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NOISY people will always recommend the virtue of silence.

INDIGESTION is the source of the greater part of all sickness.

I PRAY you believe that you may be mistaken. —*Cromwell.*

HE is happiest who renders the greatest number happy. —*Desmalis.*

ONE should feel pity for himself if he could not overcome his envy of another.

To court the favors of others by a sacrifice of one's self-respect, is to lose more than is gained.

THE number of fishermen always afloat round the British Coast is about one hundred and twenty thousand.

OPPORTUNITIES are very sensitive things; if you slight them on their first visit, you seldom see them again.

NEVER say anything wrong of anyone if you are not quite sure about it, and if you are, ask yourself, "Why do I say it?"

DURING the year ending June 30, 1889, 65,250 gallons of cotton-seed oil were sent to Italy for the presumed purpose of adulterating the olive-oil which was exported to us in fancy-labeled bottles. —*California.*

TYPHOID FEVER.

(Continued.)

IN the September and October numbers of this JOURNAL we spoke of the most commonly accepted cause of typhoid fever as well as the most fruitful source of the spreading of the disease. We gave also instructions what to do in case of an outbreak of the disease—how to prevent its spread, etc. It remains that in this present article we give instruction how to proceed with the individual patient who may be the subject of an attack.

Looking back to the year 1839, when my own father died with typhoid fever, in the State of New York, we note a wonderful advancement in the methods employed for the treatment of fevers. Then it was bleeding, calomel, and positive orders that the patient must not be allowed to drink water. Well do I remember being called into the sick-room of my father the last time I (a boy of seven years) ever saw him alive. A frame had been built around his bedstead, which was covered with thick blankets both at sides and top, to exclude the air and light. Through a small opening near the head of the bed, I was permitted to look at his shaded face. It left an impression on my mind that typhoid fever was something awful, especially as he died soon after.

How strange that people in those times did not recognize at least the one fact that a fever was a sort of fire in the system, and that, as water was one of the best extinguishers of fire, it might at least be safe to let the patients have a little water to cool their parching tongues. But no, they had been given calomel, and there was danger that the water would "salivate" them, and so they must be left to burn for fear of getting a "sore mouth."

All due praise to those physicians who had the boldness to advance with developing medical truth and say, Banish the "calomel jalap" and "blue

mass," and let the patient have the water, and that in abundance.

In the treatment of fevers, one of the most important things to be considered is that the patient be furnished with pure air, and that such measures be adopted as will tend to reduce the temperature of the body. Dr. Kellogg says:* "In a majority of the infectious diseases of which fever is a prominent symptom, the great danger to life is occasioned by the great increase of temperature. This is also the principal cause of the rapid loss of weight and strength by a patient suffering with fever. There is an unusually rapid destruction of the tissues of the body, while at the same time, there is a loss of assimilative power, so that the wasted tissues are not readily replaced. The nervous system, and especially the heart, also suffers directly from the depressing influence of a high temperature. . . . As the high temperature is the greatest source of danger in fever, the greatest importance attaches to remedies which will have an influence to lower the temperature. Those which are most effective for this purpose may be briefly enumerated as follows: Sponging with cold, cool, or tepid water; the application of the cold compress to the abdomen, chest, or head, or to all at the same time; ice to the spine; wet-sheet pack; cool shower bath; affusion; cool or cold enemas; drinking ice-water, or swallowing bits of ice; the graduated full bath; the cool-air bath. [These different methods of treatment are particularly described in "Home Hand-Book," pp. 641 to 667.]

"Any or all of these measures may be employed, according to the particular indications of each individual case. When the fever is slight, tepid and cool sponging, and the application of tepid compresses over the abdomen, are usually sufficient. When fever rises very high, as indicated by very full and rapid pulse, severe headache or delirium, throbbing temples, and a temperature of 102 to 105° or upward, ice to the head and spine, cold compresses over the bowels, frequent cool sponging, and the use of the cool or cold enema once in two or four hours, are the remedies upon which we chiefly depend. By the combined use of these measures, the temperature can almost always be readily controlled. The cold enema is a very useful measure indeed, and is especially serviceable in cases in which the patient complains of chilliness upon being sponged with cold water. . . .

"When the fever is high, the patient may be allowed to drink freely of cold water, as by this means an appreciable effect upon the temperature may often be obtained. If at any time unpleasant sensations are produced in the stomach by taking too much cold or iced water, it may usually be quite promptly relieved by applying a hot fomentation over the stomach. When the patient complains of a bad taste in the mouth and a dislike for water, weak lemonade, slightly sweetened, may be used to very great advantage. Juices of various other fruits, as of apples, raspberries, currants, etc., may be used in the same way as lemon juice. In cases in which the stomach is very irritable and rejects drinks of all kinds, the thirst will often be relieved by giving the patient an enema, as a considerable quantity of fluid may be absorbed by the mucous membrane of the lower bowel. When given for this purpose, as when administered to reduce the temperature, quite a large quantity of water should be employed. It should be introduced very slowly and should be retained as long as possible, half an hour at least. When the disposition to expel the water cannot be readily controlled, a sponge or napkin should be held against the anus for some ten or fifteen minutes. The severe headache which most fever patients suffer, is best relieved by a continuous application of cold to the head. . . .

"The supply of an abundance of fresh air by proper ventilation is by no means the least important measure necessary in the successful treatment of fevers, as, in many cases, the morbid action is a result of inflammation excited by poisonous germs. Thorough ventilation is necessary to remove the infectious particles with which the air of the patient's room may become impregnated, so that the infection will not become intensified by breathing over and over the poisoned atmosphere.

"Ventilation is also necessary for the safety of nurses and attendants. Practical experience has shown a very great difference in fatality between cases treated in close and unventilated hospitals, and those in which an abundant supply of fresh air was furnished. At a Sanitary Convention held in Detroit, in January, 1880, under the auspices of the Michigan State Board of Health, an old army surgeon related a very interesting experience illustrating the importance of securing to the sick, and especially persons suffering with fever, an abundance of pure air. He stated that during

*"Home Hand-Book," pp. 1182-1190.

the war he had charge of a large hospital in which at one time in the winter season he had under treatment three hundred and twenty cases of measles. Just at this time the hospital took fire and burned to the ground. The patients were placed in tents, and all but one or two recovered. He had no doubt that the number of deaths would have been thirty or forty at least had the patients remained in the hospital. He afterward sent one hundred men, who were only slightly ill, to the general hospital at Nashville, and seventy-five of them died. Upon visiting the hospital, he found it so poorly ventilated that the air was exceedingly foul, producing a sickening sensation when he had been in it only a few minutes. The doctor concluded by remarking that he regarded pure air and water as most important agents, and believed them to be capable of controlling the ravages of raging disease.

"The danger of fever patients taking cold by exposure to cool air is much less than is generally supposed. An eminent German physician advocates the use of the cold-air bath, when the cold-water bath cannot be conveniently employed. His plan is to open the doors and windows of the sick-room, and, after removing the patient's clothing, place him in such a position that he will be fully exposed to the draft of cold air. We have frequently employed a modification of this plan by stripping the patient, and after moistening the surface with a wet sponge, or the hand dipped in water, allowing evaporation to take place. A marked cooling effect can be produced in this way. If proper care is taken to keep the feet and hands warm, little fear need be felt that the patient will take cold when suffering from a general fever. The temperature of the room should be kept as low as possible without inconveniencing the patient. As a general rule, 60 to 65° is a proper temperature. Seventy degrees should rarely be exceeded."

In addition to these general instructions relative to fevers, the doctor says specially of typhoid fever patients: "The delirium and sleeplessness are best relieved by ice compresses, or the ice-pack applied to the head. When discomfort is occasioned by pain or gas in the bowels, fomentations should be applied once or twice a day, or every three or four hours, according to the requirements of the case. The use of stimulants is seldom called for. We occasionally employ them, when the patient seems to be sinking with exhaustion from long continu-

ance of the disease, but do not feel at all certain that we have ever obtained any marked benefit from their use.

"In the treatment of a large number of cases of this disease, we have had no occasion for the employment of such large doses of quinine as have lately been recommended by some eminent German physicians. . . . The cool enema produces far more decided and permanent results than the largest doses of quinine which can be safely given, and is quite free from the unpleasant after effects of this drug. . . .

"It is frequently the case that the patient is not out of danger when convalescence begins, as hemorrhage from the bowels may occur even after the disappearance of most of the other symptoms of the disease."

In our next we shall have occasion to speak of the diet most suitable for cases of typhoid and other fevers.

J. N. L.

FOODS.

BY W. P. BURKE, M. D.

THE essential idea of food is that which, when introduced into the system, is supply material to maintain and renew the vital structures.

Some foods are more valuable to the body than others, because their supply material is greater. Foods easily digested and assimilated are of more value, as a rule, than those which are not. Some are more economical because they possess more nutriment at a less proportionate cost. Others are more agreeable, because varying in flavor.

Foods may have a general nutrition and a common effect, and there are those which affect specially the skin, lungs, heart, liver, bowels, brain, spleen, and other organs.

The sources of foods are from water, air, earth, vegetable and animal kingdoms, and are solid, liquid, and gaseous, and are also organic and inorganic. The latter are so combined by nature and natural processes as to supply food for man. Water and minerals are found in both animal and vegetable foods, and oxygen and nitrogen in the air are distributed through our food in abundance.

The vegetable draws minerals and water from the soil, takes water and air from the air, and incorporates them into its own growth, and is then eaten by man and animals, and their bodies

are made up from these elements which the vegetable first acquired. Man's sources of food are the same, to a great extent, as those of the animal creation, and he can live and work as hard as they on the same foods. Our perverted habits of living make some difference, animals having lived on natural food, while man has not.

Man and animal exhalations and excretions are food for the plant, and at length the body itself becomes food for the vegetable; the vegetable furnishes food for man and animals, so the circuit is complete.

The wasting of the body is constant, so that elements present one hour are gone the next, and in health is accompanied by renewal, which is of the same nature as that wasted, so the body remains the same. This is the office of food, to supply to each part of the body the very same material that is lost by waste. Even the very heat of the body, when lost, must be supplied by food, as well as to maintain the structures, under the influence of life and labor. The supplying of heat is very important, because the body will die very soon when the sources of heat are removed or greatly lessened. The waste of the structures of the body is important. They can waste for some time, and yet the body live, but it must be made good. The heat of the body is much more urgent.

The different substances of the body must be supplied by food of the same composition, or of such material as the vital forces may transform into these substances.

The principal things which compose the body are as follows:—

The *blood* and *fresh flesh* contain water, glycogen, fat, fibrine, albumen, gelatine, iron, silica, the chlorides of soda and potash, the sulphates of soda and potash, the phosphates of magnesia, soda, potash, and lime, the flesh containing inosit and kreatine additional.

In *bone* is found fat, gelatine, cartilage, salts of magnesia, soda, potash, combined with phosphoric and carbonic acids.

In the *brain* we have water, albumen, cerebrin, neurine, lecithine, fat, phosphoric acid, combined with the salts of soda, magnesia, and other salts, and osmazome.

Cartilage contains chondrine, sugar, salts of soda, potash, lime, phosphorus, magnesia, sulphur, and iron.

The *liver* is composed of water, glycogen, fat, albumen, phosphoric and other acids, in conjunction with soda, lime, iron, and potash.

In the *lungs* we find gelatinous and caseous substances, albumen, fibrine, fatty and organic acids, cholesterine, water, and salts of iron and soda.

The *bile* consists of, organic elements—mucine, lecithine, bile pigment, oil, cholesterine, and bile acids, etc. The inorganic are chloride of sodium, phosphate of sodium and lime, traces of copper, and oxide of iron.

I wish to state an important fact just here, that the inorganic elements are an actual necessity in our foods. Experimenters have shown that when these are lacking, muscular weakness and trembling result, and the nervous system suffers greatly. These elements enliven the brain, nerves, and secretion. We find when meats are preserved by salt, the greater part of the mineral substances are taken out of the meat, and so losses result to the system when eaten, and can be supplied by fresh vegetables, rich in mineral substances. Salt pork and corned beef may cause scurvy, which can easily be cured by eating fresh vegetables and fruits.

The inorganic salts of lime, magnesia, iron, soda, and potash are always found in the normal body, mostly combined with phosphoric, and more lightly with chlorine and carbonic acid. The potash salt predominates in muscular tissue, potash and iron in the blood corpuscles, and the soda salts in the serum of the blood, while barely a trace of potash is found there. We find phosphoric acid and potash in the fluids of the flesh and dissolved in them, and this acid is more abundant than all the minerals of the body, and there is more of it in the food of vegetable-eating animals generally than in carnivorous.

