs that enwrap the city in gloom about half the time the remainder of the year.



Northern portions of the State offer better situations for malaria-poisoned victims than the Southern country, for there is more of an equable distribution of rain during the year, and irrigation is not required for successful husbandry. There are also some very congenial places in Northern California, both as regards climate and other surroundings. Undoubtedly, Lake, Mendocino (away from the coast), or Humboldt Counties would fulfill the requirements of such cases as the one we are considering, much better than the San Joaquin Valley country. The Sacramento Valley, which is but a continuation of the character of the San Joaquin in topography and climate in many respects, is not a desirable place, for the reason that in the localities where a location would be desirable, it is intensely malarious. At Marysville, Chico, Vina, Tehama, Red Bluff, and Redding, almost at the northern line of the State, the summer climate is very hot and enervating, as well as being highly malarious where irrigation is practiced. Indeed, among the foot-hills of the Sierras, where the majority of these places are located, it is liable to be malarious without irrigation. The writer has several times had patients visit this country in the summer for a few weeks, to return with a well-developed attack of "chills."

The best climate of California lies between the great valley made up of the San Joaquin and Sacramento, which extends almost the entire length of the State, and the Pacific Ocean. The Coast Range, with its various spurs and the ocean-side slope, is usually free from malaria, provided that irrigation is left out.

The editor has done the best he can to answer the letter referred to, but is not entirely satisfied with himself, for his personal observations have not been extended enough to enable him to draw on all the resources. There are many nooks where perfect immunity might be enjoyed, but they do not furnish a field for the exercise of that restless activity of mind and body which characterize an ambitious physician and surgeon.

Let us hear from the field of practice on this subject.—*California Medical Journal.*

ONE of the most remarkable and alarming social symptoms in Austria of late years has been the increase in the number of suicides. During last year Vienna alone reckoned 366 cases.

#### CISTERNS.

AFTER a summer drought all water tanks and cisterns should be examined, and, if need be, repaired, but in every instance well and carefully cleansed before being allowed to fill up again with water. Mischief is done, and disease induced and propagated, by the use of bad water, because the sediment, if not washed out, becomes mingled with every fresh influx of water. A very general and most virulent and fatal epidemic of diphtheria, and severe attacks of typhoid fever, have been known to be produced by the neglect of this essential duty. The necessity for frequent cleansing of cisterns cannot be too strongly insisted on.—*Hall's Journal of Health.*

Two Irishmen, Patrick Power and Timothy Maguire, were quarreling in a court of justice as to the ownership of a coat. After much wrangling, Patrick proposed that he and his opponent should see whose name was on the coat. Timothy searched in vain, and the coat was handed to Pat, who immediately took a knife, opened a corner of the coat, and out dropped two small peas. "There—d'ye see that now?" "Yes, but what of that?" "A dale it has to do wid it—it is my name, to be sure—pea for Patrick and pea for Power." The coat was handed to Patrick.—*Sel.*

*Smith*—"You look sick, Brown, what's the trouble?"

*Brown*—"Well, I'll tell you. There's a con-founded dog some place in my neighborhood that keeps up a mournful howl all night and every night. It's dreadful, and breaks me all up. Say, are you superstitious? They say a dog-howl is the sign of death; do you believe it?"

*Smith*—"Believe it? You bet I do. It's a sure sign—if I can lay my hands on a gun—of death to the dog."

THE climate of China is said to be growing not only colder but drier. Animals and plants accustomed to hot, moist regions are gradually retreating southward. Two thousand years ago the bamboo flourished in the forests of North China, but it can no longer be found there.

THE population of Spain has increased about 1,000,000 in thirteen years.



## Disease and its Causes.

### HELPS.

A PLEASANT smile, a kindly word,  
 A little act well done,  
 A mite of thought for others' woes,  
 Some willing feet, to run  
 For older ones, and burdens share  
 Of shoulders feeble grown,  
 Will make more light and easier  
 The burdens of our own.

—Selected.

### THE MOTHER'S DUTY.

BY MRS. E. G. WHITE.

INFANT children even are a mirror for the mother, in which she may see reflected her own habits and deportment, and may trace even the tones of her own voice. How careful then should be her language and behavior in the presence of these little learners, who take her for an example. If she wishes them to be gentle in manners and tractable, she must cultivate those traits in herself.

When children love and repose confidence in their mother, and have become obedient to her, they have been taught the first lessons in becoming Christians. They must be obedient to and love and trust Jesus as they are obedient to and love and trust their parents. The love which the parent manifests for the child in right training and in kindness faintly mirrors the love of Jesus for his children.

In view of the individual responsibility of mothers, every woman should develop a well-balanced mind and pure character, reflecting only the true, the good, and the beautiful. The wife and mother may bind her husband and children to her heart by an unremitting love, shown in gentle words and courteous deportment, which, as a rule, will be copied by her children.

Politeness is cheap, but it has power to soften natures which would grow hard and rough without it. Christian politeness should reign in every household. The cultivation of a uniform courtesy, and a willingness to do by others as we would like them to do by us, would annihilate half the ills of life. The principle inculcated in the injunction, "Be ye kindly affectioned one to another," is the corner-stone of the Christian character.

Many a home is made very unhappy by the useless repining of its mistress, who turns with distaste from the simple, homely tasks of her unpretending domestic life. She looks upon the cares and duties of her lot as hardships, and that which, through cheerfulness, might be made not only pleasant and interesting, but profitable, becomes the merest drudgery. She looks upon the slavery of her life with repugnance, and imagines herself a martyr.

It is true that the wheels of domestic machinery will not always run smoothly; there is much to try the patience and tax the strength. But while mothers are not responsible for circumstances over which they have no control, it is useless to deny that circumstances make a great difference with mothers in their life-work. But their condemnation is when circumstances are allowed to rule, and to subvert their principle, when they grow tired and unfaithful to their high trust, and neglect their known duty.

The wife and mother who nobly overcomes difficulties under which others sink for want of patience and fortitude to persevere, not only becomes strong herself in doing her duty, but her experience in overcoming temptations and obstacles qualifies her to be an efficient help to others, both by words and example. Many who do well under favorable circumstances seem to undergo a transformation of character under adversity and trial; they deteriorate in proportion to their troubles. God never designed that we should be the sport of circumstances.

Very many husbands and children who find nothing attractive at home, who are continually greeted by scolding and murmuring, seek comfort and amusement away from home, in the dram-shop, or in other forbidden scenes of pleasure. The wife and mother, occupied with her household cares, frequently becomes thoughtless of the little courtesies that make home pleasant to the husband and children, even if she avoids dwelling upon her peculiar vexations and difficulties in their presence. While she is absorbed in preparing something to eat or to wear, the husband and sons go in and come out as strangers.

While the mistress of the household may perform her outward duties with exactitude, she may be continually crying out against the slavery to which she is doomed, and exaggerate her responsibilities and restrictions by comparing her lot



with what she styles the higher life of woman, and cherishing unsanctified longings for an easier position, free from the petty cares and exactions that vex her spirit. She little dreams that in that widely different sphere of action to which she aspires, trials full as vexatious, though perhaps of a different sort, would certainly beset her. While she is fruitlessly yearning for a different life, she is nourishing a sinful discontent, and making her home very unpleasant for her husband and children.

The true wife and mother will pursue an entirely opposite course from this. She will perform her duties with dignity and cheerfulness, not considering that it is degrading to do with her own hands whatever is necessary for her to do in a well-ordered household. If she looks to God for strength and comfort, and in his wisdom and fear seeks to do her daily duty, she will bind her husband to her heart, and see her children coming to maturity, honorable men and women, having moral stamina to follow the example of their mother.

There is no chance work in this life; the harvest will determine the character of the seed that has been sown. Mothers may neglect present opportunities, and let their duties and burdens fall upon others, but their responsibility remains the same, and they will reap in bitterness what they have sown in carelessness and neglect.

Mothers, you are developing character. Your compassionate Redeemer is watching you in love and sympathy, ready to hear your prayers and render you the assistance which you need in your life-work. Love, joy, peace, long-suffering, gentleness, faith, and charity, are the elements of the Christian character. These precious graces are the fruits of the Spirit. They are the Christian's crown and shield. The highest day-dreaming and most exalted aspirations can aim at nothing higher. Nothing can give more perfect content and satisfaction. These heavenly attainments are not dependent upon circumstances, nor the will or imperfect judgment of man. The precious Saviour, who understands our heart-struggles and the weakness of our natures, pities, and forgives us our errors, and bestows upon us the graces which we earnestly desire.

In order to be a good wife and mother, it is not necessary that the woman's nature should be utterly merged into that of her husband's. Every individual being has a life distinct from all others,

an experience differing essentially from theirs. God does not want our individuality lost in another's. He desires that we shall possess our own characters, softened and sanctified by his sweet grace.

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#### CHARACTER STUDIES AND A CAUSE. NO. 5.

BY FANNIE BOLTON.

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LAURENCE was engaged in conversation with the young man over the way. They were talking of travels, of ocean voyages, of men and society, and the memory of some bitter experience brought out again the young man's cynical eloquence on human nature in general. Laurence deftly turned the conversation back to the days of childhood, and the young man related his experience in nutting in the autumn woods, of fishing in the rivers, of searching for anemones in the snow; and Laurence interchanged with him the glad and sorrowful stories of his boyhood. A softened, pleased look came into the young man's eyes, and Laurence said quietly: "Yes, one meets with insincerity far too often in the world, but we cannot wholly cast aside our belief in truth, in God, in men. The eternal stars are above us, and the flowers are at our feet, bringing back memories of the borders of Eden, when we ourselves stood in innocence, looking into the world with eager eyes, and, though we are disappointed and wronged, I believe our very cry against it is an evidence of the outworking of the ultimate good.

"I believe in the survival of the fittest. People sometimes talk of religion as something that can be put on and off as a cloak, but this is not my idea of it. It must be woven into the character. There is an eternal law that works through everything, and souls will gravitate to their kind. If we seek good, we'll find God. The good will find the good, the true the true. Have you not noticed yourself the recognition your heart gave to one that was kindred to you by virtue of experience or nature?"

"Yes, I have; but it's long ago."

"Well," continued Laurence, "all this means something. A man that is struggling up, that hates the thing that drags him down, that hates hypocrisy, though not what he should be himself, is one that in a sense hates iniquity, and loves righteousness. Though he may rail at religion,



fighting a straw man of the evil one's creating, he is a soul that is reaching out, by the aid of the divine One, for the infinite good, though he may not recognize the fact.

"Do you think so?" asked the young man. "That's a little different way of putting it from any I have heard before."

