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SHORT SERMONS.

EAT to live instead of living to eat.

THE best of condiments is a good appetite.

KEEP cheerful; "a merry heart doeth good like a medicine."

To the pure soul there is a great deal of satisfaction in a good bath.

WE ought to be careful in tribulation to flee to the footstool of mercy, that we come out of it sanctified by the word of God and prayer.—*Farrar.*

WHAT a pity it is that men should take such immense pains, as some do, to learn those things which, as soon as they become wise, they take so much pains to unlearn.

MANY people are afraid of "night air," and so shut themselves in close, unventilated rooms, breathing the same air over and over again, till they are poisoned through and through. All air is night air in the night. We prefer as much of heaven's pure air as we can get.

NOTHING will yield you richer reward of gladness, and a greater wealth of joy, than faithfully to cultivate and develop the happier, warmer, sunnier side of your nature, that you may be a blessing to yourself and a blessing to all around you.—*Schuyler Colfax.*

THOUGHTS ABOUT CHILDREN.

IN the Old World and the New, the growth of towns is spreading. We want, therefore, to notice some of the effects which the changing condition has upon the physique. When people move from country to town there is a tendency to deteriorate, and scrofula most usually results, if pork be eaten or lard used in cookery. The degeneracy of persons born and bred in towns is bad enough, but when country people try to live in cities, the matter becomes worse. Country people are of a large, bony framework, well-developed muscles, broad shoulders; but look at the denizens of large, crowded cities, small bones, light muscles, and shorter in stature, with chest measurements quite small in all directions—almost in appearance like another race.

The change in the physique is retroversive. We see as the physique is changed so is the *psychique*; however, there remains the same emotional temperament and precocity. With the march of civilization and development of commerce, there comes a change over the spirit of man.

The old, rough days of rowing, riding, chopping, and tugging, which develop a stout body for work or war, mimic or real, are now thought but little of, but are to be coveted. The day of the large man has passed away and given place to the small, active brain toiler. The active brain was seen to be more valuable than physical powers. In these days of electricity and steam-power, the acute brain and lissome hand are much more desirable than a brawny arm. We see the selection of the fittest has taken another direction within the last few hundred years. This is one matter; let us look at another of a very different character.

The primitive child in the country grows up a healthy animal. Fresh air is breathed by it, which has blown over soil covered with grass; it plays on

the sward of the village green. When confined to the school-room, that room is ventilated by pure air, unlike the air of the school-room in a crowded city. The child romps and plays under the most favorable circumstances. Its appetite is keen, it can digest its food, and it sleeps and grows into a stalwart adult. The balance of nutrition is well maintained, and there is no disproportion. It develops thews and sinews, and a stable nervous system. It is true it is slow to develop, but this development is grander and more complete than that of the town and city dweller. When you notice them in the battle of life, the country man or woman after a while overtakes the city dweller, and ultimately leaves him far behind in the race. The "man and horse alike feel the haste and hurry of to-day." In the city there is perpetual excitement, and the child feels it; the crowded street is but a contrast with the country lane. The excitement of places of amusement, the happenings on the street, are charms in the life of town children, and just so much chaff to them; but all favor precocity in the youngsters of the city. The nervous system is forced something as the horticulturist forces his vegetables, and with the same result—an inferior product. The physician looks upon the precocious child with suspicion, though it be the delight of its parents and grandparents, and knows how liable it is to fall a prey to disease. B.

(To be continued.)

THE HYGIENE OF EVERY-DAY LIFE.

IN this day of preventive medicine, when as much thought and study are given to the avoidance of disease as is applied to its cure; when certain men devote the years of their lives in endeavoring to discover and control the causes that induce unhealthy action in the human body; when large sums of money are yearly contributed by benevolent individuals, or the various governments of the earth, for the establishment and equipment of laboratories where such investigations may be conducted, it becomes every medical man, no matter how humble his station, to do all in his power, within the sphere of his influence, to second the efforts of these patient, original investigators—to contribute his mite to the general fund of sanitary knowledge.

While the mission of the physician is to cure disease, it is also, in a larger sense, the more

humane one of preventing disease when it lies in his power by precept or example so to do.

Thus it has come to pass that there has arisen a class of individuals known as sanitarians. But sanitary science is not of recent origin. Ages ago it was recognized that certain precautions were necessary to insure freedom from disease; that certain occupations were inimicable to health, and certain localities and habits of living were inseparably connected with sickness and death. Moses, the greatest sanitarian, probably, that ever lived, understood these things, and promulgated a hygienic code that must have conduced largely to the health and happiness of his people, and could to-day be observed with profit by all classes of men.

Every day increases our knowledge of the causes of disease, and every such increase of knowledge demonstrates the importance of exercising care in our intercourse with the physically afflicted. The more information we possess of the mysterious agents that we now know are concerned in producing the phenomena in the human body which we call disease, the more we understand their subtle power to take advantage of our daily habits of life to invade the system, the more are we impressed with the conviction that it would be an act of mercy for those afflicted with certain maladies to give warning of their presence, as did the lepers of old, by crying, "Unclean! unclean!" As the ancients recognized the fact that contact with those affected with leprosy caused its appearance in the healthy individual, so do we know that association with those suffering with certain diseases will cause us to incur the risk of infection.