One of these salts cannot be substituted for another in the body, as experiments show; for instance, phosphate of potash is normal to the muscles and blood corpuscles, but is abnormal to the blood serum, causing paralysis of the heart. Unless the excess of these salts be readily excreted, harm results, as we find often in aged people, where elimination is slow, the accumulation of lime salts, and a deposit of it at the joints, causing enlargement.

(To be continued.)

RELATION OF SOME FOODS TO PHYSICAL HEALTH.

BY M. S. PUTNAM, M. D.

STARTING with the premise that each organ of the body must have pure blood sent to its tissues in order to keep it acting normally, one can see the necessity of selection in the food that goes to make the blood with which the parts are supplied.

Vitiated blood, whether from improper food or bad air, sent to a viscus, be it liver, kidney, brain, heart, or lung, must necessarily disease that organ, and its function becomes perverted or impaired, and finally, if the poisonous quality of the blood be not corrected, organic changes take place that, sooner or later, according to the vitality or constitution of the person, result in death.

It is more difficult a task than is generally supposed to give a code of dietetics for the world at large to follow; for not only nationality, sex, age, habit, constitution, state of health, but personal idiosyncrasies are to be considered. But there are general physiological principles in regard to eating that all can with benefit follow; and these the hygienists of to-day are trying to inculcate in the public mind by means of health journals and institutions throughout the land.

There is an "educated stomach" just as there are educated minds, discriminating as regards quality of food, cookery, congruities as to kinds served at a meal, and keenly susceptible to the esthetic side of the table. In fact, by the possessors of such, eating is made a fine art, and often a social science, although they do not, perhaps, as the Romans, recline on couches and drink out of jeweled cups crowned with flowers, and lulled by soft strains and the tinkling bells of the dancer.

The other extreme is, possibly, largely west of the Mississippi, where it is said they bolt their food and simply "fill up." The continental habit of table *d'hôte*, as all travelers know, is most admirable—where the train at dinner-time waits at the station a full hour, so that one sits down to dine with as little haste as if at home. Would that Americans could become more civilized in this respect. "Many men, many minds." Taking refuge under the protecting shadow of this adage, I wish to differ with many health reformers upon several cardinal points, such as indiscriminate rigorous dieting, the uses of oatmeal,

butter, milk, fluids at meals, and an empty stomach at bed-time.

We, as a nation, are so prone to nervous diseases (and every day becoming more and more so, and the nerves contract every function of the body), that I believe we should eat so as to largely feed that tissue, and that there is more real danger of starvation of the body than an overstimulus and supply in the way of food. Nature has many channels by which to throw off a surplus, but no way to correct the lack of food causing tissue hunger. The fashionable disease of neurasthenia, fashionable because it only attacks the finer organisms of the cultivated, is spinal anæmia, caused almost, perhaps wholly, by mal-nutrition. The patient may, however, have eaten abundantly, but not to the purpose. An article of diet may recommend itself to the palate merely.

It is a mortifying fact that man, according to his size, throws off more waste or excretes more than any other animal. Let me here remark that bran in breads, and cereals coarsely prepared, are not valuable because of nutritive qualities, but because, not being concentrated foods as wheat flour, cheese, etc., more is taken in bulk to produce the same effect, and consequently there is more *débris*, as it were, to be thrown off, thus "opening the bowels."

It is a question with me whether it be wise to gorge the bowels to this extent for such a purpose. May it not cause overstimulation and paralysis of that part of the alimentary tract? As the nervous ganglia and strands are made up mostly of fat, it is now a practice among many physicians to feed patients suffering from nervous and mental diseases on butter and bread (instead of bread and butter), the latter, as you will infer, out of proportion in quantity to the butter; but the butter must be of fine quality and without salt. Olive-oil is also well spoken of in this capacity.

Oatmeal, which, in its day, has been almost the foundation of the table of the hygienist, has lost some of its popularity, as it has been proven to be heating and irritating to many stomachs and causing a trying eruption of the skin. It is well known that the Scotch, who use it so universally, are often afflicted with an itch. Hence the exclamation, "God bless the Duke of Argyle!" as they rubbed themselves against the posts invented by him.

Fluids at meals keep the food in a floating condition, and prevent its being churned by the

muscular contractions of the stomach, which reduce it to a pulp and prevent its being properly attacked by the gastric juice. They also, if cold, lower the temperature of the stomach and draw the blood away from it just at the time that it is needed in the process of digestion. Moreover, the habit of much water drinking at the table is notably inelegant.

Milk is a perfect food if one can use it, but "there's the rub." It contains most all of the ingredients of food: Albumen, sugar, fat, salts, water, and caseine (the part cheese is made of); but with all these attractions it will float and cause biliousness in many cases. Sometimes this effect may be modified by the use of lime water with it; but it dilutes the milk considerably. Skimmed milk is used by some with delicate stomachs, but the milk has lost its best qualities, and in large cities, in the heated term, it is considered positively injurious and the sale of it illegal.

Buttermilk can be used with benefit but for awhile, the acid counteracting or overruling the natural acids of the stomach and impairing digestion. It is, however, for a time a grateful beverage and efficacious. Mineral acids have the same deleterious effect on the stomach, with prolonged use.

To the thinking person meat eating is sheer cannibalism, and in the near future the world will undoubtedly be taught to think so. We will look back to the time of meat markets, with the victims of man's barbarity, with blood running fresh from the slaughter-house, with as much horror as the hero of the "Arabian Nights," who saw the beeves and sheep turn to human corpses as they hung from hooks in the butcher's stall.

Meat contains a certain amount of heat and stimulus, but other and better foods contain as much, and are not liable to domestic diseases as animals are. The last and perhaps the worst heresy is the empty stomach at bed-time, which I do not approve of for all. Some brains are very active as soon as laid down on the pillow at night, and a little fruit which is mostly sugar and water, or some easily-digested substitute, will call the blood from the head into the stomach and produce a sweet sleep. The fruit will also give a free movement to the bowels the next morning, which will prove a great item with many of constipated habit.

These natural acids are, too, very wholesome,

and each meal, in fact, should be graced by a dish so ornamental to the table and conducive to health. It is astonishing how refrigeratory fruit is. No matter how warm the day, a freshly-plucked peach, pear, or orange is always cool to the taste. Lemons have become almost a specific in fevers.

Advanced thinkers believe that we are eventually to eat not only no meat but no roots grown underground—only such things as grow in the open air in the full glory of the sun. However, the constant thinking of what we are going to eat gives an undue importance to that subject in our busy lives, and is almost as bad as the utter ignorance displayed by some on this and kindred subjects. But, until we have a sore finger, we do not realize we have a digit, and then we are all finger.

So dyspeptics, though they may be laughed at as morbid, cannot really be blamed for stomach introspection. But let each one in eating learn to be a law unto himself. Physically, mentally, morally, and spiritually, learn to know thyself.

HOPELESS.

SIR ASTLEY COOPER used to relate the following anecdote of an Irish candidate before the examining board of the London College. "What is a simple and what is a compound fracture?" asked the examiner. The reply was: "A simple fracture is when the bone is broke, and a compound fracture is when it is all broke." Sir Astley asked him what he meant by "all broke." "I mean," he replied, "broke into smithereens, to be sure." I ventured to ask him what was "smithereens." He turned upon me with an intense expression of sympathy upon his countenance—"You don't know what is smithereens? Then I give you up!"

AN HEROIC MEDICINE.—*Old Mrs. Bently*—"Did ye hear how Deacon Brown is gittin' on?" *Old Mr. Bently*—"I heerd he took a relapse this mornin'." *Old Mrs. Bently* (with a sigh)—"Well, I hope it'll do the poor soul good, but I hain't much faith in them new-fangled medicines."

Mother—"Fritzchen, last night I dreamed about a beautiful cake that was so real that I knew how it tasted." *Fritz*—"Really, mamma? When you are going to dream that again may I sleep with you?"

Disease and its Causes.

IN SEASON ANSWER, "NO."

A POET good, in gloomy mood,
Wrote, "Man was made to mourn;"
But now, with light to guide us right,
Thought takes a happier turn;
The trials great of this estate,
That load us down with woe,
Would less annoy did man employ
His right to answer, "No."

When evils rise in silken guise
To lead our minds astray,
How oft, forlorn, we grasp the thorn
And cast the flower away,
Knowing the while that sin and guile
No soul can overthrow
That asks aright for strength and light
To timely answer, "No."

It needs brave hearts of sterling parts
To face the ranks of sin;
Without are snares and worldly cares
And wars are rife within.
Conq'rors of old whose valor bold
Laid thrones and empires low,
Lacked moral power in trial's hour
To bravely answer, "No."

If you would grace the loftiest place
That merit here can win,
And rule above with those you love,
Redeemed from death and sin,
Gird on with might truth's armor bright,
Your moral standing show,
And come what may, your pluck display
When you should answer, "No."

—*Juvenile Instructor.*

HOME DUTIES OF THE FATHER. NO. 2.

BY MRS. E. G. WHITE.

FEW fathers are fitted for the responsibility of training their children. They themselves need strict discipline that they may learn self-control, forbearance, and sympathy. Until they possess these attributes they are not capable of properly teaching their children. What can we say to awaken the moral sensibilities of fathers, that they may understand and undertake their duty to their offspring? The subject is of intense interest and importance, having a bearing upon the future welfare of our country. We would solemnly impress upon fathers, as well as mothers, the grave responsibility they have assumed in bringing children into

the world. It is a responsibility from which nothing but death can free them. True, the chief care and burden rests upon the mother during the first years of her children's lives, yet even then the father should be her stay and counsel, encouraging her to lean upon his large affections, and assisting her as much as possible.

The father's duty to his children should be one of his first interests. It should not be set aside for the sake of acquiring a fortune, or of gaining a high position in the world. In fact, those very conditions of affluence and honor frequently separate a man from his family, and cut off his influence from them more than anything else. If the father would have his children develop harmonious characters, and be an honor to him and a blessing to the world, he has a special work to do. God holds him responsible for that work. In the great day of reckoning it will be asked him: Where are the children that I intrusted to your care to educate for me, that their lips might speak my praise, and their lives be as a diadem of beauty in the world, and they live to honor me through all eternity?

In some children the moral powers strongly predominate. They have power of will to control their minds and actions. In others the animal passions are almost irresistible. To meet these diverse temperaments, which frequently appear in the same family, fathers, as well as mothers, need patience and wisdom from the divine Helper. There is not so much to be gained by punishing children for their transgressions as by teaching them the folly and heinousness of their sin, understanding their secret inclinations, and laboring to bend them toward the right.

The hours which many fathers spend in smoking should be improved in studying God's plan of government, and gathering lessons from those divine methods. The teachings of Jesus unfold to the father modes of reaching the human heart, and impressing upon it important lessons of truth and right. Jesus used the familiar objects of nature to illustrate and intensify his meaning. He drew lessons from every-day life, the occupations of men, and their dealing with one another.

The father should frequently gather his children around him, and lead their minds into channels of moral and religious light. He should study their different tendencies and susceptibilities, and reach them through the plainest avenues. Some may

be best influenced through veneration and the fear of God; others, through the manifestation of his benevolence and wise providence, calling forth their deep gratitude; others may be more deeply impressed by opening before them the wonders and mysteries of the natural world, with all its delicate harmony and beauty, which speak to their souls of Him who is the Creator of the heavens and the earth, and all the beautiful things therein.

Children who are gifted with the talent or love of music may receive impressions that will be lifelong, by the judicious use of those susceptibilities as the medium for religious instruction. They may be taught that if they are not right with God they are like a discord in the divine harmony of creation, like an instrument out of tune, giving forth discordant strains more grievous to God than harsh, inharmonious notes are to their own fine musical ear.

Many may be reached best through sacred pictures, illustrating scenes in the life and mission of Christ. By this means truths may be vividly imprinted upon their minds, never to be effaced. The Roman Catholic Church understands this fact, and appeals to the senses of the people through the charm of sculpture and paintings. While we have no sympathy for image-worship, which is condemned by the law of God, we hold that it is proper to take advantage of that almost universal love of pictures in the young, to fasten in their minds valuable moral truths, to bind the gospel to their hearts by beautiful imagery illustrating the great moral principles of the Bible. Even so our Saviour illustrated his sacred lessons by the imagery found in God's created works.

It will not do to lay down an iron rule by which every member of the family is forced into the same discipline. It is better to exert a milder sway, and, when any special lesson is required, to reach the consciences of the youth through their individual tastes, and marked points of character. While there should be a uniformity in the family discipline, it should be varied to meet the wants of different members of the family. It should be the parents' study not to arouse the combativeness of their children, not to excite them to anger and rebellion, but to interest them, and inspire them with a desire to attain to the highest intelligence and perfection of character. This can be done in a spirit of Christian sympathy and forbearance, the parents realizing the peculiar dangers of their

children, and firmly, yet kindly, restraining their propensities to sin.