Laurence reached for a book in which was a chapter that carried still further the idea, and handed it to the young man.

Elsie afterward heard the young man speak of Laurence as a "capital fellow," while his companion replied, "He's too high ferlutin' fur me."

"Won't you come into the next car and sing for us?" asked a nice-looking gentleman, a Mr. Kelsey, from the adjoining sleeper. "We are completely tired out with card-playing and monotony."

"Certainly," said Laurence.

This time they started in with some good temperance selections, and the cry for more was enthusiastic and undeniable.

"I hear you are a temperance lecturer," said Mr. Kelsey; "and I've been wondering if you would not favor us with some part of a lecture at some of our long stops on the road. You can see that there is great need of such a lecture. Most of the poor fellows here have had few opportunities, and all of us would enjoy the entertainment."

Laurence consented, and Mr. Kelsey told the conductor of his plan, and received the news that the car would wait for watering and cooling off for three-quarters of an hour at a certain place that day.

Elsie had looked at the lady in the showy dress several times, and at last summoned up courage to speak to her, though she felt that she was a kind of person somewhat outside the line of her experience.

"You seem to have a cough," said Elsie.

"Yes," said the girl, with a hack, "but it's nothing new, I reckon."

"I remember something I read from Holland about coughs that I think is rather quaint. He says:—

"Coughs are ungrateful things. You find one out in the cold; you take it up, nurse it, make everything of it, dress it up warm, give it all sorts of balsams, and other food it likes, and carry it round in your bosom as if it were a miniature lap-dog. By and by its little bark grows sharp and savage, and—confound the thing!—you find it is

a wolf's whelp that you have got there, and he is gnawing in the breast where he had been nestling so long."

The girl looked at Elsie with a dull gaze, and did not seem to appreciate the force of the quotation. But Elsie was determined to see a little further into her, and so explained that very many people, by forcing a cough or cultivating one, finally sank in consumption, while, if they had but checked the inclination to cough, they might have lived in health to a good old age.

But the girl answered, with a languid look, that she expected to have consumption, and thought it so nice to be delicate, to be pale and interesting, and to die young; for most all the loveliest characters in novels were of this style, and died young.

"Yes," said Elsie, "I suppose very many lovely people die young, but it's nothing short of suicide to cultivate disease. To live and be of use in the world is far nobler than to pine into a shadow before your time. I admire a fine old lady or gentleman with a sweet, calm face, written full of blessed experiences of use to the world."

"I never want to think of getting old," said the girl. "I mean to die young. I can't bear old people, and as far as living to be useful, I think it is dull work. I hate people that are always doing something and making you feel uncomfortable. All I care for is admiration; when I can't be admired, I want to die."

Elsie looked into her rouged and powdered face, and, after speaking of the scenery, she left her, with a feeling of helplessness.

At the next little station a traveling man boarded the train. The spiritual seemed to have been entirely fibered over with coarse flesh. He brought into the car the fumes of whisky and tobacco. On his little finger was a large ring with a paste gem in it. On his waistcoat glittered a showy chain; his cravat sparkled with a gemmed pin, and his locks smelled of barbers' oil. His eyes had a look that made Elsie turn her face to the window. A glance at Elsie's modest appearance and the books at her side, seemed to decide him in moving on. But he stopped when he came to the rouged and powdered girl, and took the seat behind her, glancing down with the most obtrusive admiration, of which she was manifestly conscious, and pleased. She soon wanted her window raised, and the stranger was ready to help her. Then conversation began, and it was not long before



the traveling man changed his seat, and the disgusting familiarities which have grown so frequent and unblushing on the cars, were indulged in, and permitted by the novel-reading girl.

Elsie blushed with shame for her sex, as she heard remarks here and there—not on the effrontery of the man, but on the immodesty of the girl.

Elsie questioned as to what had led to this. The girl was not old. Had she no mother to warn her, to teach her? Had she no innate shrinking of soul from contact with such a man? Was public opinion so tolerant of such practices that a child, before the public, might be openly dragged to ruin? Elsie's heart bled. What could she do? How could she do anything to save her? Was she beyond help? The man evidently was, Elsie thought, as she turned with horror from the glance of his wicked eyes.

When the train stopped at the watering station, the word of Laurence's lecture had been well circulated, and he took his charts to the platform of the station, while the passengers poured out for change and recreation. Laurence had a gentlemanly appearance, and a manner that commanded respect. Mr. Kelsey introduced him, and stated that many had requested him to address them, both for the profit of his remarks, and for the change they would afford in the monotony of the journey.

Laurence began his lecture without embarrassment, pointing his truth with flashes of wit; now firing a heavy cannon at the whisky and tobacco habit, then scattering light shot at tea and coffee drinking, piecing and pickles; and when the smoke of his rhetoric cleared away, he pointed out green fields of reform, and mountain heights of aspiration and attainment.

The lecture could not but be well received. The young man whose sarcasm had been so bitter against cant and hypocrisy came up and said: "Sir, you speak like a man with conviction, and I believe what you have said. Drink has dragged me down. I've drunk the stuff, not because I liked it, or its effects, but a 'devil-may-care' spirit has had possession of me. I've been disappointed in men that I thought true, and have been desperate, and so cast aside the good and went to the bad. But I begin to see the cowardliness of my course, and I'll set my will against this thing."

"You will need a stronger will than your own to help you to keep that resolution, but far be it from

me to discourage you. If you could but acknowledge your utter dependence upon Christ, you might indeed set your will to a purpose."

"That," said the young man, "I do not understand."

"But you will," said Laurence. "Begin with the light you have, and it will grow. Physical reform is the basis of mental and spiritual reform, and *vice versa*, for one involves the other."

#### THE SECRET OF BEAUTY.

THE secret of beauty is health. Those who desire to be beautiful should do all they can to restore their health if they have lost it, or to keep it if they have it yet. No one can lay down specific rules for other people in these matters. The work which one may do, the rest she must take, her baths, her diet, her exercise, are matters of individual consideration, but they must be carefully thought of and never neglected. As a rule, when a person feels well, she looks well; and when she looks ill, she feels ill, as a general thing. There are times when one could guess, without looking in the glass, that one's eyes are dull, and one's skin is mottled. This is not a case for something in a pretty bottle from the perfumer's, or for the lotion that the circulars praise so highly. To have a fresh complexion and bright eyes, even to have white hands and a graceful figure, you must be well. Health, and the happiness that usually comes with it, are the true secrets of beauty.—*Ex.*

AN excellent recipe for being completely miserable is to think only of yourself, how much you have lost, how much you have not made, and the poor prospect for the future. A brave man with a soul in him gets out of such pitiful ruts, and laughs at discouragement, rolls up his sleeves, sings and whistles, and makes the best of life. This earth never was intended for Paradise, and the man who rises above his discouragement and keeps his manhood will only be stronger and better for his adversities. Many a noble ship has been saved by throwing overboard the valuable cargo, and many a man is better and more humane after he has lost his gold.—*Health Monitor.*

THERE are two reasons why some people don't mind their own business. One is that they haven't any mind; the other that they haven't any business.



## Temperance.

### THE PRICE OF A DRINK.

"Five cents a glass!" Does anyone think  
That is really the price of a drink?  
"Five cents a glass," I heard you say,  
"Why, that isn't very much to pay."  
Ah, no indeed, 'tis a very small sum  
You are passing over twixt finger and thumb;  
And if that were all that you gave away,  
It wouldn't be very much to pay.

The price of a drink! Let him decide  
Who has lost his courage and lost his pride,  
And lies a groveling heap of clay,  
Not far removed from the beast to-day.

The price of a drink! Let that one tell  
Who sleeps to-night in a murderer's cell,  
And feels within him the fires of hell.  
Honor and virtue, love and truth,  
All the glory and pride of youth,  
Hopes of manhood, the wreath of fame,  
High endeavor and noble aim,—  
These are the treasures thrown away  
As the price of a drink from day to day.

"Five cents a glass!" How Satan laughed  
As over the bar the young man quaffed  
The beaded liquor, for the demon knew  
The terrible work that drink would do;  
And before morning the victim lay  
With his life-blood swiftly ebbing away.  
And that was the price he paid, alas!  
For the pleasure of taking a social glass.

The price of a drink! If you want to know  
What some are willing to pay for it, go  
Through that wretched tenement there,  
With dingy windows and broken stair,  
Where foul disease, like a vampire, crawls  
With outstretched wings o'er the moldy walls.  
There poverty dwells with her hungry brood,  
Wild-eyed as demons for want of food;  
There shame in a corner crouches low;  
There violence deals its cruel blow;  
The innocent ones are thus accursed,  
To pay the price of another's thirst.

"Five cents a glass!" Oh, if that were all,  
The sacrifice would indeed be small!  
But the money's worth is the least amount  
We pay, and whoever will keep account  
Will learn the terrible waste and blight  
That follows the ruinous appetite.

"Five cents a glass!" Does anyone think  
That is really the price of a drink?

—Josephine Pollard, in *Baptist Sentinel*.

### THE ONONDAGAS' APPEAL.

MR. DUNCAN MILLIGAN, of Wandsworth, England, who has but recently returned from a visit to the Indian settlements of British North America, writes:—

"Herewith I send you a copy of an old memorial in my possession, sent from the Onondaga tribe of Indians to the dominion government of Canada some years ago, against the licensed sale of strong drink in their reserve. This may be interesting to your readers during these 'non-compensation' days.

"Memorial of the Onondaga nation to the Senate and House of Representatives. Dear Fathers and Brothers—We understand you are now at the great Council House, and that the Great Council fire is now burning, and that our white brothers all over are sending wood to put on the Council fire, but we 'fraid the Council fire will not burn bright and clear without more help, so we send this to make it burn. Now, brothers, what we want to say is this. We have this great rogue, this Firewater; he gets folks' money; sometimes he burns houses, sometimes he kill people, sometimes he make a family very poor, sometimes he take away senses, sometimes he make 'em very cross and ragged and dirty, and sometimes he freeze 'em to death. Now we hear our brothers trying to stop it; they try to stop it, they try talk about it, see if can stop it a little, but he won't stop it. We hear at last our brothers won't bear it no longer, so they make law to knock him on the head anywhere they find him, in barrel, or jug, or bottle, in tavern, or grocery, or barn, anywhere—knock him on the head. Now, we want to tell you, brothers, that this big rogue has been here in Onondaga, he has made us great trouble. Some of our people would be very glad and very good if this bad fellow would keep away. We try, our people try some, but he will not. Now what we ask you is to make us law, such as our brothers in the State of Maine have made. We have try coax him, but he won't be coax; we try scare, he won't scare much; he still make a great deal trouble; we think better make law to knock him on head then he make us no more trouble. We Christian party ask it—and Pagan, too, most of all ask it. Now, brothers, our people sold our land to white people, and white people he make treaty. He say he be good to Indian. But he



let this rogue trouble us most too. Now, brothers, we was one great people, and we have gone to war for our white brothers, but now we are few and our white brothers are strong. We want you to help us, we want you to make this law, so when we find this rogue we will keep him. We see him great many times, but we mean to be good and peaceable, and so he got away; but if you make this law then we kill him, and then we live happy and friendly; no more cross, no more ragged, no more fight, but raise corn, wheat, oats, beans, cattle, horses, and some children, too; no more get drunk, no more freeze to death; work and get good things like white men. (Signed) David Hill, David Smith, chiefs, and sixty-one more of the Onondagas."—*The Appeal*.