But we know more than this; whereas the people of old considered direct contact or intercourse necessary to spread certain affections, we know that disease can be disseminated without this formality. The excreta from the bowels, the sputum from the lungs or throat, the minute scales that fall from the body in some cases, are all sources of contagion, and may cause disease to appear in the healthy man months after the patient, whom he may never have seen, has recovered or died.

The clothing that has been used by a patient, the plaything that has been placed to a sick child's lips, the pipe of the smoker, the imperfectly-cleansed vessels and spoons from which the patient was nourished, the cups at the public drinking fountain, the water that flows therefrom, the milk

and various articles of food we use, the railway car, the carriage, the school, the church, the public meeting-room, the theater and the opera-glasses procured therein, the towels that are indiscriminately used in the lavatories of hotels and depots, that other towel, which is frequently found pendant from the eating counter of restaurants, and is ostentatiously used by the last customer to cleanse his face, lips, and teeth, the towels and implements of the barber, the public toilet-room, the public bath house, the money that we daily handle, the hands and instruments of the untidy surgeon, obstetrician, or dentist, are all factors in the dissemination of disease, and all have direct bearing upon the hygiene of every-day life.

All of these topics—and many others—have an influence upon our health, happiness, and period of existence; but the limit of this paper will not permit of their separate discussion.

At the present time the one subject that is engaging general attention is tuberculosis—or what is known as consumption when it invades the lungs. This terrible scourge of the human race—which annually destroys about one-seventh of the population of the earth—is ever present with us, performing its fell work in the mansions of the rich as well as in the humble abodes of the poor. It indiscriminately extinguishes the light of the brightest intellect and effaces the clouded mind of the idiot or insane. The athlete, who, in the pride of his power, feels that he is invincible, cannot prevail against this insidious antagonist, and, once in its embrace, will be shorn of his strength as surely as was Sampson. While it has a predilection for certain races and the members of certain families, none can feel assured that they are proof against its attacks; yet it constantly affords examples of the survival of the fittest. A scourge so persistently at war with man has, naturally, been as persistently combated by him. All the remedies in nature's laboratory have been utilized, with the hope of staying the onward progress of this ally of death. Suggestions of all kinds have been made, mechanical contrivances without number resorted to, the patient exiled from home and friends—doomed irrevocably to die—and, notwithstanding all that has been done, the disease continues to invade our households, and we have no surety against its encroachment.

The potent agent in producing and perpetuating this dreaded malady is, according to the latest in-

vestigations, a living germ, called the bacillus tuberculosis. This germ, it has been demonstrated, is present in tuberculous disease, no matter in what form it may exist—whether as an affection of the lungs, the larynx, the bones and joints, the glands, the skin, or other tissues of the body. And it has also been demonstrated that, through the bacillus agency, tuberculosis can be transmitted from one animal body to another, thus proving it to be the causative factor in the disease.

Because tuberculosis can be transmitted from one human being to another, through the agency of this living germ, we now consider it to be an infectious disease, and it may be imparted to another person through the medium of their lungs, stomach, skin, or wounds. No doubt it is contracted in the greatest number of cases through the avenues of the lungs and stomach; and the most active agents in disseminating it are the cases of tuberculosis of the lungs—the so-called consumption. In these cases there is constant expectoration, and in many instances the patients are not careful where they deposit their sputa. It is ejected upon their clothing, their handkerchiefs, their beds, the floors of their dwellings, in the street-car, the theater, church, and various other places. It can be said that the sputum of the consumptive is met with everywhere.

In the course of time it dries, and is pulverized by the action of the feet, when it lies upon the floors; by the friction of the clothing or handkerchiefs with the articles with which they may come in contact; and the virus of the disease rises in the air as an impalpable powder, to be taken into the lungs with every inspiration, or it is deposited upon the food that is taken into the stomach. Thus the lungs or stomach become the medium through which the disease is conveyed to the system.

It is transmitted by the consumptive husband in caressing his wife; by the affected mother in nursing her child; by the diseased midwife in sucking the mucus from the new-born baby's mouth. It is contracted by the poor woman who washes the consumptive's clothing; by the child upon whom the rite of circumcision was performed, the wound being sucked by a consumptive rabbi; by the patient who has been operated upon in this case by the use of unclean instruments. It is communicated through the agency of flies, of drinking vessels, and knives and forks. It invades

the system along with the meat, the milk, or the water we take. Thus the hour of their greatest enjoyment may prove to many to be the saddest of their existence—the caress or the feast may have been the moment of their physical downfall.

As before stated, the sputum of the consumptive is met with everywhere; and, when we consider how prevalent is this disease, we can understand that the statement is not an exaggeration. And where the sputum is, there also is the bacillus. Thus it is found in the dust of the houses of consumptives, upon the walls of their rooms, upon the bedclothing, upon the head-board of the bed, upon the carpets, and upon the furniture. It is found in the shop of the consumptive worker, and in the hotel bedroom that has been occupied by a phthisical lodger. Wherever there has been a case of consumption, there we may confidently expect to find the germs of the disease.