The parents, especially the father, should guard against the danger of their children learning to look upon them as detectives, peering into all their actions, watching and criticising them, ready to seize upon and punish them for every misdemeanor. The father's conduct upon all occasions should be such that the children will understand that his efforts to correct them spring from a heart full of love for them. When this point is gained, a great victory has been accomplished. Fathers should have a sense of their children's human want and weakness, and his sympathy and sorrow for the erring ones should be greater than any sorrow they can feel for their own misdeeds. This will be perceived by the corrected child, and will soften the most stubborn heart.

The father, as priest and house-band of the family circle, should stand to them as nearly in the place of Christ as possible—a sufferer for those who sin, one who, though guiltless, endures the pains and penalty of his children's wrongs, and, while he inflicts punishment upon them, suffers more deeply under it than they do.

But if the father exhibits a want of self-control before his children, how can he teach them to govern their wrong propensities? If he displays anger or injustice, or evidence that he is the slave of any evil habit, he loses half his influence over them. Children have keen perceptions, and draw sharp conclusions; precept must be followed by example to have much weight with them. If the father indulges in the use of any hurtful stimulant, or falls into any other degrading habit, how can he maintain his moral dignity before the watchful eyes of his children? If indulgence in the use of tobacco must be made an exception in his case, the sons may feel justified in taking the same license. And they may not only use tobacco because father does, but may gradually glide into the habit of taking intoxicating liquor on the plea that it is no worse to use wine or beer than tobacco. Thus, through the influence of the father's example, the son sets his feet in the path of the drunkard.

The dangers of youth are many. There are innumerable temptations to gratify appetite in this land of plenty. Young men in our cities are brought face to face with this sort of temptation every day. They fall under deceptive allurements to gratify appetite, without the thought that they

are endangering health. The young frequently receive the impression that happiness is to be found in freedom from restraint, and in the enjoyment of forbidden pleasures and self-gratification. This enjoyment is purchased at the expense of the physical, mental, and moral health, and turns to bitterness at last.

How important, then, that fathers look well after the habits of their sons, and their associates. And first of all they should see that no perverted appetite holds them in bondage, lessening their influence with their sons, and sealing their lips on the subject of self-indulgence in regard to hurtful stimulants.

Man can do much more for God and his fellow-man if he is in the vigor of health than if he is suffering from disease and pain. Tobacco-using, liquor-drinking, and wrong habits of diet, induce disease and pain, which incapacitate man for the use he might be in the world. Nature, being outraged, makes her voice heard, sometimes in no gentle tones of remonstrance, in fierce pains and extreme debility. For every indulgence of unnatural appetite the physical health suffers, the brain loses its clearness to act and discriminate. The father, above all others, should have a clear, active mind, quick perceptions, calm judgment, physical strength to support him in his arduous duties, and most of all the help of God to order his acts aright. He should therefore be entirely temperate, walking in the fear of God, and the admonition of his law, mindful of all the small courtesies and kindnesses of life, the support and strength of his wife, a perfect pattern for his sons to follow, a counselor and authority for his daughters. He should stand forth in the moral dignity of a man, free from slavery of evil habits and appetites, qualified for the sacred responsibilities of educating his children for the higher life.

KEEP the beds pure and wholesome. Open the beds the first thing in the morning, and do not be afraid of giving things a good airing each day. There is far more sickness caused by not properly renovating and airing the bedroom and bedding than there is by overdoing the thing.

THE Scythians of Herodotus were reported not to wash, but in cold weather, at different intervals, to cover their bodies with a hot, spicy paste. It dried on them, and dropped off when cold, leaving the flesh clean.

THE EVILS OF HYPNOTISM.

PROF. GERMAIN SEÉ, in a recent series of lectures on "Sleep, Insomnia, and Somniferous Agents," has called attention to some of the evils which he thinks may be derived from hypnotic practices when employed for therapeutic ends. Hypnotism favors and develops tendencies to hysteria. Hysteria is a disease in which the higher cerebral activities are suspended; now this is a leading and essential characteristic of the hypnotic state. The Minister of War in France, in consequence of certain bad results, has forbidden military physicians to resort to hypnotism among the soldiers from fear that hysteria might be prevalent in the army. The same proscription, says Professor Seé, ought, with at least equal force, to apply to the practice of hypnotizing children, who may be made fools or crazy by the constant repetition of such practice. Gilles-de-la-Tourette declares that those that are hysterically predisposed are almost certainly made hysterical by frequent hypnotizing, and as for those already hysterical, if, by chance, one now and then succeeds in curing a paralysis or a contracture, it is only to make the disease locate itself elsewhere, or substitute for the contracture or paralysis a series of fits.—*Therapeutic Gazette (Detroit)*.

DICTIONARY OF MEDICINE, 1745.

"A CERTAIN merchant about forty Years of Age, of a Melancholic Habit, and deeply involved in the Cares of the World, was, during the Dog-days, seiz'd with a violent pain of his Head, which some time after oblig'd him to keep his Bed. I, being call'd, order'd Venesection in the Arms, the Application of Leeches to the Vessels of his Nostrils, Forehead, and Temples, as also to those behind his Ears; I likewise prescrib'd the Application of Cupping-glasses, with Scarification to his Back: But, notwithstanding these Precautions, he dy'd."

Now that we know what the physician did when he wanted to relieve a headache, it is no trouble to infer that if he wanted to comfort a man that had the stomachache he disemboweled him.—*Mark Twain*.

IT vhas purty good advice dot you doan' bet on somebody else's game, but it vhas better advice dot you doan' bet at all.

OLD AND YOUNG SLEEPING TOGETHER.

A PROMINENT medical writer in discoursing upon this by no means uncommon practice, says:—

“A habit which is considerably prevalent in almost every family of allowing children to sleep with the older persons, has ruined the nervous vivacity and physical energy of many a promising child. Every parent who loves his child, and wishes to preserve to him a sound nervous system, with which to buffet successfully the cares, sorrows, and labors of life, must see to it that his nervous vitality is not absorbed by some diseased or aged relative.

“Children, compared with adults, are electrically in a positive condition. The rapid changes which are going on in their little bodies abundantly generate and as extensively work up vital nervo-electric fluids. But when, by contact for long nights with elder and negative persons, the vitalizing electricity of their tender organizations is absorbed, they soon pine, grow pale, languid, and dull, while their bed companions feel a corresponding invigoration. It is undeniable that healthful influences are lost, and to a fatal extent sometimes, by this ill-advised custom. A woman was prostrated with incurable consumption. Her infant occupied the same bed with her almost constantly day and night. The mother lingered for months on the verge of the grave—her demise being hourly expected. Still she lingered on, daily disproving the predictions of her medical attendants. The child, meanwhile, pined without any apparent disease. Its once fat little cheeks fell away with singular rapidity till every bone in its face was visible. Finally it had imparted to the mother its last spark of vitality, and simultaneously both died.”—*Hall's Journal of Health.*

CATARRH.

AFTER all that has been said, it must be admitted that changes in the climate, filth, sewer gas, malaria, and what not have much to do with the production of catarrh. Even Fifth Avenue is so filthy half the time as to make us feel disgusted with it. Catarrh in many cases is nothing but a filth disease, and Dr. Mackenzie, of London, says that this is the chief cause of catarrh in the United States. He says there is no such thing as scavenging in this country. This is quite true of some places, but there are towns where catarrh prevails

which are as well scavenged as any town in England. But it is not New York City. There are cases of catarrh in this city which are undoubtedly kept up by filth, by irritating particles floating in the atmosphere, carried hither and thither by the winds, such as horse dung and fermenting, putrefying substances. Do not consider, then, that any specialty by itself will control the situation. The treatment of the nose may be well enough where it is indicated, but where filth is the cause of catarrh, something more must be done.—*Dr. Beverly Robinson.*

A PLEASANT NEIGHBORHOOD.

“Is that family that has moved in next door neighborly?” asked one Sioux Falls woman of another.

“Yes, they appear to be. They've borrowed flour of me twice, tea once, and sugar three times. Then they have got our coffee-mill and one tub and the hatchet and two lengths of stove-pipe and the baby carriage, and the woman empties all her slops over the fence in our yard, and I see her coming across now to hang her clothes on our line.”

“I shouldn't think you would like to have them borrow things so much, and be quite so free.”

“Oh, I don't worry much about it! We've got their mop and about half their dishes and their rolling-pin and washing-machine, and the other day I borrowed ten sticks of wood from them, and each afternoon our hired girl puts on better clothes than the woman has to her back, and walks up and down on the sidewalk, and to-night I'm going to put out poison for their dog. Oh, we're getting along very nicely, and I think they are going to be very pleasant neighbors. This always was a splendid neighborhood.”—*Dakota Bell.*

THERE is more poison in a cup of strong tea than in a glass of ale or beer, and yet many persons who suppose themselves to be good temperance people, are trying to fight the drink demon with the fictitious strength of strong tea and coffee.

AN EYE TO BUSINESS.—An Arkansas druggist was also in the coffin business, and when he got up his prescription blanks, he added the line, “Buy your coffins at my store,” but somehow the physicians did not use many of his prescription blanks.

Miscellaneous.

RESPONSIVE.

MOST the smiles you get from others
 Are reflections of your own;
 You may think the world at pleasure
 With you; but when wiser grown,
 You will find 'tis but responsive
 To the giving you bestow.
 So 'tis well to give your kindness,
 If more kindness you would know.

—Selected.

CANCER; ITS TREATMENT.

BY G. H. STOCKHAM, M. D.

(Concluded.)

ANOTHER plan adopted by a cancer specialist was: The cuticle covering the tumor was first cauterized, then the plaster was applied to kill it—as was said. But that, too, was so excessively painful that it could not usually be borne but for a short time, when it had to be removed until the severity of the pain subsided; then it was again applied, and so on until the whole tumor was supposed to be destroyed; but, as in other cases, there was no certainty that the whole was removed, the application affecting equally the healthy and the morbid tissues, the roots remaining intact.

Several cases treated in this way have come under our observation, one of which we will describe. The patient was a woman of about forty years of age. The cancer was located in the breast, and was about the size of an English walnut when she placed herself under the care of the physician. Up to that time it had not caused her much pain. The treatment she was subjected to was as above described. She stated that she suffered the most excruciating torture, for over three months; that it never entirely healed; and that, while treating her, other tumors would appear around it, to which the same application was made. Instead of improving, so many tumors kept forming that she became thoroughly discouraged, and returned home a perfect wreck both in body and mind, giving up all hope of relief. In this condition we found her. Her whole system was cachectic—so thoroughly poisoned that every tissue and organ of the body was affected—cancerous tumors were developed here and there over the sur-

face of the whole body; the internal organs were also affected.

Her sufferings were most intense, and she was a lamentable object to look upon. She lingered in this state for about two months, when death kindly came to claim her.

Arsenious acid is the principal ingredient of most of the cancer plasters now in use. One great objection to this drug being used in any way is that the arsenic is absorbed into the system from the plaster, often producing its poisonous effect upon the whole organism, more fatal sometimes than the cancer otherwise might have been.

With many of these plasters is combined opium or morphine, to ameliorate the extreme pain which they cause, but the specific action of these drugs upon the nervous system interferes more or less with any curative effect the plasters might possess. They also tend to prevent any constitutional treatment, which would be adopted, from having its intended beneficial result, because, the nerves being the medium by which all remedies act upon the organism, they cannot have their natural curative action, so long as the nervous system is under the control of opiates.

They all cause more or less pain, but some much more than others. The paramount objection, however, to most, if not to all, of those now in general use, is that the medicinal substances of which they are composed have no special action upon the morbid mass, but destroy all the healthy tissue, as well as the cancer, with which they come in contact, severing all connection between the main tumor and its roots, which become isolated—thus having no advantage whatever over excision by the scalpel—in consequence of which, each rootlet forms a nuclei, from which are soon seen independent growths springing up all around the eschar, forming a numerous crop, as in the cases given as examples, leaving the patient in a far worse condition than before the application. This is the reason why these plasters are inoperative and unsuccessful as a curative measure.

Ligature of the principal artery leading to the cancer has been employed for its removal, it was said with some show of success, but it was soon abandoned as a lamentable failure.

Sulphate of zinc has been used as an escharotic, but it having little or no action upon the skin, it could only be of use in open cancers; but the disease being then in its last stages, and the system

being thoroughly impregnated with the cancerous poison by absorption, it, too, was pronounced a failure and abandoned.

Acid nitrate of mercury was claimed by an eminent physician "to possess a marked affinity for the diseased tissue, and to produce healthy granulations, even on a cancerous base," but experience subsequently proved it to be ineffectual as a radical cure.

Arsenious acid has been directly applied to the tumor. Its effect when persisted in is that the vitality of the surrounding tissue is so affected that it causes an open ulcer, that never heals. We have known one lamentable case in which it was applied with the above result.