#### STIMULANTS.

THE question of stimulants embraces a wide range, both in time and place; for the people of every age and clime, whether civilized or savage, have usually found means whereby they could gratify the propensity for stimulants.

The Hindu gratifies his abnormal taste by chewing his betel-nut and pepperwort; the Indian of the Andes revels in the narcotic delirium produced by his quid of cocoa leaves, and under the intoxicating influence of the thorn-apple he is led to imagine that he communes with the spirits of his deceased progenitors.

In the frozen latitude of the North, the Kamtschatkan obtains intoxication from a poisonous mushroom, "which, dried and preserved, produces effects similar to alcohol." The Indians of North America relied mainly upon tobacco. One tribe, the Seminoles, in the southern part of the United States, drank a tea made of a species of holly-tree, which excited them to great and savage undertakings.

Anciently in Sweden a beer was used which the people brewed from a plant of great intoxicating power. Forbidden by the Koran to drink wine, the Turks have long been accustomed to use hasheesh. This drug is extracted from the hemp of India. A thrilling account of his experience in testing the properties of this wonderful drug is given by Bayard Taylor, and the poet Whittier humorously describes the effect as follows:—

"Of all the Orient land can vaunt,  
Of marvels with our own competing,  
The strangest is the hasheesh plant,  
And what will follow on its eating.

"What pictures to the taster rise  
Of Dervish or of Almeh dancers!  
Of Eblis, or of Paradise,  
Set all aglow with Houri glances!

"The poppy visions of Cathay,  
The heavy beer trance of the Suabian,  
The wizard lights and demon play  
Of nights Walpurgis and Arabian.

"The Mollah and the Christian dog  
Change place in mad metempsychosis;  
The Muezzin climbs the synagogue,  
The Rabbi shakes his beard at Moses.

"The Koran reader makes complaint  
Of Shitan dancing on and off it;  
The robber offers alms, the saint  
Drinks Tokay, and blasphemes the prophet."

The drugs most extensively used are opium and tobacco. Ten million people use cocoa, and hasheesh is used by about two hundred and fifty millions. There are said to be five hundred millions of opium users, and ~~31,211~~ ed millions addicted to the tobacco habit, while alcohol devotees are numbered by the hundreds of millions.

The annual report of the Massachusetts, U. S. A., board of health is responsible for the statement that "tea, the drink of millions, when excessively used in strong decoctions, has been known to produce positive intoxication." An able authority on the question under consideration thus tersely says: "From tea to hasheesh we have, through hops, alcohol, opium, and tobacco, a sort of graduated scale of intoxicants, which stimulate in small doses and narcotize in large."—*D. A. R., in Present Truth*.

ONE of the Chicago city judges remarked recently that of all the boys in the reform school at Pontiac, Ill., and in the various reformatories in the city, ninety-five per cent are the children of parents who died through drink, or became criminals through the same cause.

SOUTH CAROLINA has recently passed a law prohibiting the sale of cigarettes to minors, imposing a heavy penalty for its infringement.

GREAT thoughts spring from the heart.



### SMOKING AND HEART DISEASE.

IN a report by Dr. Frantzel, of Berlin, on immoderate smoking and its effects upon the heart, it is stated that the latter show themselves chiefly by rapid, irregular palpitation of the heart, disturbances in the region of the heart, short breath, languor, sleeplessness, etc. Dr. Frantzel says that, if the causes of these complaints are inquired into, it is generally found that the patients are great smokers. They may not smoke cigars rich in nicotine, but full-flavored cigars imported from the Havanas. Smoking, as a rule, agrees with persons for many years, perhaps for twenty years and longer, although by degrees cigars of a finer flavor are chosen. But all at once, without any assignable cause, troubles are experienced with the heart, which rapidly increase, and compel the sufferer to call in the help of the medical man. It is strange that persons consuming cigars of ordinary quality, even if they smoke them very largely, rarely are attacked in that way. The excessive use of cigarettes has not been known to give rise to similar troubles, although it is the cause of complaints of a different nature.

The age at which disturbances of the heart become pronounced varies very much. It is but rare that patients are under thirty years of age; they are mostly between forty and sixty years old. Persons who are able to smoke full-flavored Havanas continue to do so up to their death. If we look round among the better classes of society, who, it is well known, are the principal consumers of such cigars, it is astonishing to find how many persons with advancing years discontinue smoking. As a rule, affection of the heart has caused them to abjure the weed. In such cases the patient has found the best cure without consulting the medical man. If he makes up his mind to discontinue smoking at once, the complaint frequently ceases at once. In other instances it takes some time before the action of the heart is restored to its normal state. In such cases, besides discontinuing smoking, relief must be sought also by regulating the diet, taking only easily digestible food, abjuring coffee, as well as by short walks, residence among mountains of moderate elevation, and suitable interior treatment. By taking this course, all symptoms disappear in the course of a year, and do not reappear if the patient does not recommence smoking.

In a third category of cases, the more acute disturbances leave the patient; he feels well and hearty, but an irregularity of the heart, more or less pronounced, is left behind. It has not yet been determined what it is that makes smoking injurious; but this much appears certain, that it does not depend upon the amount of nicotine which cigars may contain.—*Scientific American*.

### DIFFERENCE OF OPINION.

IN one of our exchanges we read the following estimate made of a certain saloon man in Nebraska who proposed to keep drunkards away from his saloon, and produce a new crop. It is as follows:

"There was a saloon keeper in Utica, Neb., who must have been a pretty square man, as saloon keepers go. He inserted the following advertisement in the local papers: 'To whom it may concern: Know ye that by the payment of \$1,527.40, I am permitted to retail intoxicating liquors at my saloon in this city. To the wife who has a drunkard for a husband, or a friend who is unfortunately dissipated, I say, emphatically, give me a notice of such cases in which you are interested, and all such will be excluded from my place. Let mothers, fathers, sisters, brothers, uncles, and aunts do likewise, and their requests will be regarded.'"

The "square" character given to this man is a little different estimate from that given by the Quaker to one who proposed to do a similar kind of saloon business, as published in the St. Albans (Vermont) *Messenger*. It reads as follows:—

"A temperance discussion once sprang up in a large coach crossing the Alleghanies, and the subject was handled without gloves. One gentleman maintained a stoical silence until he could endure it no longer; then he broke out strongly, saying: 'Gentlemen, I want you to understand that I am a liquor seller. I keep a public house, but I would have you to know that I have a license, and keep a decent house. I don't keep loafers and loungers about my place; and when a man has enough, he can get no more at my bar. I sell to decent people, and do a respectable business.' When he had delivered himself, he seemed to think no answer could be given. Not so thought a Quaker, who was one of the company. Said he: 'Friend, that is the most damning part of thy business. If thee would sell to drunkards and loafers,



thee would help to kill off the race, and society would be rid of them; but thee takes the young, the poor, the innocent, and the unsuspecting, and makes drunkards of them. And when their character and money are gone, thee kicks them out, and turns them over to other shops to finish off; and thee ensnares others, and sends them on the same road to ruin.' Surely the Quaker had the best of the argument, for he had the facts on his side. The more respectable and attractive any public house is, the greater the mischief it is able to do in any decent community."

#### TEETOTAL.

THE earliest and most stalwart advocates of total abstinence in England are supposed to have been Mr. Joseph Livesey and John King, who drew up and signed a pledge of total abstinence from all intoxicating drinks. This was in August, 1832. In January, 1834, Mr. Livesey began the publication of the monthly, *Preston Temperance Advocate*. It was in connection with his work that the now common word "teetotalism" was coined. The circumstances are thus described by another:—

"It was at a meeting of this society that a simple, eccentric, but honest and consistent reclaimed drunkard, of the name of Dickie Turner, said, in allusion to the old system, 'I'll have now't to do wi' this moderation boderation pledge. I'll be right down tee-tee-total forever.' 'Well done!' exclaimed the audience. 'Well done, Dickie!' said Mr. Livesey, the originator of the new society, 'that shall be the name of our new pledge.' From this origin the phrase 'teetotal' pledge has gone all over the world."—*Present Truth, London, Eng.*

#### "HALF AND HALF."

A TEMPERANCE writer has given us the following original sentiments concerning the popular beverage known as "half and half:" "The title of 'half and half' is given to a mixture of two kinds of liquor. To the drunkard's wife it proves that her 'better half' has proved for worse instead of for better. It may also signify the many half dollars that have been transferred from the drunkard's pocket to the saloon keeper's till. In some cases it is suggestive of half-witted children, born so because their father was a drunkard—half and half—the best half of the man gone and the other going. Who or what shall stop him?"—*Sel.*

#### INCREASE OF INSANITY.

RECENT investigations conducted by M. Paul Garnier, and embodied in a report to a convention of French doctors, give startling facts as to the increase of insanity in France, and especially as to the increase of that form of insanity due to the excessive use of alcoholic drinks. From 1871 to 1888, insanity increased by thirty per cent. Fifty-six per cent of the insane are men, and forty-four per cent are women. The increase during the past seventeen years has been almost entirely in the branches of alcoholic insanity, and of general paralysis or paresis. There has been very little increase in mania, melancholia, and chronic delirium. Alcohol and overwork are, therefore, held responsible for the greater part of the increase of insanity during recent years. The frequency of alcoholic insanity has doubled within the past fifteen years, and the cases have increased twenty-five per cent in the last three years. Fifteen years ago the proportion of women among the cases of alcoholic insanity was one-sixth. Now it is one-fifth. A singular fact noted is that the number of new cases of insanity is greater in the spring, the month of May seeming to inaugurate annually an epidemic.—*Pacific Rural Press.*

MILK BETTER THAN ANY TODDY.—Milk heated too much above 100° Fahrenheit loses for a time a degree of its sweetness and density. . . . The promptness with which its cordial influence is felt is indeed surprising. Some portion of it seems to be digested and appropriated almost immediately, and many who now fancy that they need alcoholic stimulants when exhausted by fatigue will find in this simple draught an equivalent that will be abundantly satisfying and far more enduring in its effects.—*Medical Record.*

THE expense of smoking three five-cent cigars a day, principal and interest, for ten years, is \$745.74; for twenty-five years, \$3,110.74. The expense of three ten-cent cigars, at the end of ten years, is \$1,471.56; for twenty-five years, \$6,382.47. At the end of fifty years, it is \$54,162.14.