One of the most important facts developed by recent researches is that consumption is directly transmitted from one person to another, either by actual contact, as in kissing, by inhaling the dust of rooms that contain the invalid's sputum, or by using the drinking vessels or handkerchiefs that have been imperfectly cleansed.

It was formerly believed that the affection was only susceptible of hereditary transmission—that the child of the consumptive father or mother was born with the seeds of the malady in its system, which were destined to develop in disease of the lungs in later life. The germ theory has caused a modification of this view. While it is possible that in certain instances children are ushered into the world with bacilli tuberculosis in their systems, yet it must be admitted that the great majority of offspring of consumptive parents are free from the disease at birth. But they are *not* free from the inherited predisposition to tuberculosis. It is well known that the children of such parents are more liable to die of consumption, or have tuberculous disease of the joints, glands, etc., than are the children of healthy parents. This is because their father or mother has transmitted to them a peculiar condition of the system that offers suitable soil for the cultivation of the tubercle bacillus, once it has entered their body. And the environment of such children renders it almost certain that the germs of the malady will be conveyed to their lungs, through the diseased parent's caress or the germ-laden air they must breathe. In this is the explanation of

the extermination of entire families by consumption. The members of such a family, once the disease has entered the portals of their home, live constantly in an infected atmosphere. They inhale the dried sputum of the victim, they partake of it with their food, and drink it, as it is deposited, as a fine dust, upon their cup of tea, coffee, or milk. Disgusting as is the contemplation of this phase of the subject, every physician knows the picture is not overdrawn.

The previously firmly-established belief that consumption could only secure a foothold in certain families, by hereditary transmission, is, no doubt, primarily the cause of the carelessness which we have all observed on the part of those who are connected with a case of this kind. The sense of security that was imparted by the thought that no taint of the scourge was implanted in their systems has unconsciously been the undoing of many. Fortified with this conviction, they have exposed themselves in some of the many ways offered by a disease so prevalent. It may have been by kissing the patient, perhaps by using his handkerchief, or drinking from the same glass. In this manner the germs of the malady have been conveyed directly to the circulation of the individual, who, with proper care, should have escaped.

The prevention of tuberculosis is a subject that should interest, not physicians alone, but every individual who has arrived at an age to comprehend the importance of the matter. Let it be understood that the one cause for this disease is the living germ, the bacillus, and the most persistent agent in sowing it broadcast is the dried sputum of the victim. These two important facts being known, we are thus admonished that there are certain precautions that should be observed in every case of consumption. The first is that a patient should never expectorate on the floor, or on his handkerchief. He ought always to use a sputum cup, or cuspidore, which must contain water. In this way there is no possibility of the expectorated matter becoming dried and disseminated throughout the house in the form of dust. The carpets should be swept with a damp broom, and the sweepings burned. But it would be better to have rugs on the floor, which should be shaken at a distance from the houses. The floors and woodwork of the rooms should be washed with water that contains a disinfecting solution, as carbolic acid or bichloride of mercury. The clothing and

bedclothing of the patient upon which there may be sputum should be burned, or disinfected by steam. The custom of using such garments, after death of the patient, by other members of the family, cannot be too strongly condemned. It may seem cruel to interdict kissing, but certainly the invalid should not be kissed upon the lips. The consumptive mother should not suckle her child. For the same reason all milk should be boiled, as cows affected with tuberculosis are potent factors in perpetuating the disease in the human family. The walls of a house that contain a consumptive should be frequently rubbed down with bread.

Those who are looking for houses to rent or buy would act the part of wisdom if, while they sought to know the number of rooms it contained, would ascertain if anyone affected with consumption ever occupied it. If so, then all the paper should be removed from the walls, and the woodwork thoroughly cleansed with a disinfecting solution. Only in doing this is there safety. Parents should inculcate in the minds of their children the importance of avoiding public drinking vessels, and with this object in view, every child's school-satchel should contain a drinking cup. Teachers have opportunity for performing grand hygienic work in this respect, and may frequently be instrumental in imparting the instruction that is not given at home.

Water designed for drinking purposes, which is not above suspicion, should be boiled. It is possible that the day will come when people will understand and appreciate the danger of drinking water into which has been conveyed the excreta and expectoration of patients suffering with all manner of disease communicable through the medium of living germs—germs capable of sustaining an independent existence for a long period in water. But until the time does come when the inhabitants of cities shall demand uncontaminated water for domestic purposes, it behooves them to take such measures for safety as boiling affords.

The fact should be recognized that every case of consumption is a menace to the neighborhood, due to the existing popular ideas concerning this disease; and the time has come when physicians can take a positive stand against the present indiscreet conduct of these cases. We now know it to be a contagious malady, and instances could be multiplied where healthy individuals and families have been contaminated by coming in contact with

patients suffering with consumption. Therefore, the simple precautions noted in this paper could well be observed by every family wherein the disease exists, pending the time, which must surely come, when the sanitary authorities of our State and cities will take such measures as we know are indicated to lessen the prevalence of this terrible scourge.