A mixture of calomel and flour was applied in another case by an arrant quack, of which we were cognizant, the effect being the healthy tissue surrounding the cancer was disorganized, its vitality destroyed, with the result as in the above case,—no subsequent treatment could avail; it never healed.

We mention these cases as a warning to those who may be afflicted with any tumor or excrescence to never allow the application of either.

Many other substances have been used externally for its removal. We will name a few of them.

Scotch snuff and verdigris made into a paste with lard, oxalate of copper, chloride of gold, chromic acid, oxalic acid, generally in combination with other remedies, and many other preparations not necessary to mention, as they all—so far as we know—have failed in effecting a permanent cure.

In some medical works, certain remedies are recommended for internal administration, and particular directions given, in accordance with the symptoms, for each remedy, but we have never known any permanent benefit to be realized from their use.

A decoction of red clover blossoms became very popular as an internal remedy, for some time, and hundreds of people resorted to it, believing it to be a certain cure, in all abnormal growths, both malignant and non-malignant; but it did not sustain its ephemeral reputation, and soon fell into "innocuous desuetude."

Patent medicines are occasionally advertised, professing to cure cancer, as well as all other tumors, and so-called germ diseases.

We have shown in preceding pages that every ailment to which the human being is subject gen-

erates within the organism its own specific germ, in accordance with the condition of the body and the nature of the disease; that the germs of no two diseases are alike; now, as every person is more or less different in his or her organization from every other person, and as remedies have different effects on different persons in accordance with their temperament and condition of the system, there is no such thing possible in existence as a medicine or medicinal preparation which will affect all persons alike, or cure all diseases, and it will be seen how ineffectual and injurious these universal cure-alls may be. Many of these nostrums we have no doubt possess merit, and may be beneficial in many cases, but no one can *know* whether any particular one may be either beneficial or injurious without practically experimenting on himself.

The principle of any successful treatment of cancer is the complete and rapid destruction of the diseased mass, the prevention of absorption of the depraved fluids, and the elimination of the poisonous ingredients with which the blood and tissues are surcharged, by appropriate remedies, hygienic means, and diet.

The destruction of the diseased mass, however, must be effected without injury to the surrounding healthy tissue, and must extend also to the roots, by which it was nourished, as repeatedly mentioned; otherwise there can be no certainty that a permanent cure was effected.

The question remains, Are such remedies in existence?

"THE LOUNGE-ABOUTS."

A SCIENTIFIC DISSERTATION ON THE CREATURES
THAT ARE PREVALENT HANGERS AROUND
THE STREET CORNERS, ETC.

BY FANNIE BOLTON.

THE "lounge-about" are a species of the family called human, but from a minute mental microscopic inspection of certain finely-developed specimens, the scientist has become fairly puzzled as to whether the creature is an animal or a man. At a very early stage in the life of these creatures, certain signs begin to show themselves which indicate the presence of the "lounge-about" germinal. Sometimes the possession of this germ is due to

inheritance by right of parentage, but again, "lounge-aboutism" breaks out in members of well-ordered families, something as measles or whooping-cough breaks out, except that it does not take such a violent turn, nor is it as easily overcome in the system. Sometimes it will not give way under the most approved methods of treatment, and survives the whole family, not, however, under the law of "the survival of the fittest." In such families, the victim is generally known as "the black sheep."

The lounge-about is a kind of human parasite. He lives not by the sweat of his own brow, but by the sweat of the brows of his afflicted relatives, or neighbors. He lounges right down on somebody else for support and sustenance. The "lounge-about" is found among both sexes, but the order that I seek to describe is more commonly found among the masculine gender. In all climes, from the tropics to polar regions, among all hues of color, from the negro who is too lazy to brush the flies away, from the big chief who saunters after his heavy-laden squaw, to the white boy who lets his mother chop wood and carry in coal, while he drums on the window-pane, the "lounge-about" is a universal thing. The Chinaman seems to be an exception in this, as in almost everything else. John is very quiet, but he is industrious; and we can truly say that we have not yet beheld a fully-developed "lounge-about" among the celestials which we have seen. Perhaps they were all located so comfortably in China that they have concluded to stay in the land of their birth; but there seem to be few Chinese "lounge-about" in "the land of the free."

The "lounge-about" are leaners. You may generally see very fair specimens leaning against the side of the livery stable, or the post-office, or near a saloon door. They do not seem to be blest with good, staunch, strong-back spinal columns, but are built after the leaning-tower style, which may be very unique in Pisa, but it gets monotonous where a whole town of boys have to be propped up by the public buildings on the main streets. Their heads have a kind of uncertain swing as though the neck was unhinged somewhere, and if you will observe, you will see that their hands are almost constantly incased in a couple of greasy-looking holes in their trousers.

When "lounge-about" is in the house, and father, or mother, or sister says, "John," or "Will,"

or whatever may be "lounge-about's" name, "won't you bring in a pail of water," or "an armful of wood," "lounge-about" puts on a very doleful appearance, and begins to frame arguments and make excuses, and it takes so much exertion on the part of the rest of the family to get anything out of him, that finally he is given up to his idols and let alone. So much the worse for poor "lounge-about."

Sometimes a fishing excursion, or a rope-walk, or a circus, or a game with the rest of the "lounge-about," serves to stir up the blood of the ages in him, and he wakes to a momentary animation. He hates to go to bed at night, and he hates to get up in the morning. The girl gets hoarse calling him to breakfast, and the cook is indignant that she has to keep the breakfast table standing for an hour or two after the rest of the family are up and about their business. When "lounge-about" does come, he manifests considerable taste in the selection of his food. He is what might be called the "esthetic of the table." When he begins, he shows an appreciation that is rarely equaled, and never excelled. As I said before, "lounge-about" is a parasite. He seems as much at home, however, on the family tree, as though he were one of the most active branches, that added to the growth and vigor of the tree. But "lounge-about" exists simply as a sapper. He saps the life of the trunk, and lies a dead weight on the parental stock. He does not sow or reap. He neither toils, nor spins, and yet he eats as though he owned a ranch, and wears out clothes as though he run a factory. His nails are rimmed with black. There is a streak above his collar that marks the water line. His teeth have a sort of green moss growing upon them, and there are various other parasites that would exist on him were it not for the kindness of somebody whose eloquence on the subject inspires him to take a bath occasionally.

He has a most reckless disregard for other people's things. He thinks his brother's nicely-kept collars are just as good as his, and he appropriates accordingly. He takes the last pair of clean stockings from his father's drawer, and wears his slippers when he can't lay his hand on his own. Just anything is good enough for "lounge-about." He does not interfere with his mother's rights, and is perfectly willing to have her learn to cut wood. He tumbles up the lately-arranged stand, kicks up the rugs, as it is too great an effort to lift his feet, and

spits on the porch, that has just been scrubbed. All he asks is to be let alone. He dog-ears the books he ought to study, and slides along full of mental and physical laziness, helping on the tide of iniquity that is breaking the hearts of the good.

Later on "lounge-about" takes a change. He reads—but what?—The New York *Weekly*, the *Saturday Night*, the yellow-covered literature that fills the mind with defilement at every page perused. His usual attitude of leaning is more pronounced, for his back has become so weak that he now lies on the chair where he should sit, and elevates his feet to the top of the mantel. His hat is on one side, a cigar is in his mouth, his face is rough and coarse, his manners gruff and uncourteous, especially when he is at home. He does not assimilate with the rest of the family, and shuns their society as much as possible. Whenever he comes in, the faces of mother and father look troubled, and his sisters are afraid of his short words. He begins to think that he is terribly abused, and he is. He has abused himself, he has placed himself beyond the charmed circle of home's sweet sympathy and help. His mother is ageing faster than the years, and his father carries a heavy, perplexed heart. "Lounge-about" is put to work, but he concludes to run away from home rather than submit to restraint, and give up his old ways of doing nothing. He steals rides on the train, and develops the more advanced characteristics of a genuine "lounge-about." He turns into a tramp.

There are growing pains as the physical development is in process, and so in the development of "lounge-aboutism" there are certain sorrows and grips. As "lounge-about" walks up to a respectable house, and asks for a piece of bread and butter, and is pointed to the wood-pile and the buck-saw, he feels a tremor of the growing pains. Still this is a most sanitary precaution *pro bono republico*. Who knows how many armies of tramps have been stopped by the barricade of a wood-pile. You may see "lounge-about" tramping along the road with a couple of his associates of like order, for like appreciates like, and the remnants of their hay-stack hotel, clinging lovingly to them, tell the story of their night's accommodations.

Poor "lounge-about," they slouch their hats down over their eyes, for they are ashamed to look a decent man in the face! There are few who give them more than a thought of contempt, few

that pity them, few that pray for them, and no one that respects them. The jails and the pauper-houses and the gutters get them at last. No one writes their memorial or furnishes their graves with a head-stone. They are simply failures. They are great lazy hulks, worm-eaten and unsafe, drifting on the seas of life, to the ocean of destruction. As we look upon the fully-developed "lounge-about," we say to ourselves: "Did this poor fellow ever have a home? Did he ever have a clear, boyish heart, full of ambitions and hopes of a useful life and a glad eternity?" Yes, no doubt. But he began to shirk responsibilities. He began to stifle the voice of conscience. He let the old Flatterer lead him into his net. He dropped down to sleep on the edge of a precipice. He refused instruction, and hated reproof, and despised the way of honesty and faithfulness. When he is weighed in the balances, he is found wanting by earth and heaven.

Think of the "lounge-about," you who have the great opportunities of life before you, you who have possibilities of noble usefulness before you, you who have brain, and muscle, and spirit, to move the hearts of men, and to help the world on toward the holy and the eternal, and if you discover anything that resembles the beginning of "lounge-aboutism" in you, pluck it out if your right eye goes with it. It would be better to go with one eye than to be a lounge-about. There are various stages of "lounge-aboutism." Do not put up a tramp before you, and say, "I never will turn into a tramp." Look into the glass, and ask yourself if each morning sees some task begun, in good season, too, and if each evening sees it done. Don't think because you eat three meals a day you are conducting yourself in a very proper way, and will never be a lounge-about. The tramp eats as many as he has energy to eat. The worm turns into a bug at last, and if you are a crawler about your duties, a shrinker from hard work of some kind, mental or physical, the day will come when you will be known by your true name, and classified under your exact species.

There is no excellence without labor, no manhood without manliness. Six feet of stature and a growth on your upper lip will not make a man. You will simply be an animal until you develop and put into action the powers that distinguish the man from the lower creation. "Rouse to some high and holy work." Eternity will be given to

those who are willing to work for progress and godliness. God is a worker, and the angels fly on swift wings, and you may be sure that no sluggard will ever be permitted to "lounge about" in the streets of the New Jerusalem. "There's a battle song to sing." There's a world sweeping into the vortex of ruin; struggle out. Reach up your hands, and the God of all ages will help you to become a man, that will make men glad that you were born. Jesus died that we who were dead in transgressions and sin might be renewed in true life and holiness. He looks with yearning pity toward the broken characters of men, and tells us that it is possible to restore unto us the years that the canker-worm hath eaten, and give us the divine glory of a noble man's inheritance and usefulness. "Though your sins be as scarlet, they shall be as white as snow; though they be red like crimson, they shall be as wool."

GREAT LONDON.

ONE who has never seen a city like London, England, of nearly five million inhabitants, can form but little idea of what is necessary for the protection and convenience of such a people—over seventeen hundred local post-offices, where stamps and postal orders may be procured and paid and telegraph messages be received and dispatched, beside a general post-office for the kingdom, covering, with its buildings, the whole of two large blocks. The metropolitan police force consists of 14,250 men. One item, indicating either the growth of the city or a growth in crime, is found in the fact that seventeen years ago there were less than 10,000 on the police force, and twenty-seven years ago only 5,570 men.

HICCOUGH, OR HICCUP.—This is a spasm of the diaphragm, caused by flatulency, indigestion, or acidity. It may be relieved by the sudden application of cold, also by two or three mouthfuls of cold water, by eating a small piece of ice, taking a pinch of snuff, or anything that excites counter action.

PEOPLE never progress until they get tired waiting for someone to help them up.

A CONSCIOUSNESS of doing right is more valuable than popularity.

Temperance.

HARMLESS?

BELIEVE you not wine blights and kills?
Then come with me to-day.

I'll show you something which reveals
Full well its hellish sway.

No painted pictures will I show,
But vivid actual life.

In this poor cottage, weeping, sits
A sad, heart-broken wife.

Look, see her now, hands tightly clasped,
Watching, with bated breath,

Over her babe, whose fluttering pulse
Speaks plain of coming death.

See the wild anguish in her eye;
It beads upon her brow.

Gaunt Famine dried the fount of life—
Her child is dying now.

Where is the father once so true,
The fond wife's joy and pride?

In yonder tinsel'd, gilded hall,
The poison cup HIS BRIDE—

That cup which millions doth enslave,
Winking in fiendish glee,

Dancing and sparkling, lifting up
Its wiles enticingly.