*Teacher* (to pupil)—Johnnie, what is a demagogue?

*Johnnie*—A demagogue is a vessel that holds wine, gin, whisky, or any other liquor.—*Detroit Free Press.*



## Miscellaneous.

### NEVER DESPAIR.

WHEN the wheels of time turn slowly,  
'Neath its load of doubt and care;  
When the weary head bends lowly—  
Never despair.

When the o'erwrought heart seems breaking  
With the pain that none may share,  
God can still its restless aching—  
Never despair.

Heart, be brave to follow duty,  
For her sweet sake do and dare;  
She will charm you with her beauty—  
Never despair.

Fill the place that God has given,  
Fill the home with love-light fair;  
Breathe on earth the air of heaven—  
Never despair.

Do not what might be regretted,  
Take each step with tender care,  
Lest a plant be crushed heedless—  
Never despair.

—*Sacramento Union.*

### CANCER.

BY G. H. STOCKHAM, M. D.

(Continued.)

We have in the foregoing stated in brief what medical authorities have to say as to the causes of cancer, and have given as succinct a statement as possible of the diseases to which each stage of human life is most generally liable. We shall now discuss what we consider the principal causes which may ultimately terminate in that most terrible of all the diseases to which human beings are subject.

All effects are external to our consciousness. We can only know of causes in a general sense, by their effects. No disease of the human organism can exist without an adequate cause, and a great lack in medical knowledge is the inability to trace effects to their causes.

Nearly all diseases are caused directly by violation of physiological laws, by excessive indulgence in both solid and liquid foods, or those of an unhealthy character, often aided by the immoderate use of stimulants, or indirectly by depressing mental emotions, or exhaustion of brain power, which affects every organ in the body—for in the brain is located the citadel of life—impair-

ing digestion and assimilation, and retarding excretion, by reason of which the body is not nourished, and morbid matter accumulates in the system, which ultimately terminates in some form of disease.

There is no nation in the world where cancer is so prevalent as in this, which we think can be traced to the general habits of the people, which we shall now endeavor to elucidate. The masses live—we might say—more generously in these United States than in European countries, which must be attributed mainly to the higher wages which labor commands, and the greater general prosperity of the people, which have fostered habits of living not conducive to their physical welfare.

During manhood we have stated that the class of diseases which obtain are generally of an acute character, by reason that the vital forces are in full vigor, but when the meridian of life is reached, and we commence the downward grade to the goal to which we are all tending, and the power of resistance to the inroad of disease is on the wane, we cannot bear, with the same degree of impunity, the excessive alimentation, the luxurious living, dissipation of any kind, excessive animality, and other vices which follow in the wake of our present civilization. These wear heavily upon the system, which cannot react so promptly. It does not recuperate so readily. Sedentary habits, too, are formed at this time of life, which are not conducive to health. In women, confinement to the house, and lack of healthy employments, are especially injurious. Then, again, the intense struggle for wealth, which taxes both mind and body, the mental anxieties, trials, and vicissitudes attendant on our mundane life, all tend to the further exhaustion of vitality. The result is the digestive apparatus and the depurative organs are unable to perform their natural functions, and the system becomes so charged with impurities, which should be eliminated, that it is more liable to diseases of a dangerous and persistent character than it previously was. But habit is so persistent that the same course of living to which they were accustomed is still followed, not realizing the fact that they are no longer in the prime of life; that at least one-half of their stock of vitality is expended, nor the necessity of husbanding the forces yet remaining by a more simple and rational mode of living.

Men who obtain their living by manual labor, and



those who still follow an active life and live temperately, are generally exempt from this terrible malady. It is the well-to-do, the sedentary and inactive, who are mostly its victims.

In European nations cancer is seldom met with, owing, no doubt, to the more simple mode of living; animal foods and pastry are sparingly used by the people; while in this, they are almost universal; we consume more animal flesh in proportion to the population than any country in the temperate regions of the globe. But space will not permit us to dilate as fully as we would wish upon the result of this *excessive* use, and other injurious habits, upon the health and longevity of those who thus live. Suffice it to say that all the organs engaged in the process of digestion are often overtaxed, the liver more especially, by reason of which the bile, which should be excreted, is retained and absorbed into the circulation, vitiating that most important fluid; the tissues become infiltrated with it, and the whole body is in a depraved condition. But the most injurious effect is upon the kidneys. The office of the kidneys is to eliminate urea, uric, and other poisonous acids, which, if retained in the system, are the most potent cause of all the malignant and destructive diseases—cancer included—to which the human organism is subject; for animal foods are highly nitrogenous. Now nitrogen is the basis of urea and uric acid; if, then, the kidneys, by reason of the lack of vitality, or from a condition of disease, are also overtaxed and unable to eliminate these poisonous ingredients, they are absorbed into the circulation with the bile from the liver, if in an abnormal condition—which is always the case, for the two organs are so intimately connected physiologically that if one is affected the other sympathizes with it more or less—and the whole body becomes thoroughly poisoned and subject to any of the malignant diseases mentioned, to which the person may be constitutionally liable.

Vegetarians are seldom if *ever* afflicted with cancer; at least we have never known of a case, or in those who have used animal flesh sparingly.

We have, we think, in this article clearly shown that cancer is not the result of any sudden exciting cause; that it cannot be attributed to anti-natal tendency, or to the existence of germs floating in the atmosphere, but that it is the natural outcome of repeated and continued violations of the laws of health during long previous years; that

it is only possible in persons of depleted vital force, whose blood and tissues are in an unhealthy and effete condition, saturated with foul humors, which act as a pubulum for its inception and growth; that it is generated within the body, the same as most other diseases, and not by external causes.

In treating this subject we have been as concise as possible, and have avoided using technical terms, so as to be clearly understood by the general reader.

In our next we will discuss its treatment.

#### A MOTHER'S PRESCRIPTION.

It was a sunny Southern home, with long windows opening to the floor, and broad verandas running the entire length of the house west and north. Beautiful elms, tall walnuts, and wide-spreading oaks stood like veteran sentinels on guard, making a cool, delightful shade on the long, hot summer days. Mocking-birds, red-birds, and Mexican canaries, made sweet music amid the thick foliage, both by day and by night. A large bow-window facing the south was filled with choice vines and plants, and, hanging among their interlacing branches, were three cages containing canaries, whose trill and warbles responded to the notes of the wild birds without.

In this pleasant home one precious, wee girl made sweeter music by her infantile prattle than all else. To-night a social gathering was in this home. The hours sped pleasantly till the mother's ever-watchful eye detected something amiss with her sleeping babe. Again and again she bent anxiously over the swinging cradle where little Milfred lay in the back parlor. As the voice of song arose from the assemblage, she was startled to see the little one toss her arms wildly and roll her head as though in great distress. Other eyes also noticed this, and immediately the singing ceased.

"Her head is very hot and swollen on the top," said Mrs. Barton. Those near were alarmed to see that her words were true, and no frightened mother's fancy. With what intensity of feeling did the fond mother and sympathizing friends watch the little sufferer as the swelling enlarged, until it was half the size of an hen's egg, and of a dark purple tinge.

The tossing hands were almost as cold as they



might have been in death, as also were the restless feet; and the swollen head, as it rolled from side to side, was, oh! so hot, while the unceasing moans of pain agonized the poor mother.

As the company quietly but sadly dispersed, one could have heard in whisper, "I fear she will not live till morning." To the kind inquiry, "Shall we go for a physician?" the reply came composedly from Mrs. Barton, "No, thank you, I will treat her myself."

"Please hand me the doctor-book, Mattie," said Mrs. Barton. A heavy volume was given her, on the back of which might have been read, in large letters, "Home Hand-Book—Rational Medicine—Kellogg." She turned nervously from index to pages, but her head seemed confused, the words and lines ran together, and she laid the book aside, and trusted to the knowledge previously obtained by a close study of this valuable book.

"Mattie," said Mrs. Barton, "you go to the bureau drawer and get an old linen handkerchief, cut it into four pieces. In the lower drawer you will find some old pillow-slips. Tear four strips from one of them, about two inches wide and sixteen inches long. And you, Mrs. Hardin, please light the oil-stove and heat a little water in a tin cup. Take equal parts of mustard and white flour, mix thoroughly together, and, when the water boils, turn it on the mustard and flour, just enough water to make a thick paste. You see I am going to put draughts on the hands and feet."

Soon all was ready, when Mrs. Barton said: "We must be careful that the mustard does not touch her flesh, and to prevent this we will have the poultice just large enough for the soles of the feet and palms of the hands, and encased in the linen cloths. With these strips of cloth we will bind them on the feet, by placing the strips around the ankles in such a way as to hold the poultices from slipping off; and the poultices for the hands are bound on by placing the strips around the wrists in a similar manner. Now, Mattie, please get some cold water from the well."

Swiftly sped Mattie through the open window, and soon returned with the almost icy-cold water, in which the mother's hand was dipping light, soft linen napkins. While one lay upon the heated head, the other was cooling in the water, which was brought fresh from the well every few minutes;

thus the treatment was rendered nearly as effective as if ice had been used.

The water in that well was the softest, the coldest, and the purest in all that region of the sunny South. Many a one, for miles and miles away, knew of it, and always stopped, and perchance some coming from a distance turned out of their direct course to drink of its limpid water; and, oh, how the mother prized that cold water on this anxious summer night! It was a hazardous undertaking, Mrs. Barton well knew. A life lay in the balances, as it were, where a slight mistake would extinguish all hope. Earnestly did she pray, as she sat dipping the napkins in the cold water and carefully watching for the slightest change.

Gradually the heat in the head diminished, as was indicated by the wet napkin heating less rapidly. The moans came at longer intervals; the tossing hands, the restless head and feet became more quiet. As these favorable indications became apparent, the napkins were dipped less frequently in the cold water. After a little time the tiny hands were quite warm, so that the mother deemed it best to remove the draughts from them, but left them still on the feet. Then the napkins were no longer plunged into the cold water, only kept from becoming heated by an occasional dip in *cool* water.