Notwithstanding the many experiments that are at the present time being conducted in all parts of the world with a recently-discovered fluid, it can be confidently asserted that the cure for consumption of the lungs has not been found; and it is the better part of wisdom for each individual to take such precautions as common sense and prudence dictate, in the light of the knowledge which we now possess of the cause of this disease, and the various vehicles that exist for conveying it from one individual to another.

The hygiene of every-day life contemplates self-preservation, which is nature's first law.—*D. Strock, M. D., in Times and Register.*

FOODS.

THE body of man is compared, in the word of God, to a house. "This *earthly house* of our tabernacle is dissolved," is the language of Scripture. The most modern dwellings are a fair example of this human house. We have a dome in the head, and windows set in it, the eyes, to behold the outside world. The mouth, with its teeth, is a good representation of the kitchen, and food is then carried to the dining-room, the stomach, to be used for the body's needs, etc.

"As a man thinketh in his heart, so is he." "Out of the heart are the issues of life." If the heart of the individual be right, he can be depended upon. Then the tongue will be sanctified, that it will use no deceit; the lips will be sanctified, that they will speak no guile, for "out of the abundance of the heart the mouth speaketh;" the eyes will be sanctified, that they will not be full of adultery; the hands will not do those things which God forbids; the feet will not tread the forbidden path and be found in the saloon or house of ill-fame. In fact, all the organs of the body will be truly sanctified when the heart is right, for out of the heart are the issues of life. The combing of the hair, the wearing of apparel, the food we eat, all show the condition of the heart. These things

are perfect indexes to the heart of the individual. You may know a tree by its fruits.

The uses that we make of money betray the character of the individual. The spending of money for things to needlessly supply the taste, truly shows the heart and character of the individual. On the other hand, mark the one who spends his means to a good purpose, and for every good work. This also shows the trend of the heart, and that he who thus spends his means is "making to himself friends of the mammon of unrighteousness, that when he fails here he may be received into everlasting habitations, at the time appointed by the Father."

The heart of the individual is betrayed when he continues to do bad things in secret, but is very sorry when he is detected, sorry that his evil deeds are exposed. The shame which his evil doings have brought upon him is what he is sorry for, and not for the evil act itself. How contrary to the Scriptures, which plainly exhort us to repentance for sin itself, not for the shame sin brings. It is astonishing that men and women are so foolish as to think of traveling through this life in this way when assured that "God will bring every work into judgment, with every *secret* thing, whether it be good or whether it be evil." How many there are in the world to-day who will be found wanting when weighed in the balances by Him who knows the heart! Ministers, deacons, and church-members are coming to us to be treated for diseases common to houses of ill-fame. How can God hear the prayers of such a person! Oh, what long-suffering love for his erring children is continually manifested by our indulgent Heavenly Father!

Again, see the tyrant in the family. The muscles of the face are an index to the spirit within. They are all drawn so as to give him a burly appearance, set to perfectly agree with the heart within. They have so long been trained in this condition that they truly indicate the character of the person.

On the other hand, see the candid, honest person. There is a light in the countenance; the muscles of the face give a very different expression, from the different spirit within. These have had a different training; a meek and quiet spirit in the person has done it. This kind of spirit will do more to give a beautiful countenance than all the paints and powders that can be applied in the forms of cosmetics. Don't use these things, but

obtain a spirit in the heart which will cause the countenance to fairly blaze with beauty.

The face shows the dyspeptic condition of the individual as well as the condition of the heart. The dyspeptic sits before us, and his condition is easier seen than described. The heart of this individual, as pertains to his eating and drinking, is manifested in his face.

Dyspepsia is more frequent than all other diseases; it affects all classes of society—the rich on account of excess of enjoyment, the poor from privations. It is a permanent enemy, and met with in daily practice. It has varied and mysterious forms, and is, properly speaking, functional trouble, which, if long continued, results in gastritis. To be plain, dyspepsia is a functional disease, while gastritis is a change in texture or organic lesion, characterized by pain, heat, and swelling. There is no effect without a cause; consequently, there is no function without an organ, and an organ must work to be healthy. Hunger, the prelude to the digestive function, must be satisfied to the proper extent. Should hunger exist too long, it may extend to irritation of the stomach, pain, heat, and swelling. When an organ is diseased, hasten to restore the habitual stimulus. The stomach demands proper food, the lungs require good, fresh air, the heart must have good blood and a proper quantity of it, and the brain, right intellectual employment. Extreme fasting, therefore, is wrong, since it maintains morbid susceptibility of the stomach, while, on the other hand, gluttony is sure to bring its evils.

Most impressions, both physical and moral, are reflected *from* the stomach, and induce trouble in other parts of the body towards the stomach. In *our* bodies there is no class of functions which exerts so general an influence as that of digestion—most disorders of other functions depend on it. Thus the function of the liver, heart, lungs, kidneys, intestines, nervous system, genital organs, skin, etc., may be affected by a disordered digestion. The several functions of these organs may, in turn, affect the stomach's function.