Yes, wine has won the father's love;
He's husband but in name;

Wedded in heart to wine's foul charms,
With poisoned blood aflame,

Angered and wild, his arm is raised
In frenzied, drunken wrath,

And he is now a murderer—
Ah, woe he surely hath

Who quaffs and tarrieth at the wine,
'Tis only *woe*, *woe*, *WOE*!

Then touch not, taste not; turn away;
Thousands it layeth low;

Then with the sparkling sup away,
And work with heart and hand

To banish from us that which blights
And desolates our land.

MRS. M. J. BAHLER.

Oakland, Cal.

ALCOHOL—A PHYSIOLOGICAL VIEW.

AN opening lecture before the faculty of the University of Berne, Switzerland, by Professor Bunge, entitled "The Alcoholic Question," has created a great deal of interest, and has been reprinted in almost every country and language of Europe. Professor Bunge handles the subject simply and distinctly as a physiological one, and

contends that no intelligent treatment can be given except from a physiological point of view. "*Alcohol*," he says, "*is never a nutrient*. The force and strength which alcohol rouses up can be of no value to the body unless it can be shown that they are spent in developing normal function. The chemical energy of alcohol should be transformed into living strength to be a nutrient. This should be done in a certain way, and along a fixed line, which never occurs, consequently it is not a vital energy for the needs of the body. We have no evidence that the muscular fibers, tissues, or brain cells can use the force developed by alcohol, to promote its strength or life. But we do know that the force needed for the body comes from the blood, and when this is deficient or wanting, the body suffers. It is urged that the force given out by the burning up of alcohol is useful in providing warmth to the organism. This is fallacious. The amount of heat may be raised, but its expenditure is also raised, and the loss of force increased. This is well substantiated by numerous experiments."

The physiological action of alcohol is described with great minuteness, showing that its action is *always a paralyzant, and never a stimulant*. The physiology of intoxication is presented as evidence. The want of prudence and reckless extravagance of force and strength shows that some central brain region is paralyzed. The increased heart's action, with increased loss of power, and failure to naturally economize the strength of the body, is further proof.

A graphic picture is given of the effects of alcohol over the higher brain centers, as seen in the slow, insidious failure to recognize all the relations of life and act upon them. Among these is mentioned the sense of weariness and tired feeling following work, and showing a loss of force, calling for rest. This is nature's warning and method of telling what is wanted. Alcohol taken in this state covers up this warning, and the demand is unheeded. The poor man destroys and blunts the very warnings he most needs for his future preservation. The workman who drinks beer and the nobleman who uses wine when wearied are both increasing the loss of force they seek to regain, as well as blunting their power of determining what this loss is. Many incidents are mentioned in proof of this, drawn from the armies and navies of the world, explorers, and others who have been subjected to severe strain. The danger

of giving alcohol in cases of melancholy, neurasthenia, and other nerve and functional states, is mentioned at length.

Beer is one of the most dangerous of drinks, because it is so insidious, and not only masks the real condition of the organism, but perverts all natural conceptions of the normal state. Beer disturbs the system less, but is more dangerous and holds in check all the natural warnings and voices of the body. Beer contains carboniferous and dextrine substances, which are always supplied to the body from other sources less elaborate and more easily assimilated. They do not contain nutrient substances, that cannot be had more easily from natural foods. . . . All scientific research is united in the conclusion that *beer and wine are of no value as helps to digestion*. They retard and slacken the chemical transformation of food in the stomach. In medicine this paralyzing action of alcohol is of great value in some cases, to reduce heightened sensibility of the nervous system, and in many other ways. Accurate scientific researches have pointed out these cases, and given the rationale of the power of alcohol over them. Alcohol has not been found of use in chronic cases, but in acute cases its action resembles that of morphia and other narcotics, and is of great value.

One of the many degenerations which follows from the use of alcohol is the perversion of the nutrient wants and power of discrimination in foods. The patient is constantly deceived by his perverted tastes and appetites. He uses food that cannot properly nourish the organism. Hence his entire system suffers from a degree of starvation and continuous nutrient degeneration. The wine and beer drinkers, as well as the spirit taker, have *abnormal appetites for foods that are bad and un-nutritious*. This is clear from a study of the inebriates.

The author thinks that in many cases the early causes of inebriety come from bad foods, want of variety, want of flavor, and deficiency in nutrient qualities. He thinks children and young persons who have not had proper food, find in sweet wine and other drinks a nutrient want and normal gratification of the taste sensation. From this they soon degenerate into spirit drinkers. If the diet in childhood had been of sufficient variety and had gratified this taste demand, wines and spirits would have been repelled, and never used except as medicine. He believes that one of the great

remedies for the inebriety of the age, is an improvement in the diet of the people. If the money spent in perfecting wine and beer could be used in developing the knowledge of foods and methods of preparing them, so as to gratify this taste sense, and supply the body with the exact nutrition it demands, a rapid decrease in drunkenness would follow. He also asserts that anyone who uses beer or spirits every day to relieve some abnormal appetite, is an inebriate or drunkard. The doctor discusses at length the organic starvation which leads to inebriety, and that which follows after. He denounces the esthetic notion that the organism must be repressed to bring out its highest functional activity. He thinks *it is the great sin of the ages to attempt to crush out the body* to elevate the mind; this has resulted most naturally in inebriety. We must begin at the bottom and work up on the side of physical forces, and show how alcohol dwarfs and degenerates the entire organism. Also show the great causes, which can be checked in the beginning. The forces of heredity were described, and their potent power in the organism, and also other conditions, of which nervous exhaustion was most prominent, were mentioned. In the treatment, the folly of educating children from text-books on alcohol, as in America, was shown. The real remedy was in enlarged knowledge of the forces of environment, food, training, etc., etc. The inebriate should come under the laws as one mentally sick, and the State should control the traffic in spirits the same as of other poisonous drugs.

Commenting upon this lecture of Professor Bunge, the *Journal of Inebriety* says: This little work is a great step in advance of the previous notions of medical teachers in Europe. It indicates, beyond doubt, that the "alcoholic question" has taken deep root in the minds of medical men, and its solution is one of the great certainties of the future.—*Herald of Health*.

ALCOHOL has no place in the healthy system, but is an irritant poison, producing a diseased condition of body and mind. It has been demonstrated that the use of alcohol, when employed moderately, makes the average of life thirty-five and a half, while that of non-users reaches an average of sixty-four and one-sixth years.—*Dr. Willard Parker*.

ECONOMY is of itself a great revenue.

THE TOBACCO NUISANCE.

SOME time ago the *Canada Health Journal* uttered a vigorous protest against those who make nuisances of themselves on the sidewalks of a city street by puffing tobacco smoke in the faces of pedestrians, and contended that such should be made to take the driveway with hand-carts and bicycles. The *Journal* is right with some other forms of the habit, is becoming an intolerable nuisance, that demands police interference, if it cannot be suppressed in any other way. In this matter the "personal liberty" theory has been pushed to an unwarrantable extent, and it is high time a vigorous reform was instituted. If the reform becomes a crusade against the filthy habit, so much the better.

There is scarcely an objectionable habit that can be named in defense of which so little can be said as the tobacco habit. The taste for the weed is neither natural nor inherited. It has to be acquired by practice, and painful feelings of nausea and disgust have to be overcome before the outraged system consents to tolerate the intruder. At first the taste is very disagreeable, the odor scarcely less so, and protesting nature has to be whipped into submission before her protests cease. Nor can it be pretended that these disagreeable features are compensated by any after benefits.

The most inveterate smoker will confess, at times, that the habit is useless, expensive, and altogether indefensible; nor can he assign a single valid reason why it should be acquired or persisted in. The most eminent medical authorities declare that the use of tobacco is always injurious to the system, inducing various forms of disease which it is very difficult to treat successfully. And if from the physical we turn to the moral side, the effects there are seen in the hoggish disregard of the confirmed tobacco user for the comfort and the rights of other people.

You start down town in the morning, the air is fresh and crisp, you throw back your shoulders and open your lips that the lungs may drink in the life-giving ozone, when—faugh! right in your face comes a cloud of stinking tobacco smoke, polluting the atmosphere and half choking you with its poisonous fumes. Relief is sought by boarding a street-car, but if pipes and cigars are not going on the platform, there is sure to be someone inside whose breath and clothes are reeking with the vile odor. Traveling by rail is just as bad. The

average first-class car is usually redolent of the weed. You seek refuge in the pullman, but every time the door opens, and through every crack or crevice, the stench comes floating in. If it be a night journey, you must go to sleep inhaling tobacco fumes, and next morning even before breakfast the puffing is resumed. Presently a five or ten-minute stop is made, and you go out on the platform. Here, surely, is a way of escape; but no! Up and down the platform they go—puff! puff! puff! and there is no way but to “grin and bear it,” or beat a retreat into the car. Right here a protest comes from some user of the weed: “Haven’t I a right to smoke when and where I please?” No, sir; you have not. Pure air and pure water are Heaven’s universal gifts to man, and you have no more right to poison the one with your vile tobacco fumes than you have to dump a cart load of the filthy weed into the reservoir that supplies the city with the other.

The man—or woman—who can suggest a practical method of abating this nuisance will deserve well of their country, and will earn the gratitude of many who now suffer in silence.—*Canadian Nation, Toronto.*

OPIUM SMOKING IN INDIA.

DR. MORISON, a medical missionary at Ram-pore Bauleah, Bengal, has recently sent home a letter describing the rapidity with which opium smoking is spreading in that province. He visited several opium dens in his own town, and found them filled with victims, many of them being quite young men, who confessed their utter inability to break away from the habit, though some of them implored him to give them medicine that would take away the desire. “Rice is dear,” said one of these; “we can hardly get food for ourselves and our children, but we must have the opium pipe.” Others admitted that it would be a good thing if these opium dens were closed, but at this the shop-keeper only laughed, and replied, “Ah! don’t think the Maharanee [the queen] will close these shops; she gets too much money out of these opium, Ganjah, and liquor shops to think of closing them.” Sometimes the missionary has been implored by the relatives of the victims to make an attempt at their rescue; but of course his efforts are unavailing. Dr. Morison adds: “I came home saddened and sick at heart. I

began to give more attention to those immediately connected with the mission, and found that among our small company there were two opium eaters and two Ganjah smokers. It seems the habit has become almost universal; at all events, the numbers are much greater than we suspected, and the still more saddening fact remains that it is spreading at an alarming rate. This was the testimony of every smoker I met, without exception.”—*The Echo (England).*

QUININE INTOXICATION.

DR. LEWIS A. SAYRE, of New York, says that there are many cases on record where the use of quinine has caused a disarrangement of the mental powers, and to such an extent that the sufferer did not know what he or she was about. Instances are not few where parents who were given large doses of the drug became delirious. These symptoms, however, passed away when the use of quinine was discontinued. It is possible while under its influence for one to act as irresponsibly as when in liquor. That quinine affects the brain is evident from the fact that an overdose will cause severe buzzing in the ears, and often temporary deafness.

Physicians cannot be too careful in prescribing quinine, for what is one man’s meat is another man’s poison. I have known one grain to have more effect on some patients than fifteen grains on others. The same can be said of morphine. Two grains of this drug will cause many intense itching sensations, with parched tongue and throat. On the other hand, I have known patients, even those used to morphine, to take much larger doses without showing any evil effects. There is little doubt but there are quinine habitues as well as slaves to chloral, morphine, and other narcotics and drugs, yet its use as a stimulant has not become general.—*Hall’s Journal of Health.*

THERE are many who, in defense of beer, point to Germany as proof of its harmlessness; but that country’s greatest general, Von Moltke, has said: “Beer is a far more dangerous enemy to Germany than all the armies of France.”

WHEN the father takes in beer and the mother takes in washing, the children are apt to take in the gutter, the poor-house, and the prison.

Household.

STREW FLOWERS IN THE PATH OF THE LIVING.

STREW flowers in the path of the living,
 To comfort and cheer them along,
 And of all that is ever worth giving,
 Whether deeds, words, bright looks, or song,
 Freely give, while the sweetness refreshes,
 Ere the heart has sunk in despair,
 And weird vision that so oft distresses
 May vanish, as phantoms in air.

Cheer thy friend who is gloomy and downcas
 With sorrows too great to be borne;
 Take his hand in a loving, brotherly clasp,
 And new strength may await the morn.
 Though long the march and severe the fight,
 Thus cheered and refreshed by the way,
 Such deeds may brighten the darkness of night,
 And courage and hope win the day.

Life's real pleasures are never too many,
 Its sorrows outnumber by far;
 Give your kind thoughts in words, have you any,
 Ere delay their sweetness can mar.
 Why wait until the struggle is ended,
 The journey over and through,
 Till the neighbor you might have befriended
 Has ceased in his efforts to do?