A little past twelve o'clock the three anxious watchers were relieved to see the swelling gone from the little head, and the child quietly sleeping, her condition being nearly normal.

Friends came or sent early the next morning, inquiring timidly for the welfare of the child, as though dreading what the answer might be. Their fears, however, were speedily dispelled by the smiling face that met them. The little Milfred, no longer little, is to-day a living testimonial that a bad case of congestion of the brain can be subdued without either doctors or drugs.

MRS. M. J. BAHLER.

A MAN says: "I turned my inkstand over on a beautiful light drab table-cover, to my great consternation, as my wife had often cautioned me against this very thing. I rushed for the salt-cellar and emptied its contents on the stain, and in five minutes it had wholly disappeared."



## TOOTHACHE.

WHILE reading in one of our exchanges that "alum and common salt pulverized and mixed in equal parts, will cure toothache," a friend asked, "And what do you think of it?" It is a simple remedy, I replied, and easily applied to a cavity in a decayed tooth or to the gums; but as for myself, I have no need of it, never having suffered with the toothache but once in my life, and then for only about five minutes. This was a split tooth, the result of foolishly cracking hickory nuts with my teeth in my childhood days.

I have nearly completed the sixth decade of my life, and still retain my original teeth, never having lost one, save the one mentioned above, which I left with the dentist as soon as I discovered its persistency in aching.

In 1847, while visiting an uncle in western New York, I ate for the first time "mush" made from graham flour. By inquiry I ascertained that my uncle had espoused the cause of Sylvester Graham the originator of this flour, and hence its name. From my uncle's rehearsal of experiences I learned that he was defending and practicing a cause that was then a very unpopular one, and that he was exposed to much ridicule and mockery in the streets even, as "the eater of bran," etc. The miller, too, said, "If Norton wants bran, he can have it," and actually placed in the sack among the graham flour as much more bran as that which pertained to the wheat ground. In those times men who were bold enough to espouse the cause of Sylvester Graham, were looked upon as we now look upon modern "cranks."

My uncle was particular to explain to us in his table-talk the benefits derived from eating that portion of wheat which contained the bone and muscle-forming elements, and that if we "wanted strong bones and good teeth, we must not discard these elements in making up our bill of fare."

From that time to the present, I have always made it a practice to eat, whenever I could get it, the graham, or, in latter times, what is called the whole meal, which is still more wholesome, as it contains all the nutritious elements of the wheat, the outside, woody fiber only being removed. As one result of using this diet, I have remarkably sound teeth, and strength of bones, which have resisted many shocks and severe falls without ever breaking.

L.

## JEFFERSON'S PRACTICAL RULES.

1. NEVER put off till to-morrow what can be done to-day.
2. Never trouble others to do what you can do yourself.
3. Never spend your money before you have it.
4. Never buy what you do not want because it is cheap.
5. Pride costs as much as hunger, thirst, and cold.
6. We never repent of eating too little.
7. Nothing is troublesome that we do willingly.
8. How much pain those evils cost us that never happen!
9. Take things by their smooth handle.
10. When angry, always count ten before you speak.

## DOMESTIC DON'TS.

"GEORGE, dear, don't sit on that little reception-chair; it wasn't meant for you men!"

"Now, George, dear, don't walk up and down in that way. You know it makes me nervous!"

"Don't muss that spread, George, dear! Can't you find somewhere else to lie down?"

"George, dear, don't muss my hair and don't kiss me when I am dressed. There, you might kiss my hand, if you want to."

"George, dear, don't read your stupid newspaper all the time."

"Don't wear that raw silk out with those horrid heels of yours. Why can't you sit up, George, dear?"

*She* (alone at home)—"I wonder why he don't spend his evenings at home, nowadays? O George, dear, you're like every other man!" *He* (alone at wine-garden)—"No don'ts here."—*Sturdy Oak*.

A QUICK temper is an unfortunate inheritance, but not an irremediable one. Let our young friends understand this as a fact and cease to bewail their weakness. Let them take matters seriously in hand and strive to modify the disposition by keeping a close watch upon themselves, by avoiding occasions of irritation, and those old associates whose temper is known to be readily excitable, like their own. Go, my hot-headed, explosive friend, with kind, good-natured people, and cultivate their manner.—*Phrenological Journal*.



## Household.

### THE LITTLE WHITE HEARSE.

SOMEBODY'S baby was buried to-day—

The empty white hearse from the grave rumbled back,  
And the morning, somehow, seemed less smiling and gay,  
As I paused on the walk while it crossed on its way,

And a shadow seemed drawn o'er the sun's golden track

Somebody's baby was laid out to rest,

White as a snow-drop, and fair to behold,  
And the soft little hands were crossed over the breast,  
And the hands and the lips and the eyelids were pressed  
With kisses as hot as the eyelids were cold.

Somebody saw it go out of her sight

Under the coffin-lid, out of the door;  
Somebody finds only darkness and blight  
All through the glory of summer sunlight,—  
Someone whose baby will waken no more.

Somebody's sorrow is making me weep;

I know not her name, but I echo her cry  
For the dearly-bought baby she longed so to keep,  
The baby that rode to its long, lasting sleep  
In the little white hearse that went rumbling by.

I know not her name, but her sorrow I know;

While I paused on the crossing I lived it once more—  
And back to my heart surged that river of woe  
That but in the breast of a mother can flow—

For the little white hearse has been, too, at my door.

—*Ella Wheeler Wilcox, in Demorest's Magazine.*

### THE WAY TO BRING UP A CHILD.

THE age at which children should be taught to obey is a mooted point. The indulgent exclaim against the harshness that would expect an infant to understand the meaning of obedience before he is two or three years old. The stricter disciplinarians affirm that if a child has not learned to obey by the time he is a year old, he will never be taught it. In support of their position they quote that exemplary matron, Susanna Wesley, whose children, before they had entered on their second twelvemonth, "learned to fear the rod and cry softly." Mrs. Wesley's admirers usually forget to add that either the means that produced this result, or the severity she manifested in every branch of her nursery management, had the effect of sending six of her little ones back to a gentler care than any they had found in their earthly home.

Yet children must learn to recognize and to conform to a higher authority than their own way-

ward wills. Nor can this knowledge be postponed until they have acquired a clear perception of right and wrong. The "faith as a little child" must be developed not only in such points as reliance upon a parent's strength and tenderness, but also in belief in his wisdom. The infant who cries out in the night, and is soothed into confidence and peace by his mother's voice, has sufficient mental power to know that while she is there he is safe. Does it seem too much to ask that he should understand what is meant if the same voice says "No!" when the baby hands are straying into mischief, or when the temper is showing itself by a fit of screaming?

The age at which discipline may begin must depend largely upon the child. Precocious infants comprehend and obey commands at an age when those less advanced would fail to understand what is expected of them. A mother who had had several children reported that only two of them had known how to obey as early as eight months. One of these, a little girl, had an attack of illness at that age, and although she would refuse medicine given by anyone else, she would take it meekly at her mother's command. The other, a boy, had a *penchant* for playing with his father's iron dumbbells, a pastime his parents considered dangerous, since the rolling of the heavy weights on the baby's hands might do serious harm. The baby would creep toward the fascinating playthings, and, reaching out, touch one cautiously with the tip of the finger. At the words, "No, no!" from his mother he would instantly draw back his hand, and, laying his head down on his arm, cry softly from disappointment.

The infant of a few months old who will resign himself after a hard fight to going to sleep in his cradle, instead of being rocked off to dream-land in his mother's or nurse's arms, has already learned the necessity of yielding to a stronger power than his own. As he becomes older, the habit of obedience should grow upon him, and if he is properly managed, there need be very little antagonism between him and his parents.

One must not expect impossibilities. All the world cries out against the English clergyman who recently whipped his sixteen-months old boy black and blue because he would not stop crying; yet there are some parents who seem to make almost as unreasonable demands upon their little ones. The writer has been told, in all good faith, of a



baby who was much improved by being whipped for crying when he was only two months old!

An ordinary child may be taught to obey by the time he is a year old. That is, he may by then learn to go through various little tricks at the word of command, to relinquish anything he holds, and *sometimes* to stop crying. A child's apparent disobedience often arises from inattention or lack of comprehension. His thoughts are wandering, and his mental processes are not yet sufficiently rapid for him to bring himself instantly *en rapport* with the person who issues an order. If his slowness, instead of being met with patience, is sharply rebuked, the little one becomes frightened and loses all idea of what is expected of him. This was probably the case in the instance cited above, when the sixteen-months old boy was so inhumanly punished. The firm, gentle repetition of a command will often insure obedience where harshness would utterly fail.

But where kindness does not succeed, and where it is thoroughly evident the child grasps the meaning of the order, more severe measures must be resorted to. What these are to be must be determined for each parent by himself. On the subject of the corporal punishment of children there is a great deal of rose-water sentimentalism in vogue just at present. The apostles of this new dispensation urge the ruling of children by love alone, and declaim against harsh measures of any kind. One is forced to the conclusion that their ranks are chiefly recruited from the body of spinsters and childless wives.

While all true-hearted, loving mothers must deplore the necessity of bodily punishment for children, yet the most judicious of them can hardly fail to recognize that it *is* a necessity. Alleged tender-heartedness in this respect is often only a euphonious term for self-indulgence and laziness. It is far easier for the mother to condone insubordination and pass over a fault than to exact obedience and administer correction.

With some children a whipping has a marvelously good effect. With others it is highly deleterious. The mother must learn the temperaments of her flock while they are yet babies, and regulate her control of them in accordance with the conclusions she deduces from their dispositions. The mother is spoken of here as the governing power, rather than the father, because the children are more constantly thrown with her. Moreover, only

in very rare instances should the task of inflicting corporal punishment be intrusted to the father. With no thought of injuring the child, he seldom has the least idea of the weight of his hand, and may do the child serious harm.

Whipping should not be the only means of correction. As the child grows older, constant beatings tend to brutalize him. Such penalties as deprivation for a time of a favorite plaything, as being made to sit still for a while, as having the hands tied, or as even being put to bed, are all preferable to whipping. Confinement in dark closets is a barbarism that may do a child injury.

When whipping must be turned to, as a last resort, it should be inflicted with a whalebone or a switch, that will sting without jarring. Above all, the practice of administering slaps or boxes on the ears or head should be avoided. Many a case of confirmed deafness, of rising in the head, of running at the ears, and even of idiocy, may be rightfully attributed to the old-fashioned practice of punishing transgressions by a "good clip" or "box on the ears."