Functional disturbances of the stomach come on quickly, and are soon dissipated because they are not alternations of texture, such as ulcerations, etc., with production of morbid elements. Sometimes dyspepsia does not reach beyond the duration of the digestive period. Such disordered digestion results in a sudden feeling of tightness,

perhaps cramps, running through to the back, and a sensation of burning heat. When at the upper end of the stomach, the pain is at the left side of this organ; when at the lower end of the stomach, pain, cramps, etc., are on the right side, and when in the pit of the stomach, the whole organ is affected.

There is a production of abnormal acids from the fermentation going on there. This fermentation produces distention by gas; this distention produces abnormal beatings in the pit of the stomach, abnormal sensations of heat and cold, a constricted, acrid, hot, even a burning feeling in the throat, and general or sympathetic symptoms over the whole body. B.

A WORD ABOUT NURSES.

THE definition for good health is the circulation of pure blood in a sound organism. And just the opposite for ill health. The efforts of nature are continually to keep the blood pure and the organism sound.

Through years of sinning we seldom find a body in which the functions are all performed naturally.

Let us see if we can ascertain what some of those sins are. In the first place, most of us have a poor inheritance. Our forefathers were not as wise in the great principles of right living as they ought to have been. We are, as a natural consequence, started altogether in the wrong channel. The child has inherited tendencies to all manner of disease, so what must we expect but years of wrongdoing. Being started wrong in infancy, they never find the path which leads them to the goal. There are scores of persons in every city, town, and hamlet who have chosen the wrong profession—ministers and physicians, plenty, who would be better adapted to farming or working at the blacksmith's anvil; nurses who had better be engaged in some more congenial labor. First find what profession you are best adapted to, then choose it, not for one year, or even ten years, but for a lifetime. Fit yourself for it, then enter into it with earnestness and enthusiasm, determined to succeed. Strive to overcome the evil tendencies you have inherited and the crooked paths you were obliged to enter in youth. Why do not those persons who have entered no profession and have abilities for medical work, enter upon some course of training? There are few, especially among women, who will

not sometime during life be called to officiate in the capacity of nurse or be benefited by their skill or annoyed by the blunders of an awkward nurse.

Therefore, let each one interest yourself in the work, and if there is ability—though often latent—make that work a part of yourself, and study how best you can help the suffering ones. Do not be content with a little knowledge obtained here and there, but take up a course of systematic study, and you will, through all your life, find that that knowledge is invaluable to you.

If every young lady would take a course in some good training-school for nurses, the future homes would be very different from the average American home of to-day.

In this work there is ample room for talents of the highest. M. ALLIE BOWMAN.

THE PATIENT MUST TRY.

WHEN I was a boy, a song was taught me:—

“If at first you don't succeed,

Try, try, try again.”

Everything new is hard work, but it would be well to rub on the hand and work into the heart a little of the “try” salve and all things will be made easier.

CAN'T, does not accomplish much, but TRY is generally successful. If you don't succeed in getting well at once, TRY again. The bees said try, and turned flowers into honey. If you are eating too much and crowding your digestive organs, you never will get well, until you reform. You say “I CAN'T.” If you WILL, you can; if you WON'T, you can't. TRY again. The young lark said try, and he found that his new wings took him over hedges and ditches and up where his mother was singing.

The sun said try, and soon the spring threw Jack Frost out of existence. Where there's a will there's a way. The sun shines for all the world.

Dear patient, a willing mind first, then do what you do right thoroughly, pray over it heartily, and, believe me, the result will be good.

Advice is often thrown away on many like the good seed on stony ground. But most people are longing for more light on what to eat, how to get and keep well, what to drink and what to wear that health may be theirs. Others will follow the ways of health until health is restored, and then indulge in bad ways and soon fall sick again. It would seem that when some people were born Solomon went by the door but would not look in. You may teach a cow for ten years and she will never learn to sing Boynton. Many don't get on because they have not the pluck to begin in right earnest—*Sel.*

Disease and its Causes.

HE CARETH.

WHAT can it mean? Is it aught to Him
That the nights are long and the days are dim?
Can He be touched by the grief I bear,
Which saddens the heart and whitens the hair?
About His throne are eternal calms,
And the strong, glad music of happy psalms,
And bliss unruffled by any strife;
How can He care for my little life?

And yet I want Him to care for me
While I live in this world where sorrows be!
When the lights die down from the path I take,
When strength is feeble and friends forsake,
When love and music that once did bless
Have left me to silence and loneliness,
And my life-song changes to sobbing prayers,
Then my heart cries out for a God who cares.

When shadows hang over the whole day long,
And my spirit is bowed with shame and wrong,
When I am not good, and the deeper shade
Of conscious sin makes my heart afraid,
And this busy world has too much to do
To stay in its course to help me through,
And I long for a Saviour—can it be
That the God of the universe cares for me?

O wonderful story of deathless love!
Each child is dear to that Heart above.
He fights for me when I cannot fight,
He comforts me in the gloom of night,
He lifts the burden, for he is strong;
He stills the sigh and awakes the song;
The sorrow that bows me down he bears,
And loves and pardons because he cares!

Let all who are sad take heart again;
We are not alone in our hours of pain;
Our Father stoops from his throne above,
To soothe and quiet us with his love;
He leaves us not when the storm is high,
And we have safety, for he is nigh;
Can it be trouble, which he doth share?
Oh! rest in peace, for the Lord will care.