His faults may be many, his good traits few—
 We know not of faults overcome,
 Nor the sacrifice made for another's advance,
 Though he lost while the other had won.
 His life may seem useless and all in vain
 In the eyes of both old and young,
 But who would refuse his praise to proclaim
 Did they know of the great acts done?

Strew your flowers for the living to tread,
 To soften the path to the tomb;
 Nor wait to disclose your love for the dead,
 When life needs its fragrance and bloom.
 There is many a heart that breaks, while a smile
 Belies the sorrow it bears,
 And many a sacrifice noble and great
 Gains nothing but sadness and cares.

Strew flowers, bright flowers of thought and deed,
 For the living to daily tread,
 That life may be cheered and the golden seed
 Rain in blessings upon your head.
 This beautiful world has flowers to spare,
 Alike for both living and dead,
 But their intrinsic worth is lost in the air
 When senses and reason have fled.

—Vernon Farmer.

THE less you find fault, the more you will find happiness.

RELATION OF BAD COOKERY TO INTemperance.

WE clip from the *Woman's News* the following article, and as it contains so much practical good sense, combined with actual fact, we quote it in full:—

“The relation of bad cookery to intemperance is not often considered and not generally understood. Nevertheless it is often true that intemperance and unhealthful, unhygienic cookery are often related to each other by laws of cause and effect. Bad cookery leads to indigestion, and frequently indigestion leads to taking bitters of some sort to correct it—a remedy which is worse than the disease. The victim goes first to a doctor, who prescribes some variety of tonic bitters, ready prepared or otherwise, and in time the man buys bitters for himself. I read the other day of a man found drunk on the streets with a bottle which had held “Plantation Bitters” in his pocket. A man can get drunk on almost any of the popular bitters advertised. Richardson's bitters contain sixty per cent of alcohol, more than the best Scotch whisky. Saloons keep patent medicine bitters of various sorts on their shelves, for many of their customers prefer them to other drinks.

Bitter substances stimulate the stomach and thus are a temporary aid to digestion, but their help is simply what the whip is to an overworked horse. They impart no strength and leave the stomach worse than they find it. Using bitters to-day only makes the demand still more urgent for them to-morrow.

Spices and condiments in the seasoning of food also lead to intemperance in the cultivation of an abnormal taste for hot, smarting substances. They create a craving for more food than can be digested, and for liquors as well. Persons who do not know how to cook, seek to make their cookery palatable by using spices and condiments to hide defects. Good cookery consists in increasing the digestibility and improving the palatableness of food. Bad cookery ignores the natural flavors of foods and adds a variety of high seasonings which render it still more indigestible than the unskilled preparations would be without them. The more serious reason why high seasoning should lead to intemperance is in the perversion of the sense of taste. Certain senses are given us to add to our pleasure as well as for the practical use they are to

us. For instance, the sense of sight is not only useful but enables us to drink in beauty without doing us any harm. The same of music and other harmonies which may come to us through the sense of hearing. But the sense of taste was given to distinguish between wholesome and unwholesome foods, and cannot be used for merely sensuous gratification without debasement and making it a gross thing. An education which demands enjoyment or pleasure through the sense of taste is wholly artificial; it is coming down to the animal plane or below it, for the instinct of the brute creation teaches it merely to live to eat.

"How widespread is this habit of sensuous gratification through taste! We call upon a neighbor and are offered refreshments, as though the greatest blessing of life came from indulging the appetite. This evil is largely due to wrong education, which begins in childhood. When Johnnie sits down to the table the mother says, "Johnnie, what would you like?" instead of putting plain, wholesome food before him, expecting him to eat it and be satisfied. It sets the child to thinking that he must have what he likes whether it is good for him or not. It is not strange that an appetite pampered in this way in childhood becomes uncontrollable at maturity, and the step from gormandizing to intoxicants is much shorter than most people imagine. The natural, unperverted taste of a child will lead him to eat that which is good for him. But how can we expect the children to reform when the parents continually set them such bad examples in the matter of eating and drinking?"

"The cultivation of a taste for spices is a degradation of the sense of taste. Nature never designed that pleasure should be divorced from use. The effects of gratifying the sense of taste differ materially from those of gratifying the higher senses, like sight and hearing. What we see is gone; and the same is true of the sweetest sounds which may reach us through the ear. But what we taste is swallowed into the stomach, and what has thus given us brief pleasure through the gratification of the palate, must make work in the alimentary canal for fourteen hours before it is finally disposed of.

"We may smile with contempt upon the practice of the Romans of providing a 'vomitorium' adjoining the dining-room, where guests who had surfeited until their stomachs could retain

more could retire and empty them by emetic, but that was better than the practice of continual eating to gratify the taste, and keeping the stomach continually at work upon all sorts of indigestible things. Feasters of the present day are on a level with those who gathered around Nero's table.

"Many people treat their stomachs as if they were pockets, putting things into them which they would not put in their pockets, Limburger cheese, for instance. No one has a right to eat or drink except to meet the demands of the body, and wholesome, nutritious, unseasoned food can be prepared so as to be palatable to an unperverted taste. It takes more skill to cook simple foods and preserve natural flavors than to rob them of natural flavors and supply the deficiency with a plentiful amount of condiments. So it behooves everyone who has these important matters of health and temperance at heart, to learn scientific cookery. We have senses through which we may seek enjoyment, and which will lead us to a higher plane, but using the sense of taste for personal gratification can never be anything but debasing to young or old."

There is a general mourning throughout the length and breadth of our fair land that intemperance prevails to such a fearful extent; but cannot the primal cause be fastened upon those who provide upon their tables the means by which the appetite is educated for exciting stimulants?

A. M. L.

ART IN THE KITCHEN, NO. 8.

THERE is no one fruit among those so bountifully supplied by the Creator that "wears" so well as the apple. It is "the prince of fruits," and can in our climate be preserved so as to continue during the entire year; as iron is rated among the metals, so the apple ranks among the fruits. It is not the most luxurious or the most luscious for the moment, but it is the most durably valuable, the most practical. All languages make room for its name, and being always planted near the house, it equals the dog in its notoriety for human companionship. Scripture and geology agree as to its age, both placing its birth just a little before man's. Curiously enough, the apple has a very pertinent relation to the brain, stimulating its life and its activity, which it does by its immense endowment of phosphorus, in which element it is said to be richer than anything else in the vege-

table kingdom. It may be safely said that, except the various kinds of grain, there is no product of the earth in this country which is so good for food as the apple.

Not only is it more nourishing than the potato, but it contains acids, mild and gentle, as well as pleasing to the taste, which act in a beneficent manner upon the whole animal economy. An apple-eater is very rarely either dyspeptic or bilious. An English writer says: "It will beggar a doctor to live where orchards thrive." Mr. Burroughs offers statistics showing that certain operations in Cornwall, England, in time of scarcity, found apples in some manner a substitute for meat. "They could work on baked apples without meat, when a potato diet was not sufficient." It would be useless to try to give chemical analyses of the average composition of apples, they vary so. They contain from eighty-one to eighty-five per cent of water; from six to ten per cent, or more, of sugar; from one-half of one per cent to one per cent of free acids; from three to eight per cent of albuminous substances, and less than one-half of one per cent of salts. This fruit can be served in a great variety of ways. As a part of the breakfast, delicious apples may form an important part of the bill, and can be used without fear of disagreement to the stomach of the invalid. In cooking apples it should be remembered that heat often brings out of poor fruit excellent qualities; so that varieties not suitable for eating uncooked, frequently are better baked or made into sauce.

Grapes rank next to apples in value and healthfulness; as an article of food, the grape has always been highly prized; its unfermented juice makes a nourishing drink.

In many places the grape juice is boiled to one-half or one-third its bulk, or preserved in glass jars as fruit is canned for winter use. The warmer and drier the weather at the time of ripening, the more sugar the grape contains. Grapes are nourishing, but their nourishing properties are not the same as those of bread and meat. It would take over a pound of grapes to give as much albumen as is found in one egg. Eaten with other suitable food, and especially with bread, in quantities of from one to two pounds of grapes daily, they are said to increase nutrition, promote secretion and excretion, improve the action of the liver, kidney, and bowels, and add to the health.

In selecting grapes the berry should not be

too small, the skins should be thin, the seeds small, the juice not too thin and watery, and the berry should be somewhat fleshy.

The pear might be named for its fine qualities and the considerable amount of iron it contains.

The peach when at its best and fresh from the tree, has no equal for deliciousness, and is always a favorite with invalids. The cherry, with its fine acids, is an efficient helper in the cure of kidney and kindred diseases. The blackberry furnishes an excellent help in the cure of bowel complaint; the strawberry is said to be a good remedy in the cure of malarial fever. Oranges may be eaten almost at will, and the acids contained in them and other kindred fruits are excellent aids in quenching fevers. The plum is not so wholesome a fruit, and when cooked is usually too acid to be an acceptable article of diet. The Creator has abundantly furnished mankind with enough that is good, delicious, and wholesome, growing out of the ground, on the trees, vines, and bushes, that the lives of the poor animals need not be ruthlessly sacrificed for our sustenance.

M.

NOTES IN COOKING.

MOTHER'S SWEET ROLLS OR BUNS.—Two quarts of white flour (full measure), one cup sugar, three eggs, half a cup of cream, one pint potato yeast, use milk enough to make a dough stiff enough to knead easily. First sift the flour into a pan or bowl, then add the sugar, and the cream, next the yeast, and then the eggs, after beating them very light. Now work the flour with the ingredients and add milk enough to make a dough of medium stiffness, then knead until it is smooth. Let it rise overnight in a place not too warm. In the morning mould into buns about the size of a half a teacup. As you place them in the pans, oil them and put them rather close together, so they will hold each other in shape. Let them rise to twice the size they were when moulded out. Bake in a rather quick oven.

FRESH TOMATOES BAKED.—Select tomatoes of about the same size and ripeness. Twelve tomatoes, one cup of dried and browned bread crumbs, half a cup of cream, or one tablespoonful of creamed butter, one tablespoonful sugar, half a teaspoonful of salt. First scald and pare the tomatoes, placing them in a granite dripping-pan which has been oiled, sprinkle over the salt and

sugar and then the bread crumbs and butter. If cream is used, pour it over just before serving. Place in a moderate oven and bake for an hour. Serve as a vegetable, garnished with green sprigs of parsley.

YOUNG GREEN CABBAGE BOILED.—Two small green cabbage heads, one tablespoonful of salt, a pinch of soda about the size of a small pea, two tablespoonfuls of creamed butter, the juice of one lemon. Fill a large granite kettle three-fourths full of boiling water; to this add the soda and salt. When it is boiling hard, plunge in the cabbage (after having soaked it in cold water), and let it boil for half an hour, or until tender, with the lid off. Then drain in a colander and remove the stalks and chop the tender leaves rather coarse, place in a hot vegetable dish with creamed butter spread over it, then sprinkle the lemon juice on it. If desired, garnish with round slices of cucumber.

CORN-STARCH PUDDING.—One quart of milk, put on in the double boiler; when it boils, add three rounded tablespoonfuls of corn-starch rubbed in a little milk; add this to the boiling milk. Cook until it does not have a raw taste. When it is done, add a pinch of salt, with the yolks of two eggs well beaten and one-half a cup of sugar beaten with the eggs. Whip the whites of the eggs very light, with a knife on a plate. After cooking the yolks a few minutes, fold the whites into the corn-starch, adding a tablespoonful of vanilla extract. This pudding can be garnished with a large spoonful of frosting, dotted over the top with a little dot of jelly on the top of each spoonful. Whipped cream is still better for garnishing if you have it. If you mould the pudding, place on a square platter and decorate the edge with the same as the top.

PLAIN OMELET.—Three fresh eggs, six tablespoonfuls fresh milk, one teaspoonful of sugar (rounded), one-half teaspoonful salt (level). Separate the eggs carefully, putting the yolks in a bowl, and the whites on a plate. Set the whites in a cool place. Then whip the yolks in a bowl with an egg-beater, add the salt and sugar and two tablespoonfuls of milk with each egg to the beaten yolks. Now put the skillet or omelet-pan on the stove to heat slowly. Whip the whites on a plate with a knife, adding a small pinch of salt; whip it quite stiff but not too dry. Fold the whites into the yolks gently. Now oil the skillet thoroughly

and pour in the mixture all together. Shake very lightly till the egg is set, then set on the grate of a hot oven for a minute. Take out when browned a very little and roll up by folding over on a hot platter. Garnish with spoonfuls of jelly, and serve hot.

MRS. F. L. McCLURE.

DON'T READ THEM.

"THERE'S a tiptop book, Ellis, you can take to read if you want to. I've just read it, and it's a splendid story."