Although the mother should not fail to maintain her authority when it is called in question, she should guard against raising issues. Very often it is better to shut both eyes to a small misdemeanor or a trifling display of naughtiness than to have a pitched battle with a child. The same principle applies to disagreeable tricks the little one has learned. If overlooked, they are much more likely to be forgotten than when fixed in their wee perpetrator's mind by a severe punishment. Contests of all sorts should be avoided when the child is sleepy or hungry. A hearty meal or a good nap will often transform into a happy, sweet-tempered baby the petulant, willful infant who had seemed "just spoiling for a spanking."

The parent should never permit herself to punish in anger. If there is even a suspicion of personal irritation in her heart, let her calm herself before she raises her hand. The sting of a correction administered in wrath will linger burningly in the child's memory if he is old enough to comprehend his mother's mood, while the thought of it will bring a pang to the mother whenever she recalls the episode.—*C. T. Herrick, in Harper's Bazar.*

THE best characters have a mixture of infirmities, and the worst have sometimes redeeming virtues.



## WORK MADE EASY. NO. 4.

"THE following lines came under my observation recently," said Felia to her friend, "and as they seem to embody a sentiment I have heard you declare, I give them :—

"The highest duties oft are found  
Lying upon the lowest ground,  
In hidden and unnoticed ways,  
In household work on common days;  
Whate'er is done for God alone,  
Thy God acceptable will own."

"Yes," replied Celia, "the thoughts expressed in the stanza, I believe to be correct. They are my sentiments; and not only mine but mamma's also. She is constantly impressing upon our mind the necessity of the faithful performance of *little things*, for, says she, 'they are always of importance, not alone to the successful issue of all great undertakings and accomplishments, but all through the common walks of life.' 'He that is faithful in the least is also faithful in much;' and 'whatever ye do, do it heartily as unto the Lord,' are texts that mamma often quotes to us when we are disposed to be superficial in the performance of duty.

"The work of housekeeping, as unimportant and insignificant as it may seem to others, to mamma it is, as she says, 'an accomplishment in comparison to which, in its bearing on woman's relation to real life and to the family, all others are trivial. It is an accomplishment, like other attainments, that may be acquired by study and experiment; but the young housekeeper generally reaches success only through great tribulation. There is no luck in good housekeeping, however it may seem. To be able to do it well and naturally, it ought to be absorbed in girlhood, by easy lessons, taken between algebra, music, etc., as you, Celia, are doing,' said mamma.

"A lady friend," continued Celia, "asked mamma a few days since how, with her small stock of physical endurance, she succeeded in performing so much labor, doing it so well, and apparently so easily.

"Simply," replied mamma, 'by saving my strength. I never exhaust my energies by standing to do my work when it can be done sitting. I never allow a pleasant day to pass without being out in the open air and bright sunshine an hour or so, if possible; and I find it rests muscles and quiets nerves wonderfully to lie down flat on my back every day, if for only fifteen min-

utes. This, in my case, I find absolutely necessary; and then, again, I save vital force by not stooping to pick up vegetables and fruit from the cellar floor. Everything that is hangable I hang on hooks, and the things that cannot hang I place on shelves. I am careful not to unnecessarily waste vital force; my head is taught to save steps. In short, I study to husband my strength.

"There is, however,' continued mamma, 'no economy of time, labor, or strength in shirking work, as work half done is never done, whereas work well done is robbed of its curse. The woman who is satisfied only with the highest perfection in her work, drops the drudge and becomes the artist. There is no dignity in slighted work.'"

A. M. L.

## ART IN THE KITCHEN. NO. 6.

THE most common American article of diet is the potato, and it is true that although this article comes on the table three times a day in many families, there are very few persons who have studied to know how, or to care, to cook them properly.

Potatoes require great care in cooking, to be mealy, not sodden. In the latter condition they are neither wholesome nor palatable. The potato is composed, aside from nearly seventy-six per cent of water, mainly of starch. It is deficient in fat and nitrogenous substances. When not combined with other food elements that contain fattening qualities, the potato is said to be of little nutritive value, though considered generally to be one of the staples of life.

In their preparation for the table, it is frequently thought of little importance how the potato is cooked, and usually the most hasty method is adopted. There is nothing more unpalatable or indigestible than a poorly-cooked potato. Sweet-potatoes are delicious if cooked dry.

Onions are extensively used throughout the civilized world, and though considered too rank for refined social dinner-parties, are said to be nutritious. Someone has said, "It is unchristian to eat onions." However this may be, we are told of an ancient people who longed after the leeks and onions of the land that had so long been their servile home. Surely if an ancient pedigree would give prestige, the onion ought to have it. The peculiar taste of the onion is in a large part due to an acrid, volatile, sulphurous oil, much of which is dissipated



by boiling. Onions sliced into beans, peas, or lentils, and boiled with them, are said to improve the flavor of the latter, and, strange to say, entirely lose their odor and power to taint the breath. The carrot, parsnip, turnip, beet, and radish have little nutritive value, being mostly water. They cannot be said to be important articles of diet, but for change and variety they have some value.

The cabbage tribe is large, including as it does cauliflower, broccoli, kohlrabi, and some others. They contain about ninety per cent of water, and are consequently of little nourishment. When fresh, crisp, and tender, they have a delicate, almost delicious taste, and for those who live upon highly concentrated food they must be useful.

Spinach in the spring of the year furnishes an early fresh vegetable which may be considered very wholesome and acceptable in the absence of better variety.

Rhubarb, celery, asparagus, lettuce, and cress in their season are appetizing, and are suggested as helps to the bill of fare.

It has not been our object to instruct in the preparation of food; that we leave to the cooking department. If we are able to suggest variety, perhaps the ladies will use their skill in combining so as to form a commendable bill. M.

#### COOKING RECIPES.

**BARLEY SOUP.**—Take one pound of best pearl barley, wash it well, place it in the saucepan with three quarts of cold water; let it boil down slowly to a quart; strain the liquid from the barley; place it in the saucepan; add a bunch of parsley; a small onion, a stock of celery; all to be chopped fine. Season with one-third of a cup of cream, or one tablespoonful creamed butter, salt to taste, boil for ten minutes, and serve with toasted bread.

**MILK BREAD.**—Measure out two quarts sifted flour, add to this one tablespoonful of white sugar, one teaspoonful of salt. Mix all well together. Cream two-thirds of a cake of compressed yeast with one teaspoonful of sugar, add a little milk, and pour into the flour. Then mix, adding one and one-half pints of scalded and cooled sweet milk. Knead until the dough will not stick to the board, which will be about twenty or thirty minutes; set to rise in an earthen bowl in a warm place, covered up. When risen to twice the original size, mould into three or four moulds, let it rise again to twice

the original size, and bake three-fourths of an hour.

**BAKED APPLES.**—Pare nice, tart apples of about the same degree of hardness, so they will cook alike; take out the cores, fill the cavities with a mixture of brown sugar and grated lemon rind, enough to flavor them; place in a granite dripping-pan with half a cup of boiling water to give them a start in cooking; bake until tender, and serve either in their own juice or with cream.

**ROCK CAKES.**—Half a pound of flour, one-fourth of a pound of currants, one-fourth of a pound of sugar, one ounce of candied peel, one teaspoonful of baking powder, one teaspoonful of grated lemon peel, three tablespoonfuls of double cream, one egg, one tablespoonful of milk; put the flour and baking powder into a bowl and rub into them the cream until there are no lumps remaining, then take the currants and rub them in a clean cloth (after washing) to see that there are no stones in them. Add these to the flour, also the lemon and sugar. Cut up the candied peel and add it to the other ingredients and mix them with a wooden spoon. Break the egg into a cup and beat it up with the milk, and mix it with the other ingredients. Grease a tin with dripping or butter, and divide the paste into little rough heaps, and lay them on the tin; put them into the oven to bake for about fifteen minutes.

**BAKED FISH.**—Butter a tin and put the fish on it, sprinkling a little salt over it. Butter a sheet of kitchen paper (manilla paper) and cover the fish closely over with it. Put this in the oven, and when the fish is cooked (it will take from ten minutes to half an hour, according to the size of the fish) take off the paper, put the fish on a dish, and sprinkle over it a finely-chopped parsley; then strain over it the liquor of the tin in which the fish was baked—this is the essence of the fish. Serve very hot. Almost all fish are nice cooked in this way.

**CAULIFLOWER WITH WHITE SAUCE.**—Trim off the outside leaves, and put the cauliflower into cold salty water, and let it stand until ready to cook, then plunge it into boiling water to which has been added a pinch of soda and salt; boil fast with the lid off for half an hour; be careful to take it out as soon as tender, to prevent it from dropping to pieces.

**Sauce.**—Make, in a saucepan, a white sauce as follows: Put a tablespoonful of creamed butter into the saucepan, and when it bubbles stir in one-



fourth of a cupful of flour; stir well with an egg whip until cooked; then add two cupfuls of thin cream, and a little salt; stir this over the fire until perfectly smooth. Pour the sauce over the cauliflower. Many let the cauliflower simmer in the sauce a few minutes before serving.

MRS. F. L. McCLURE.

A LITTLE girl's mother wanted her to go to bed before she began to feel sleepy. "But the moon hasn't sent her children to bed yet," objected the little astronomer petulantly. It so happened that a storm was brewing, and heavy clouds were gathering in the heavens. "Go and see if she hasn't," said her mother. The little head was popped out of the window, and the sky was scanned eagerly. "Well, I guess I've got to go to bed now," she said after the survey; "the moon is covering up her children and tucking them in."

THERE are many ways of judging egg. One is to drop the egg in a pan of cold water. The fresher the egg the sooner it will drop to the bottom. If bad it will float like a life-preserver. The best way to keep eggs is to bury them in bran or meal and turn them frequently, box and all. Salt will preserve them in any climate if properly packed.—*Sacramento Weekly Union.*

A DETROIT physician received the following letter: "Mrs. Twisdale have a bad coff. And I am afraid I will get the money (pneumonia) of the longs. My sides is sore it hurtes me to coff. Please send me a Preskriktion, that will help me. And Oblidge Mrs. Twisdale."

A BEDSTEAD made of gold and silver, and inlaid with precious stones, has been discovered in a cave between Beyrout and Damascus. An inscription states that it belonged to Eleanor, queen of England. It had lain concealed in the cave for six centuries.

*Mother*—"Now, Johnny, mamma doesn't like to spank you; it is more painful to her than to you."