—Sel.

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

SOME houses are furnished expensively, more to gratify pride, and to receive visitors, than for the comfort, convenience, and health of the family. The best rooms are kept dark. The light and air are shut out, lest the light of heaven may injure the rich furniture, fade the carpets, or tarnish the

picture frames. When visitors are permitted to be seated in these precious rooms, they are in danger of taking cold, because of the cellar-like atmosphere pervading them. Parlor, chambers, and bedrooms are kept closed in the same manner and for the same reasons. And whoever occupies these beds, which have not been freely exposed to the light and air, do so at the expense of health, and often even of life itself.

Rooms that are not exposed to the light and air become damp. Beds and bedding gather dampness, and the atmosphere in these rooms is poisonous, because it has not been purified by light and air. Various diseases have been brought on by sleeping in these fashionable, health-destroying apartments. Every family that prizes health above the empty applause of fashionable visitors will have a circulation of air and an abundance of light through every apartment of their houses for several hours each day. But many will follow fashion so closely that they become slaves to it, and would suffer sickness, and even death, rather than be out of fashion. They will reap that which they have sown. They will live fashionably, and suffer with disease as the result, be doctored with fashionable poisons, and die fashionable deaths.

Sleeping-rooms especially should be well ventilated, and the atmosphere made healthy by light and air. Blinds should be left opened several hours each day, the curtains put aside, and the room thoroughly aired. Nothing should remain, even for a short time, which would destroy the purity of the atmosphere.

Many families suffer with sore throat, and lung diseases, and liver complaints, brought upon them by their own course of action. Their sleeping-rooms are small, unfit to sleep in for one night; but they occupy the small apartments for weeks, and months, and years. They keep their windows and doors closed, fearing they would take cold if there was a crevice to let in the air.

They breathe the same air over and over, until it becomes impregnated with the poisonous impurities and waste matter thrown off from their bodies through the lungs and the pores of the skin. Such can test the matter and be convinced of the unhealthy air of their close rooms by entering them after they have remained awhile in the open air. Then they can have some idea of the impurities they have conveyed to the blood

through the inhalations of the lungs. Those who thus abuse their health must suffer with disease. All should regard light and air as among heaven's most precious blessings. They should not shut out these blessings as though they were enemies.

Shade trees and shrubbery too close around a house are unhealthy, for they prevent a free circulation of air, and prevent the rays of the sun from shining sufficiently through. In consequence of this a dampness gathers in the house. Especially in wet seasons the sleeping-rooms become damp, and those who sleep in the beds are troubled with rheumatism, neuralgia, and lung complaints, which generally end in consumption. Numerous shade trees cast off many leaves, which, if not immediately removed, decay and poison the atmosphere. A yard beautified with scattering trees and some shrubbery at a proper distance from the house has a happy, cheerful influence upon the family, and if well taken care of will prove no injury to health. Dwellings, if possible, should be built upon high and dry ground. If a house be built where water settles around it, remaining for a time, and then drying away, a poisonous miasma arises, and fevers will be the result.

Many have expected that God would keep them from a sickness merely because they have asked him to do so, but God did not regard their prayers because their faith was not made perfect by works. God will not work a miracle to keep those from sickness who have no care for themselves, but are continually violating the laws of health, and make no efforts to prevent disease. When we do all we can on our part to have health, then we may expect that the blessed results will follow, and we can ask God in faith to bless our efforts for the preservation of health. He will then answer our prayer, if his name be glorified thereby. But let all understand that they have a work to do. God will not work in a miraculous manner to preserve the health of persons who are taking a sure course to make themselves sick, by their careless inattention to the laws of health.

TYPHOID FEVER.

THERE are probably few diseases the treatment of which has undergone more radical changes than has the treatment of this very common malady. Without stopping to review the mischievous results which have followed many of the methods employed in times past, let us at once consider the

treatment of this disease from a rational standpoint. In typhoid fever, as well as in all other maladies of a curable nature, remedies must be addressed, so far as possible, first, to remove causes; secondly, to mitigate symptoms; and thirdly, to support the patient until the abnormal action of the disease has given place to normal conditions.

It is now well understood that typhoid fever is the result of the introduction into the system of certain microscopic organisms known as microbes, which, when received into the body in sufficient numbers, invariably give rise to this disease, unless the individual is protected from the action of the organisms by a previous attack of the same nature. The microbes develop chiefly in the small intestines, and invade especially the glandular structures of these organs, where they multiply in countless numbers, producing a poison known as typhotoxin. It is to the absorption of this poison into the system that the chief symptoms of typhoid fever are due. It is this poisoning which occasions the rise of temperature, headache, delirium, depression of heart action, and various other morbid symptoms which are present in this disease. To the direct action of the microbes upon the mucous membrane may be attributed the catarrh, ulceration, and hemorrhage from the bowels, which are often prominent features in this malady, as well as the distention with gas, and the extreme tenderness often found present. The microbes of typhoid fever, as well as those of many other diseases, are like certain plants, which, after growing for a certain time in a given soil, die out ceasing to develop further, so that they may disappear entirely from the locality in which they have grown. It is to this fact that the limited course of the disease is due; for, as is generally known, typhoid fever usually runs its course in two or three weeks. If a relapse occurs, it is because a second crop of microbes has developed; but that the second crop is much less vigorous than the first is evidenced by the fact that a relapse is usually of a shorter duration than the first attack.