"Then I should like to read it. I don't very often get a chance at a new book. But I think books are the best of anything, and when I'm a man I mean to have stacks of them. Mother and I read together, and then we talk over what we've been reading about; so it's twice as good as if I read it alone."

"Is that the way you do?"

"Of course it is. Why shouldn't I? Mother and I are all the family there is left, and we do everything we can together. I tell you, my mother is the best company I ever had. She is as good as she can be. She goes singing around the house, making a fellow feel rich no matter what he has for dinner."

"Ain't she old?"

"No, and it wouldn't make any difference if she was; she'd be my mother all the same."

"To be sure she would. But if you take this book, you must keep it out of her sight and read it on the sly."

"Why must I?"

"Because she won't like it. My mother'd make a great fuss if she knew I read such a book."

"Then what do you read it for? What is the matter with the book? You said it was splendid."

"So it is, but your mother would not think so."

"Then it is not so, for I tell you my mother knows. I will not read anything on the sly. I do not do business that way, and I advise you not to. My mother knows best."

"If you think so, I do not suppose it is any use to try to make you think different."

"No, sir, it is not; and I advise you to do as your mother wants you to. You have a bad book, or you would not talk about it as you do, and you had better burn it up."

So one boy was loyal to his mother and to his own higher nature; but two others were found who could be more easily influenced.

They read the book through, and talked of the exciting scenes described in it, and were thus prepared for further reading of the same kind. Lessons were neglected, and occasionally there was a day's truancy from school. The evil did not stop there. Absolute falsehoods followed fast upon deception; and then a petty theft was committed in the village. It was charged at once to the three boys who were constantly together, and who were known to be habitual readers of highly sensational books and papers. They were suspected of reading even worse books, and all this told against them.

For their parents' sake they were saved the disgrace of a public trial. Upon acknowledgment of their guilt and promise of amendment, the prosecution against them was withdrawn, and every effort was made to reclaim them from their evil ways. But the die was cast. Vile books had done their work of pollution. These boys grew up reckless, dissipated men, with low tastes and gross manners, while the boy who trusted his mother was honorable and honored.

Don't do anything on the sly, for be sure your sin will find you out. Don't look at a picture you would not be willing to show to mother.

The boys tried in our courts for the commission of crimes are those who have read bad books; the boys who are serving out sentences in houses of correction and State prisons, are those who have read bad books.

Don't read them. Don't trust yourself to read *one*.

Evil communications corrupt good manners, and evil words upon a printed page corrupt both soul and body. Do not read them.—*National Presbyterian*.

THE United States is, without a doubt, a nation of coffee drinkers. The imports from South America amount to over 525,000,000 pounds annually, of which 69 per cent comes from Brazil. The second largest shipper to this market is Venezuela, 11 per cent.

THE consumption of strong liquors reached in St. Petersburg in one year more than 34,875,000 gallons. On the average every inhabitant of the empire consumes nine gallons a year.

It is estimated that there are 80,000 Swedes in New York City, and not one of them is a saloon keeper.

HELPFUL HINTS.

A LITTLE oatmeal mixed with the water will whiten the hands.

A HALF-WORN carpet may be made to last longer by ripping and transposing breadths.

A GOOD way of keeping a cellar ventilated is to have a pipe from it enter the kitchen chimney.

Do not hang mirrors opposite a door or window, as the sunshine tends to injure their brightness.

BLACK STOCKINGS.—Let them lie in strong salt and water for a few hours and they will not crock.

DOSE FOR NURSES.—Common sense, 1 oz.; cheerfulness, 2 oz.; patience, 1 lb.; always keep on hand.

AN excellent way to brighten zinc is to rub it well with kerosene, then wash with hot suds and wipe dry.

TO KEEP WOODEN WARE FROM CRACKING.—Dip it in boiled linseed oil, then wash it and it is ready for use.

AN excellent remedy for a cold is one or two glasses of hot lemonade drunk just before going to bed at night.

DISEASE is often transmitted by the hands through the mouth. Always wash the hands on coming out of a sick-room.

BREATH TAINTED BY ONIONS.—Leaves of parsley, eaten with vinegar, will prevent the disagreeable consequences of eating onions.

A LITTLE ammonia or borax in the water you wash your hands with, and that water just lukewarm, will keep the skin clean and soft.

FOR an ingrowing nail, raise its edge and tuck under, by means of small pincers or penknife, two or three thicknesses of tin foil. Change it after a few days; a few applications will effect a cure.

FOR HOLLOW CHEST.—Develop the muscles of the chest by swinging by the arms, holding the head erect, and other physical exercises calling these muscles into action; also by deep breathing.

TO RENOVATE VAILS.—Take one teaspoonful of powdered borax, dissolve in half a teacup of water, dip the vail, squeeze gently, and iron immediately. If the irons are smooth and at proper heat they will not stick, and your vail will be as nice as new. This process also answers nicely for doing up laces, giving them much the same tissue-paper-like stiffness as the new ones have.

Healthful Dress.

IMMORTAL MINUTES.

It is but a minute,
And then it is gone;
But put something in it,
And that will live on.

And thus made immortal,
Thy moments shall be
The arch of a portal
Of triumph for thee.

WINTER DRESSES FOR CHILDREN.

THERE is a general impression in many quarters that in order to promote the health of children it is advisable to subject them to a "hardening" process. The meaning of this term it is needless to explain further than to say that it is to encourage native energy by opposition, to engender strength of mind and body by early participation in the struggle for existence. The principle is in itself a wholesome one, and is not without its parallel in the history of nature's processes. Care is most necessary, however, in its application. Without such care it may be, and frequently has been, overdone. In particular must it be remembered that all success in the adoption of this plan in education depends on the possession, by a child thus trained, of a basis of sturdy physical vigor. A delicate child, if treated after the same method, would languish and probably succumb. We have been led into this train of observation by noting the frequency with which one finds children of both sexes and of different ages, constitutions, and positions in life, treated after one uniform prescription of hardy training. We would now concern ourselves particularly with that aspect of the question which has to do with clothing during such inclement weather as prevails at present. That considerable variation of opinion should obtain among parents with regard to this subject, is only to be expected. Here, it may be said with truth, is room for the wise exercise of private judgment, and here we may in many cases find occasion to apply the maxims of the hardening system. So much may safely be granted, but we must not forget that certain essentials cannot be dispensed with, under any plan adopted. Among these, the maintenance of bodily heat and dryness is all-important, and certain of the most prevalent customs of domestic life incline us to believe that the fact is but slightly understood. The hat, for example, is often, in the case of girls, far too light and too cool. Instead of straw, we would substitute some form of woolen material, just as boys, with few exceptions, are commonly provided with hats of wool or felt, which are at once light, comfortable, and suitably protective against weather. Under-clothing is another matter which does not as yet receive adequate attention. We still find the linen shirt or chemise worn, very commonly, next the skin. This is an error in personal hygiene which cannot, under any system, be excused. Summer and winter, indeed, present no material difference

as regards the choice of an under-garment. Lighter or heavier, the material certainly should vary in accordance with the degree of external cold; but throughout the year no other substance is so wholesome or so preventive of chill as a woolen fabric. Of the feet we need, perhaps, hardly speak. For them, as for the rest of the body, a casing of wool is the prime requisite; and, indeed, the use of this material as a general investment for the skin will be allowed by members of the medical profession generally, to be the great regulating principle in arranging the dress of children, whatever the view most approved in their physical education.

In the choice of dress, comfort too often is sacrificed to fashion, and on the promenades of our great cities hundreds of children can be seen shuffling their way through the snow, with their baby feet squeezed into skin-tight gaiters, and their legs shivering in knee-breeches and thin stockings.

Triple socks, with commodious felt shoes, or felt half-boots, reaching up above the ankles, and stuffed with loose wool, would be less elegant, but infinitely more sensible, as soon as the thermometer gets down to the upper teens. Nineteen Fahrenheit above zero marks about the time when the natives of French Canada don their wool shoes, multiplex under-shirts, and "Mackinaw hoods"—bag-like cowls with flaps reaching under the coat collar and leaving only a narrow slit for breathing and sight. Their youngsters wear miniature ditto the same pattern, and in a climate often chilling the mercury to 30° below zero, actually suffer less from frost than the juvenile aristocrats of our half-tropical Gulf Coast cities. The reason why fur and down warms better than broadcloth is because of the warm air inclosed in a thick fleece; and for children who would be hampered by heavy overcoats, successive layers of loose, ruffled blouses can be made to answer the same purpose, with greater comfort and at a reduced expense. Neck-shawls supply a much-felt need, but cannot quite excuse the foolish fashion of cutting a boy's hair skin close in the midst of the blizzard season. Four inches should be the minimum from Christmas to middle-March. In extra cold nights the chief problem is the difficulty of keeping the feet warm, and the nursery-rhyme objection to sonnie John going to bed with his stockings on, can be compromised by the use of hot bricks or warming crocks. That master of many experiments, Dr. Pettenkofer, has ascertained that a stoneware bottle, half filled with molten pitch (or resin), and securely corked, will keep its heat longer than anything yet invented.—*Farm, Field, and Stockman.*

THE SEARCH FOR PRETTY WIVES.

GIRLS to be successful to-day must have something more than pretty features. The men who are worth marrying are looking for something else than pretty faces, coy manners, or fetching gowns. They are recognizing full well that women are progressing at a pace which will quicken rather than slacken. They realize that the woman of to-morrow will be brighter in mind than her predecessor of to-day. Hence, they are looking for wives who will be the equal of that of her neighbor. Beauty is being considered an adjunct to common sense. "I want a wife who knows something, who is worth having for what she knows; not one of these social butterflies," said one of the greatest "catchers" of

the last New York season to me at the winter's close. And he expressed the sentiments of thousands of the young men of to-day. The scent for pretty wives is over, and the look-out for bright young women has begun. And the girl who to-day trains her mind to knowledge will be the woman of to-morrow.—*Edward W. Bok, in Ladies' Home Journal.*

EIGHTEENTH-CENTURY HEAD-DRESSES.

ABOUT 1775 the pomposity of feathered head-dresses reached its climax; a high-born dame appeared at a "drawing-room reception" flaunting above her head an ostrich plume over four feet in length. Because she was fashion's queen it became the rage, and, as in earlier periods, ladies suddenly grew so tall that entrance through doorways of customary height was impossible. Though imperial edict forbade feathers at court, the absurd style remained in vogue until the extravagance was caricatured by the brave entrance of a lady wearing head-gear not less than a yard in width. This accomplished the desired result.

Not many years after, the "top-knot" style attracted attention; this developed into what one authority describes as "a higgledy-piggledy tuft frizzed at the ends, and kept in position by a ribbon cut circularly;" beyond this, some added, with striking effect, a paroquet with extended wing and tail.

Following furiously fast appeared flowers in bouquets and immense garlands; these strangely-poised garden beds were varied by gauzy textures, fine and beautiful, in simple lengths, but "twisted into fluffy puffs, bows, and infinitesimal wriggles," thus losing their gossamer elegance and softening effect; presently gems, fringes, and tassels, joining companionship with plumes, came to the front; a fearful vision of "Alps on Alps" now met the eye, a combination as marvelous as absurd. These differing styles were designated as the "horned head-dress, the steeple, the butterfly, the spaniel's ears."

Just here may be inserted an extract from a letter written by Hannah More, in 1777, touching the point in hand—a writer as remarkable for truthfulness of expression as for learning, position is society, and modesty in dress:—

"The other night we had a great deal of company—eleven damsels, to say nothing of men. I protest I hardly do them justice when I pronounce that they had among them, on their heads, an acre and a half of shrubbery, besides slopes, grass-plots, tulip-beds, clumps of peonies, kitchen-gardens, and green-houses."

Beyond this we have descriptive lines by a writer of the period:—

"Give Chloe a bushel of horse-hair and wool,
Of paste and pomatum a pound,
Ten yards of gay ribbon to deck her sweet skull,
And gauze to encompass it round."

—*Harper's Bazar.*

THE Duchess of Aosta has the distinction of possessing the most elaborate mourning cloak ever made in Paris. It is of heavy, lusterless silk, trimmed with flat bands of the richest ostrich plumes, headed by bands of costly dull jet.

DRESS according to the *weather*, not the *season*.

FOR WASHING LAWN OR MUSLIN.

COLORÉD muslins or lawns must be washed one by one in cold water. If they are very much soiled, the water must be lukewarm, but no hotter. Above all, be careful not to use the smallest particle of soda. The best soap for articles of this material is the common yellow soap. A small piece of alum should be boiled in the water in which the lather is made. The soap should not be allowed to remain any time in the linen, but the articles washed should be rinsed immediately after washing, and hung out to dry. Leave all articles beside the tub, washing each separately. They should be ironed as soon as they are dry, and not be allowed to remain damp overnight, nor should they be sprinkled. Do not iron with very hot irons. Pink and green tints may withstand the washing, but will be likely to change color as soon as a hot iron is put upon them.—*Good Health.*

NAMES OF GOODS.