*Johnny*—"Well, ma, if it makes you feel so bad I'm willing to go without it for your sake."

A THOROUGH knowledge of hygienic cookery will prove the most useful accomplishment to any woman.

#### HELPFUL HINTS.

FOR apoplexy, raise the head and body; for fainting, lay flat.

IF in the water, float on the back, with the nose and mouth projecting.

STOVES that are blacked when entirely cold, hold their nice color much longer.

FOR A RATTLESNAKE BITE.—Shave off the skin till it nearly bleeds, and apply soda.

INK stains may be removed, when comparatively fresh, from linen, by applying lemon juice and washing with warm water.

IF the chimney catches fire, run to the salt box, and empty it out upon the flames; they will be reduced as if by magic, and further steps can be taken to subdue the outbreak.

RAISIN seeds are disagreeable in pudding or pie, and intolerable in cake. If hot water is poured over the raisins and in a minute drained off, the seeds can be removed very quickly.

FLANNELS and blankets may be soaked in a pail of water containing one tablespoonful of ammonia and a little suds. Rub as little as possible, and they will be white and clean, and will not shrink.

MILDEWED garments should be placed in buttermilk on Thursday. Let them remain till Monday, pressing them down occasionally. Then rinse out the buttermilk and wash with other clothes. Let them hang on the line till you wash again. If the mildew is not entirely gone after the second washing, try again.

HAND grenades for the speedy extinction of flames may be prepared in ordinary glass bottles. Fill them with the following preparation: One pound of common salt, one-half pound of sal-ammoniac, dissolved in two quarts of water. Seal the bottles, hang in a convenient place. This is the same as the grenades sold at fancy prices.

FOR SWEATING FEET.—Just before retiring at night, take a hot and cold foot-bath, dipping the feet first in cold water, then in hot, allowing them to remain in each for about one-half minute, and repeating the operation fifteen or twenty times. Then wipe with a soft towel, and when nearly dry rub with subnitrate of bismuth, using a large teaspoonful for each foot.



## Healthful Dress.

### THE WEAVER.

BESIDE the loom of life I stand  
 And watch the busy shuttle go;  
 The threads I hold within my hand  
 Make up the filling; strand on strand  
 They slip my fingers through, and so  
 This web of mine fills out apace,  
 While I stand ever in my place.

One time the woof is smooth and fine  
 And colored with a sunny dye;  
 Again the threads so roughly twine  
 And weave so darkly, line on line,  
 My heart misgives me. Then would I  
 Fain loose this web—begin anew—  
 But that, alas! I cannot do.

Some day the web will all be done,  
 The shuttle quiet in its place,  
 From out my hold the threads be run;  
 And friends, at setting of the sun,  
 Will come to look upon my face,  
 And say, "Mistakes she made not few,  
 Yet wove, perchance, as best she knew."  
 —*Juvenile Instructor.*

### A "DARLING SIN."

YES, any physician who advocates that disease-creator—the corset—is truly committing no small sin. This is confirming his own patients and followers in a pernicious, health-destroying habit, and he is blocking up the way of those wiser practitioners who are striving to so influence the mothers and daughters of to-day as to add to the strength, beauty, and happiness of the coming generation.

Dr. Darling's article furnishes no proof in favor of the corset, to a reasoning mind.

The fact that occasionally a rugged old lady is found who has worn the corset, is not proof. Could we read back through the records of her old-time associates, who started with her in the race of life, who knows how many would be on the list of those who have fallen, gasping and dying, by the way, mortally hurt, albeit they knew it not, by the breath-impeding and life-starving corset.

A man died but a few days ago at the ripe age of 101—well preserved up to the date of his death. His body had been riddled with bullets, slashed by sabers, and torn by fragments of flying shells, in the wars of the great Napoleon. Mangled by thirty-two wounds, yet he survived the last of them by many long years, and was "always in good-humor and good health."

Was it because he had been so cut and slashed, so pierced and shot through, that he lived so long and spent his years so happily?

Let us consider the dying groans of countless thousands of his old comrades ere we answer in the affirmative.

One man lives to be very old, whose habits are clean and

life is pure. Another lives to an equal age, whose breath steams out vile odors, and the very granules of whose brain have been so transformed that a microscopist would scarcely know them to be of the human structure. What then? Shall we feast our young boys on tobacco, pour out libations of whisky to the gods of misrule, and from the same flask press the deadly glass to the lips of men, women, and children?

"It is not in mere life that men live most." The clear-headed man, the wise-thoughted woman, the lofty-souled ones of this earth, are the product of pure living and obedience to the laws of life. The more absolute that obedience, the more profit to the individual.

Dr. Darling understands the harm of tight lacing it seems, but he does not understand the corset—aye, the loose corset, of which he so glibly talks. Let us hold it up to his inspection—a lovely object! Stiffer than buckram, filled with heavy cords and not a few whalebones, it closes around the delicate body—God's very master-piece of creation, for gracefulness of curve, harmony of structure, beauty of adaptation, and fineness of finish. As this body sways to and fro in the sinuous movements which ought to express its exquisite grace to all, the hard surface meets and checks it continually. Here a cord or there a bone bears against some muscle whose strength is of inestimable value to the inner as well as the outer structure, and checks the flow of blood through its fibers, and thereby stops its method of growth and development. The skin having first been hindered by pressure from properly performing its imparted functions, all the outer muscles take their turn and undergo the weakening, growth-stopping process.

But upon these outer muscles depend the power of the whole trunk to support itself in great part. They bind the figure around, across, lengthwise, over, and under, and reach in to clasp others that uphold the internal structure as well.

Dr. Darling well knows what must follow. The function of the lungs impeded, the heart's action weakened, the digestion disturbed by a slackening of the muscles upholding the stomach, the diaphragm slipping down, which should hug close to the upper internal organs, the whole lumbar region subject to displacement. This tells not half the story. Nervous derangements, brain disturbance, countless ills that flesh is heir to, follow after with more or less haste. Not always, the doctor would say. Now and then an old lady yet lives who has been under the life-restricting process. Let us admire her fine inborn energy, her abounding vitality, that *will* exist in spite of obstacles, her inner reacting power, that forces back the outer hardness and proves stronger than strings and whalebone.

But in the name of beauty, grace, health, and holy living, let us *not* admire that corset! Pray, Dr. Darling, since you find the stiff-body so admirable, why not advocate its use among men? Ah, indeed, why not wear it yourself?—*Linnet M. Ousley, M. D., in People's Health Journal.*

THE empress of Germany dresses with extreme plainness for church, and is so inconspicuous a person that but for her place in the royal pew of the great Domkirche she would be supposed to be some young country matron on a first visit to the city, rather than the wife of the emperor.



### DANGERS OF TIGHT CLOTHING.

Now that rational ideas as to dress have acquired a definite place in public esteem, it may be imagined that the practice of tight lacing and customs of a like nature, if known at all, are not what they used to be. A case of sudden death lately reported proves that it is still too early to indulge in such illusory ideas. The deceased, a servant-girl of excitable temperament, died suddenly in an epileptoid fit, and the evidence given before the coroner respecting her death attributes the fatal issue to asphyxia, due, in a great measure, to the fact that both neck and waist were unnaturally constricted by her clothing, the former by a tight collar, the latter by a belt worn under the stays.

We have here certainly those very conditions which would lead us to expect the worst possible consequence from a convulsive seizure. There is no organ of the body whose free movement is, at such times, more important than the heart. Yet, here we find, on the one hand, its movement hampered by a tight girdle so placed that it could with difficulty be undone at a critical moment; on the other, a contrivance admirably adapted to allow the passage of blood to the brain, while impeding its return.

This is no isolated case as regards its essential character, though, happily, somewhat singular in its termination. Minor degrees of asphyxiation, we fear, are still submitted to by a good many of the self-torturing children of vanity. The tight corset and the high heel still work mischief on the bodies of their devoted wearers. Taste and reason, indeed, combine to deprecate their injurious and vulgar bondage, and by no means unsuccessfully. Still the evil maintains itself.

Cases like that above mentioned ought to, if they do not, open the eyes of some self-worshippers of the other sex, who heedlessly strive by such means to excel in a sickly grace. We would strongly impress on all of this class the fact that beauty is impossible without health, and would advise them in the name of taste, as well as comfort, to avoid those methods of contortion, one and all, by which elegance is only caricatured and health may be painfully and permanently injured.—*American Analyst*.

### ABUSES IN DRESS.

A REACTION seems to be setting in against the corset, and it is becoming generally admitted that the great increase in abdominal pressure which it causes is to be blamed for a great many of the diseases to which women are victims. Loenfield (*Polyclinie*) in an interesting article lays great stress upon the injury which they do by interfering with respiration. It is clear that, if a woman is prevented from taking in sufficient oxygen for her needs, her blood must deteriorate. Poor blood means weak muscles and a flagging brain. It has been noticed, he says, that college women have largely given up the wearing of corsets. It is doubtless a custom that will become more and more widespread. It would seem strange that anyone should care to pour into herself intellectual food at the same time that she carefully shuts off the draft of her furnace and so prevents its utilization.

Marchand thinks they are a common cause of the forma-

tion of gall-stones, from which women suffer more than men. Pressure exerted by this article of dress on the liver is transferred to the gall-bladder and its ducts.

This pressure is not uniform; it is more constant by day, but decreases at night, or is exerted only when the form of the thorax is already altered by pressure. This pressure causes the retention of the bile in the gall-bladder. During the day-time the bladder tends to empty itself. In the intervals of digestion, and during the night, it has a tendency to refill itself. If the daily evacuation of this organ is prevented or only imperfectly effected, there is a recurrence of stagnation or bile, and a consequent disposition to the formation of gall-stones.

I do not think that women are alone to blame for wearing tight corsets. They only try to meet a demand. If men admired women of natural shape more than thin-waisted girls, the supply of the latter would soon cease to come on the market. So we should educate our male acquaintances to understand the probable sickness and costliness of corset-laced wives.—*A. L. Smith, B. A., M. D., in Herald of Health*.

### AGAINST HOOP-SKIRTS.

"NEVER fear," said a bright woman yesterday, "that hoop-skirts will come in. They can't. They're an impossibility under the present social régime. Hoop-skirts go with formalism, conventionality; limp skirts are necessary with estheticism and—occasional chairs. There are three things that act and react on one another,—furniture, manners, and clothes. Hoop-skirts were all very well for a generation that bowed and courtesied and set its sofas, tables, and pianos primly back against the walls. There was a fine clear space in the middle where social evolutions could be fitly and with dignity performed. Greek draperies are the only ones really compatible with the present method of arranging drawing-rooms.