The principal dangers to be apprehended in cases of this disease are:—

1. So great a development of microbes, and of the poison which they produce, that the system will be overwhelmed thereby, the same as though a fatal dose of strychnine, arsenic, or any other poison had been taken.

2. A long-continued high temperature, by means of which the tissues are wasted to such a degree that recovery becomes impossible, or the heart's action weakened so as to endanger life from feebleness of circulation.

3. Exhaustion from long continuance of the disease.

4. Ulceration of the intestines, and death from hemorrhage or perforation of the intestinal wall.

What are the remedial measures by which these various dangers may be anticipated and antagonized?

1. The development of microbes may be discouraged by the following means:—

(a) At the beginning of the disease, and once or twice daily throughout its course, thoroughly empty the bowels by means of a large enema. One or two, or even three, quarts of water may be employed with safety at the beginning of the disease, although in its last stages, when perforation may be apprehended, so large a quantity of water as to greatly distend the bowels cannot be safely administered. To thoroughly empty the bowels at the outset there is nothing better than Seidlitz powders, or some laxative mineral water. This is a matter of great importance. Not only the microbes, but poisonous matter produced by them, are to be found in the intestinal canal, and if the bowels are frequently emptied of their contents, a large share of both these dangerous elements may be removed. We have often seen the temperature of a typhoid-fever patient fall several degrees, as the result of simply emptying the bowels by a tepid enema, or by a saline laxative.

(b) The diet should be of a character not calculated to encourage the development of microbes. The typhoid fever microbe develops with particular rapidity in solutions of meat, such as beef tea, chicken broth, etc., and in milk. On this account these are not the best foods for a typhoid-fever patient. All forms of flesh meat, eggs, beef tea, broth, etc., should be avoided. Milk has been very extensively used in the treatment of the disease, but from observation we are satisfied that it is not the best food for patients suffering from this malady. The diet should consist of water gruels made from whole-grain preparations, and fruit juices, or cooked fruits simply prepared, with very little sugar. Baked sweet apples, stewed prunes, etc., are appropriate. Zweibach, granola, gluten, and

similar preparations are all of great value in the treatment of this malady.

(c) Another measure of the greatest consequence is the copious drinking of hot water. A typhoid-fever patient, indeed, patients of all classes, should be allowed water in unstinted quantities. It is a rule with us to give a patient a glass of water every hour. The water should always be boiled before using. If he is not able to drink so much, the quantity of water taken by the mouth is supplemented by an enema. A pint of tepid water may be taken in this way every three or four hours. The poison from the microbes of the typhoid fever is chiefly eliminated through the kidneys. Copious water drinking, or water taken in the form of an enema, serve to rinse the poison out through the kidneys, and thus relieve the system of its pernicious influence. There is no one measure of treatment more important than this.

2. The means already mentioned above are exceedingly useful in lowering and keeping at a low point the temperature of a typhoid-fever patient, but there are others of still greater efficiency for this purpose, which may be added. One of particular value is the cold-water enema. The temperature of the water should be about 80° Fahr. It may be gradually lowered, during administration, to 70° or even 60°. In case cold water taken in this way produces a slight chilling effect, the temperature of the water at the beginning should be 85° or 90°. If the patient is inclined to be chilly, a rubber bag filled with hot water may be placed at the back, or at the pit of the stomach, as may seem most effective in relieving the chilliness. As a rule, this mode of applying cold water produces very much less chilliness than cold water applied to the surface, and is just as useful in those cases where cold water applied to the surface produces disagreeable effects. It may be administered very conveniently by allowing the water to pass in and out through the tube, without removing the tube. A cold enema may be administered in this manner while the patient is asleep, and without disturbing him by frequent changes of position. We have seen the temperature brought down from 103° or 104° to 100° or 101°, in one or two hours, by the employment of this mode of treatment.

Sponging the surface with tepid or cold water, the wet-sheet pack, the shower pack, the cold bath, and the cool compress applied to the bowels, about the trunk, or over a large portion of the body, are

other most effective measures for lowering the temperature in this disease. Anti-fibrine and anti-pyrine are remedies which have been much employed for a similar purpose, in recent times. The effect of these remedies is often to produce a condition closely bordering on prolapse, and it will be readily admitted by those who have had a large experience in the employment of these depressing drugs, that not frequently the mischief done by the drugs is far greater than the good accomplished in lowering the temperature; whereas, when the temperature is lowered by the more natural means above suggested, the effect is much more permanent, and instead of a depressing effect upon the general condition of the patient, an opposite influence is almost uniformly observed.