MUSLIN is named from Mosul, in Asia.

Taffeta and tabby, from a street in Bagdad.

Drugget is derived from a city in Ireland, Drogheda.

Cambric, from Cambria.

Gauze has its name from Gaza.

Baize, from Bajac; dimity from Damietta, and jeans from Jean.

Damask is from the city of Damascus.

Satins, from Zaytown, in China.

Velvet is from the Italian, *vellute*, woolly. (Latin, *vellus*—a hide or pelt.)

Serge derives its name from Xerga, a Spanish name for a peculiar woolen blanket.

Shawl is the Sancrit *sala* (floor), for shawls were first used as carpets and tapestry.

RATIONAL DRESS.

It is encouraging to note that the *Cloak, Suit, and Ladies' Wear Review*, a popular fashion magazine, has introduced a dress-reform department, entitled, "Rational Dress." At the head of the department we find the following as its platform:—

"The requirements of a perfect dress are: (1) Freedom of movement; (2) no pressure over any part of the body; (3) no more weight than is necessary for warmth, and both weight and warmth equally distributed; (4) quick changeability; (5) grace and beauty, combined with comfort and convenience; (6) not departing too conspicuously from the ordinary dress of the time.

"*Maxim*—Clothing should follow the natural lines of the body."

"DON'T growl when little things go wrong. Always bear in mind that when the thermometer is low coal is high. Life is full of compensation."

SHORT shoes, high heels, and narrow toes entail corns and bunions, and cause unsightly deformities of the feet.

BAD dress, bad drinks, and bad diet kill more than war, famine, and pestilence.

Publishers' Department.

HEALTH AND TEMPERANCE ASSOCIATION.

THE annual session of the California branch of the International Health and Temperance Association for the year 1890 was held in Oakland, the first meeting being called by the president, J. N. Loughborough, at 9 A. M., September 21. After the appointment of committees, the president read the annual address, setting forth the rise, progress, and aims of the society, saying that "we are not advocating the cause of *high* license or *low* license, but contend that vice and crime should not be licensed at any price. We are not pleading for laws to close saloons one day in the week while they are left to go on in full blast the other six days. As a civil measure, protecting the lives and property of our fellow-citizens, we do not see why it is not in the province of municipal and legislative bodies, and in fact their duty, to suppress the manufacture and sale of intoxicants, on the same ground that they prohibit the adulteration of food with deleterious or health-destroying substances, or the dealing out of poisons to the people at unawares.

"In our labors we are seeking to disseminate true health principles as well as temperance principles. Health is the right-hand maid of temperance. The greatest good can be done by our trying to enlighten the minds of all we can gain access to with knowledge of the best course for them to pursue to prevent disease, sickness, and suffering, and broken constitutions, and premature death. False appetite and ruinous self-indulgence in dressing, in eating and drinking, in overtaxation to do a large amount of work in a given time, has a ruinous influence upon the temper, and the physical and mental powers. Diseases of every stripe and type have been brought upon human beings by the use of tea and coffee, and the narcotic tobacco. These hurtful indulgences should be discontinued from a health standpoint.

"Every unnatural physical indulgence strengthens a warring lust; and the soul as well as the body is degraded in consequence. He who would make high attainments in godliness must be temperate in all things; he must not only discard everything that can intoxicate, but must observe temperance in eating, in drinking, in dressing, and in labor.

"It is for the dissemination of such health and temperance principles that this association was formed, and to encourage each other in this good work, and devise ways and means for the prosecution of the work, that we are here in council."

Already space forbids further extracts from this lengthy address.

The second meeting was held at 9:30 A. M., September 24. The Committee on Resolutions appointed at the previous meeting, presented the following, which were unanimously adopted:—

WHEREAS, We have abundant evidence that the Rural Health Retreat, at St. Helena, has been founded in the providence of God; and,

WHEREAS, Many patients have made application for ad-

mission during the past summer that could not be received for want of room; therefore,

Resolved, That it is our duty to provide additional buildings and facilities immediately.

WHEREAS, We regard the laws of health as the laws of God; therefore,

Resolved, That we express our gratitude to him for the light that he has given on this subject, and for the establishment of health institutions and publications; and also for opening the way for the true principles of health and temperance to be brought acceptably before the people.

Resolved, That we pledge ourselves to faithfully study the principles of health reform as presented in the PACIFIC HEALTH JOURNAL.

Resolved, That we consider the distribution of health and temperance literature an important branch of our work, and that we pledge ourselves to aid in placing such reading matter before the people.

W. P. Burke, M. D., president and managing physician of the Rural Health Retreat, spoke to these resolutions, saying that there was urgent need of more room at the Retreat. They had been obliged to turn away more than one hundred during the summer because they had not room to accommodate them. He further said: "We regard health reform as the right arm of our Christian work." The majority of persons eat too much. If we did not eat so much we would have more to give, and clearer minds, and more health and strength for our work. The HEALTH JOURNAL will do no more good to those who do not read it than the Bible will to those who refuse to examine its pages. Practical instruction is constantly being given at the Retreat concerning how to live, how to eat, etc. We are showing them these things all the time. We think it our duty to make more room for the sick to come and receive the benefits of the institution.

Mr. O. A. Olsen, of Michigan, said: "Some have thought that the health and temperance work was outside of our special religious work. Not so. The gospel of Jesus Christ takes in the body as well as the soul. They stand closely related. Some have said, 'It is all *the soul, the soul*, the body is of no consequence!' You never heard that in the discourses of Jesus Christ. He interested himself in the affairs of the body. When God led his people out of Egypt, he taught them how they could glorify him in their body and in their spirits, which were his. They would be willing to take the bondage in Egypt if they could have the flesh-pots, and the leeks, and the onions.

"When Jesus came into the world, we find him healing the sick, giving sight to the blind, hearing to the dumb, and causing the lame to leap for joy. So we should work. We need institutions to teach these health principles; we need schools to inculcate them; and we need sanitariums where they can be carried out."

After remarks by different ones, subscription papers were passed, and over \$20,000 was pledged in stock and loans at a low rate of interest, to the Rural Health Retreat, to aid in the erection of another building. We hope to see this sum augmented to \$50,000. At least as much as that should be invested to provide ample accommodations.

The officers of the Health and Temperance Association elected for the ensuing year are as follows: President, W. P. Burke, M. D.; Vice-President, G. H. Derrick; Secretary and Treasurer, Mrs. Victory Derrick. There was

much enthusiasm apparent in these meetings of the society, and many of the audience subscribed for the PACIFIC HEALTH JOURNAL.

TIME TO RENEW.

PLEASE examine the date on the address label of your JOURNAL. Many subscriptions expire during November and December. Please renew at once for 1891, and we will send you the number for December, 1890, FREE. Subscription price, \$1.00 per year.

A \$200,000 LIBEL SUIT.

SUIT has been entered by William Radam, manufacturer of Radam's Microbe Killer, against the *Druggists' Circular*, of New York, for \$200,000 damages, the largest amount so far as heard from that was ever asked for in a libel suit of this kind.

The pleadings show that the action is brought to recover damages claimed to have been done the business of the plaintiff by an article published in the *Druggists' Circular* for September, 1889. This article gave the result of an analysis of the Microbe Killer made by Dr. R. G. Eccles, a prominent chemist of Brooklyn, who stated that an identical preparation could be made by the following formula: Oil of vitriol (impure), 4 drams; muriatic acid (impure), 1 dram; red wine, about 1 ounce; well or spring water, 1 gallon.

This mixture, it was alleged, could be made at a cost of less than five cents per gallon, for which Radam charged \$3.00.

The *Druggists' Circular*, which is published at 72 William Street, New York, expresses a desire to hear of any case in which unfavorable results have followed the administration of the Microbe Killer, or of any other fact that would be interesting under the circumstances. They claim to have published this analysis without malice, and with the sole intention of protecting the public from the loss of their health and money by the use of a dangerous nostrum.

BOOK REVIEWS.

WE have received from the publisher, E. B. Treat, 5 Cooper Union, New York, "A Practical Treatise on Headache, Neuralgia, Sleep and Its Derangements, and Spinal Irritation," by Leonard Corning, M. A., M. D., consultant in nervous diseases to St. Francis Hospital; fellow of the New York Academy of Medicine; member of the New York Neurological Society, etc. Second edition, with an appendix. "Eye Strain, a Cause of Headache," by David Webster, M. D., professor of ophthalmology in the New York Polyclinic; surgeon to the Manhattan Eye and Ear Hospital, etc., etc. In this volume the author has undertaken the difficult task of explaining the nature and treatment of those pains about the head, which constitute such a fruitful source of misery. His style is at once lucid and forcible, not the least of his charms being the power to awaken thought as well as to impart information. The book is replete with suggestion and useful matter, and no thoughtful physician can fail to derive both inspiration and practical assistance from its perusal. In one large octavo volume, nearly three hundred pages. Price, \$2.75.

RECEIVED.—A work on "Structure of the Rectum," by Charles B. Kelsey, M. D., New York, professor of diseases of the rectum, at the New York Post-Graduate School and Hospital; late professor of rectal surgery at the University of Vermont. This work, of about fifty pages, in nice, flexible

cover, is a study of ninety-six cases, with treatment employed in the same. Tools employed, etc., illustrated.

An explanation of the phenomena of "Immunity and Contagion," based upon the action of physiological and biological laws, by J. W. McLaughlin, M. D., Austin, Texas. In this pamphlet of 36 pages the subject is quite forcibly set forth.

Baltimore Family Health Journal, published at 1027 Madison Avenue, Baltimore, Maryland. A monthly devoted to the prevention of diseases and dissemination of a knowledge of the laws of health.

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 Australia—Echo Publishing House, North Fitzroy, Victoria.
 California Tract Society—1059 Castro St., Oakland, Cal.
 Canada—Mrs. R. S. Owen, South Stukely, Province of Quebec; and G. W. Morse, 62 Spadina Ave., Toronto, Ontario.
 China and Japan—A. La Rue, International Tract Society, Queens Road 219, Hongkong, China.
 Colorado Tract Society—S. E. Whiteis, Sec., 812 Nineteenth Ave., Denver, Col.
 Dakota Tract Society—A. H. Beaumont, Sec., Vilas, S. Dakota.
 England—Pacific Press Publishing Co., 48 Paternoster Row, London, E. C.
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 Vancouver Island—E. A. Guyton, 25 Work St., Victoria, B. C.
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 Virginia—Amy A. Neff, Quicksburg, Shenandoah Co., Va.
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At the Rural Health Retreat there are kept constantly on hand the following valuable articles, which may be obtained, post-paid, at the prices affixed:—

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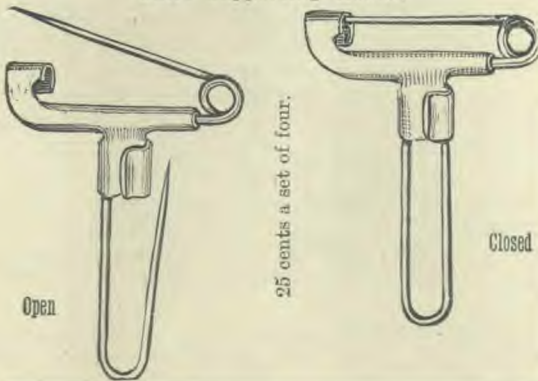
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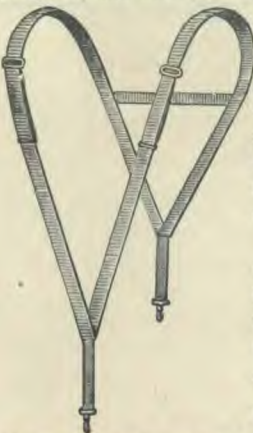
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How to Dress Healthfully.

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.

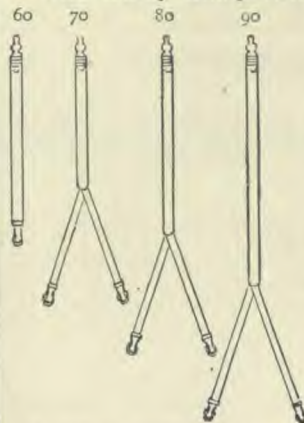
The Ladies' Hygienic Skirt Supporter.



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, 20 c. No. 80, Misses, 25 c. No. 90, Ladies, 30 c.

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



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

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

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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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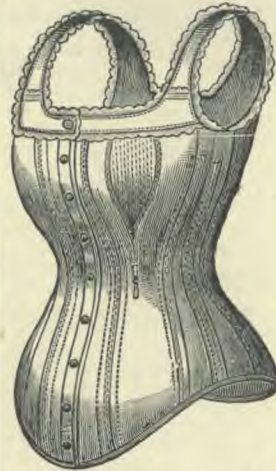
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