"Is there any encouragement for hoop-skirts in a society which drops into statuesque poses on cushions wherever those cushions chance to occur, which clasps its hands over its knees and is always assuming picturesquely confidential attitudes? Hoop-skirts are not Delsartian. There is only one thing in their favor, they could give an opportunity for classes. One could give lectures on the art of managing a hoop-skirt, and Lent is coming, when lectures multiply. The true daughter of the nineteenth century would take lessons, if she could, in the art of dying. But no, hoop-skirts in a horse-car civilization are impracticable."—*Mail and Express*.

### A WELL-DRESSED WOMAN.

THE general woman is the woman you know and I know, you like and I like. She has wit and sense enough to realize that the most expensive fashions are often the key-note to the development of pretty coats and frocks in less costly fabrics. If she is wise she will study out the colors and stuffs that suit her best. She will buy each frock and gown with the thought to that which is already in her wardrobe, and in this way will avoid inharmonious effects. Gowns, gloves, and hats in harmony are what, after all, make a well-dressed woman. They need not absolutely match, but not a color must, as the French people say, "swear at each other." The general effect must be that gained in a many-hued flower, each shade blending into each other until perfection is obtained, and the woman, like a flower, is a symphony in tints.—*Mrs. Mallon, in Ladies' Home Journal*.



## Publishers' Department.

### NEW BUILDINGS AT THE RETREAT.

NOTWITHSTANDING the providing of rooms in the old gymnasium, the securing of another cottage, and the erection of tents, the Rural Health Retrea has been crowded to overflowing during the summer months. It is no longer a question of doubt whether another large building is needed. The success of the institution is so assured that more room *must be* provided. It is too late in the season to build this year, but arrangements will probably be made that the building may be erected early in the spring of 1891. Meanwhile the managers will do all in their power for the accommodation of those needing the treatment afforded at the Retreat. Remember that everyone going home cured makes room for another one to come in. So do not fail to make early application for room.

### ADMISSION-DAY CELEBRATION.

SEPTEMBER 9 is a legal holiday in California, on which she celebrates her admission into the Union as a State. For many years it was made an occasion of rejoicing by the pioneers of the coast, when they displayed the original "bear flag" of California, with almost every available relic of early mining days, in public procession. In later years there has sprung up a fraternal organization, known as the Native Sons of the Golden West, composed entirely of those born in the State. These, each year, as the organization grows in numbers and strength, seem determined to outdo the efforts of previous years in the celebration of the anniversary day.

California was admitted to union with the sister States of this great nation in 1850, so September 9 is the fortieth anniversary of the event. The N. S. G. W. declare that the celebration for which they are preparing in the city of San Francisco will be an event that "will surpass the celebrations of the Grand Army of the Republic and the Knights Templar held in that city." The celebration this year is to commence with a grand display of fire-works, on the evening of September 6. On Sunday morning, September 7, special services will be held in all the churches of the city in honor of California's anniversary. In the afternoon "a grand sacred concert will be given in Golden Gate Park." The celebration is to be continued over the 8th, 9th, and 10th. Ten thousand dollars has already been appropriated for decorating purposes alone, and it is declared that "the city will have the gayest garb it has ever worn." It is expected by the N. S. G. W. to spend about \$100,000 in the observance of the day, and this sum, they say, has already been assured for the purpose. On the 9th—admission-day—will occur the great parade, which it is declared "will be, without exception, the most magnificent and gorgeous demonstration in the history of the State." On the 10th three large ocean steamers are expected to convey excursionists to points of interest around San Francisco Bay, and thus this annual celebration will close.

### THE WORLD'S FAIR.

IN the early days of California as a State there was a quite common saying, "California against the world." That enterprise and push which led men and women to peril their lives among savages, and endure the hardships of a five-months trip across the plains with ox teams, brought to this coast the kind of material that was ready to undertake with a will, and accomplish, new and sometimes doubtful schemes. Much of this "go ahead" disposition is still alive here. It was manifest in the fact that California was the first State to come forward and apply for space for its exhibits in the coming Chicago World's Fair, 1893. And it still further appears that California is on hand with its first complete exhibit, ready to be forwarded to Chicago as soon as the space shall be ready to receive it. It is no mean article that she has to send, but one which will be rare for Eastern eyes. It is from Humboldt County. It is a huge plank from one of her redwood trees. We read concerning it in a recent number of the *Sacramento Record-Union*: "SAN FRANCISCO, July 29.—The first finished exhibit for the world's fair was unloaded from the schooner *Lily* to-day. It is a redwood plank from Humboldt 16 feet 5 inches wide, 13 feet long, and 8 inches thick. The tree from which it was cut was over 17 feet in diameter. Both sides of the monster plank are planed smooth, and the section from which it was taken was near enough to the butt to show the curly grain, which takes so beautiful a polish. One side will be polished, and the whole will make quite a feature of the Western exhibit."

### THE LOMB PRIZE ESSAYS.

WE have received, through the courtesy of the American Public Health Association, the five essays which have been brought out by prizes offered by Mr. Henry Lomb, of Rochester, N. Y. The first four of these essays are moderate-sized pamphlets; the fifth is a volume of 190 pages, neatly bound in cloth.

No. 1 of the essay is entitled, "Healthy Homes and Food for the Working Classes," by Victor C. Vaughn, of Ann Arbor, Michigan. It contains many interesting and useful suggestions easily adopted by those in moderate circumstances. No. 2 is entitled "The Sanitary Conditions and Necessities of School-houses and School-life," by D. F. Lincoln, M. D., Boston, Mass., full of interesting information on the proper construction and arrangement of school-houses and premises, for the good of the students. No. 3 is entitled "The Disinfection and Individual Prophylaxis against Infectious Diseases," by George M. Sternberg, Major and Surgeon U. S. Army. The title of this work speaks for itself. No. 4 is entitled "The Preventable Causes of Disease, Injury, and Death in American Manufactories and Workshops, and the Best Means and Appliances for Avoiding and Preventing Them," by Mr. George H. Ireland, Springfield, Mass. This work is highly instructive to manufacturing establishments. No. 5, which has just come to our desk, is the first prize, among seventy competitors, written by Mrs. Mary Hinman Abel, and is entitled "Practical, Sanitary, and Economic Cooking."



In the book there are many practical hints in relation to food, which are worth many times the price of the book. Much of the instruction, however, relates to the preparation and use of flesh and fowl diet, while a vastly less space is devoted to the fruits, cereals, and leguminous foods. It may be an economic aid to those using largely of flesh as a staple article; but, of course, it would please a vegetarian much better if, in its bills of fare, it dealt less on those foods requiring so much "frying" and "broiling," and treated more upon the food elements constituting man's primitive diet (Gen. 1:29).

These essays are placed at a mere nominal sum, to cover the cost of their publication, and may be obtained by addressing Mr. Henry Lomb, P. O. Drawer 289, Rochester, N. Y.

### NOT IN THE "BOOK TRUST."

THE statement has been widely circulated, probably by parties who wished it might be true, that John B. Alden, publisher, of New York, Chicago, and Atlanta, had joined the "Book Trust," which is trying to monopolize the publication of standard books, and to increase prices from twenty-five to one hundred per cent. Mr. Alden sends us word that he has *not* joined the Trust, and there is not, and never has been, any probability of his joining it. The "Literary Revolution" which has accomplished such wonderful results within the past ten years, in popularizing literature of the highest character (no "trash" ever finds place on his list), still goes on. Instead of increasing prices, large reduction in prices has recently been made, particularly on copyright books by American authors. A catalogue of ninety-six pages is sent free to any applicant. One of the latest issues from his press is "Stanley's Emin Pasha Expedition," by Wauters, a very handsome, large-type, illustrated volume, reduced in price from \$2.00 to 50 cents. This work tells a most interesting and complete story, beginning with the conquest of the Soudan, and continuing through years of African exploration, the revolt of the Mahdi, the siege of Khartoum, with the death of Gordon, the return of Dr. Junker, besides the story of Stanley's own adventures, including his successful Relief Expedition. It is one of the best and most complete works issued upon the subject. Send Alden your address, and you will receive his 96-page catalogue, and from time to time specimen pages of his new publications. John B. Alden, Publisher, 393 Pearl Street, New York, also Chicago and Atlanta.

### ST. LOUIS HYGIENIC COLLEGE.

OUR readers will notice, on page 285, the advertisement of this institution, which will open its winter term October 1. Of the means employed under their instruction, they claim that the whole philosophy of cure is exceedingly simple, if we but bear in mind the nature of remedial action; how, even without our aid, the vital forces endeavor to perform their work—to throw out impurities, and to institute repairs. It is *direction* that these forces need, not suppression. Supply the proper conditions, and *vis medicatrix nature* will do the rest.

SUBSCRIBERS to the PACIFIC HEALTH JOURNAL are coming in quite freely. One of our lady subscribers, besides attending to her family duties, found time, during the last month, to secure over sixty subscribers. The commission allowed her on these will add considerably to her "pin money." Many others are working for the JOURNAL. May it soon visit the homes of thousands more with its gospel of health.

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## How to Dress Healthfully.

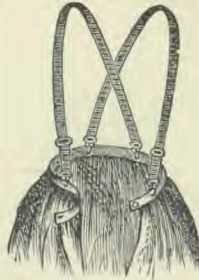
THE Fashionable Corset and every other device for compressing the waist or any other part of the body, should *at once* be discarded, as they are the most fruitful sources of consumption, dyspepsia, and the majority of the ills from which women suffer. Suppose the waist does expand a little, the step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

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

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

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

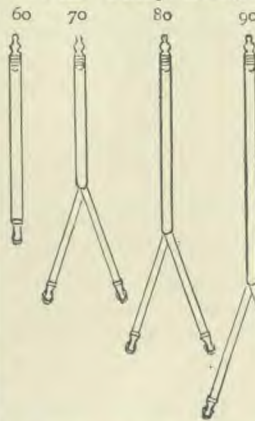
### The Ladies' Hygienic Skirt Supporter.



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

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

### The Daisy Clasp Stocking Supporters



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

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



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

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

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**HEALTHFUL FOODS.**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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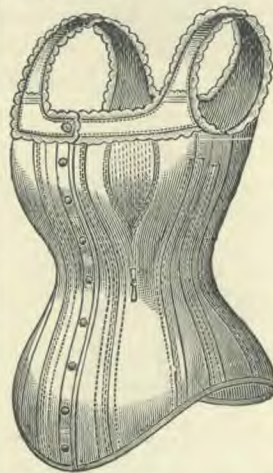
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