It should be remarked, however, that in cases in which the patient's vitality is low, and the circulation defective, the skin inclined to be of a dusty or a purple tint, the pulse small, and the surface cold, the temperature may be lowered much more efficiently by warm than by cold applications. In cases of this sort, the application of the hot-blanket pack has, in the experience of the writer, been almost universally followed by the best of results. The application of fomentations or hot bags to the spine is also very efficient in such cases, as well as the employment of the hot enema. Sponging the surface with hot water is another measure of value. In these cases there is a spasm of the blood-vessels of the skin, which will be best relieved by the application of warmth. An increased quantity of blood is thus brought to the skin, the blood is cooled by evaporation, and thus the patient's temperature is lowered. Cold applications in cases of the sort mentioned would certainly be followed by most disastrous results. By the application of the means suggested, a hot-blanket pack, fomentations to the spine, and a hot enema, we have frequently seen the temperature fall, within half an hour, from 104° to 101° . In a case of this kind, of which the writer has a very distinct remembrance, there was not only a fall of temperature as indicated, but a change in the patient's condition, from unconsciousness, in which he could not be made to recognize anything going on about him, or answer questions, to a perfectly conscious and nearly normal state.

3. The patient's vitality is to be supported by giving him complete rest in bed, and by avoiding everything calculated to expend his vitality use-

lessly. Much talking must be strictly prohibited, and hence frequent calls from neighbors and friends should not be allowed. The patient should be kept as quiet as possible. A quiet, self-possessed, and efficient nurse should be employed. Food should not be taken in excessive quantities, but as much should be taken as can be digested. The old aphorism, "Stuff a cold and starve a fever," does not represent a correct principle in medical practice. Abstinence from food for a day or so at the beginning of the disease will do no harm, or, if there is not complete abstinence, the diet may with advantage be confined to a little fruit juice or a little well-cooked fruit, or a very small amount of water gruel. After the first few days, however, when it becomes apparent that the patient is to have a "run of fever," food should be taken at regular intervals, and in as great quantity as the patient is able to digest. Even if there is no appetite, a reasonable amount of food should be swallowed by the patient at regular intervals. Usually, food should not be taken oftener than three times a day. Taking food at too frequent intervals is an error which should be carefully avoided, as the stomach is by this means often overworked, and brought into such a condition that the patient derives no benefit from any portion of the food eaten. The only time at which food can be taken at more frequent intervals, say once in three or four hours, is in a later stage of the disease, in extreme cases, when the stomach seems unable to retain but a small quantity of food at a time.

4. Ulceration, with its attendant dangers of hemorrhage and perforation, will usually be prevented when the measures of treatment above suggested are employed. In the treatment of a very large number of cases of typhoid fever by the means suggested, we have encountered but very few instances of either ulceration or hemorrhage, and these have been chiefly in cases in which the patient was not efficiently treated at the outset of the disease. The employment of enemata, cold compresses to the bowels, and fomentations for the relief of tympanites, or distention by gas, are excellent means of preventing the mischievous results of ulceration, etc. An error frequently committed is to allow the bowels to remain in a perfectly inactive state for some days after the occurrence of symptoms of hemorrhage, such as the passage of black clots, etc. This is certainly a mischievous practice, since the retained blood not

only decomposes, but furnishes most favorable conditions for the development of the microbes, and so leads to an aggravation of the symptoms. A few hours after hemorrhage has occurred, the bowels may be washed out with an enema, which should, of course, be given carefully, pains being taken not to distend the bowels unduly. In cases of collapse following hemorrhage, or coming on at any time during the course of the disease, alternate hot and cold sponging of the spine is a measure of greatest value. It may be kept up for half an hour or so at a time, and repeated at intervals of two or three hours, until the grave symptoms permanently disappear.

Typhoid fever treated substantially after the methods outlined is by no means so fatal a disease as it generally proves under ordinary measures of management. We believe the mortality of this disease may be reduced to four or five per cent by judicious management and skilled nursing. Indeed, the percentage of deaths which have occurred in our own practice in the treatment of this disease is even less than this.—*Good Health.*

THE TONE OF THE HOUSEHOLD.

"I AM so glad," said a boy to his mother one day not long ago, "that you brought me up, and that I did not happen to grow into the ways they have at Aunt Nancy's. *You* never seem critical of your neighbors; you don't put unkind constructions on what they say, nor wonder about what doesn't concern you. It is just a liberal education, mother, dear, to live in your house." And the manly fellow, with the faint moustache outlining his upper lip, and the earnest look deepening in his fine face, bent to kiss the little woman who looked proudly up to her son.

I often wonder whether we women realize how truly we give the household its tone, setting it to truest harmony, or suffering jars and discord, false notes and a false pitch, to steal upon and mar the music. The mother has the advantage above all others of beginning with the little ones in the happy, happy day of small things. There is a time when she represents the highest authority in the universe to the child's mind, when her influence is unquestioned and well-nigh absolute, and when, if she choose, she may mould the young life as she will. The misfortune of many mothers is that they fail to recognize how early in the child's life they

begin to impress themselves upon the susceptible and plastic nature, "wax to receive and marble to retain," while yet the little feet have not essayed their first timid and uncertain steps, and long before the little lips have learned to add word to word in coherent sentences. A mother who appreciates her opportunities and values her privileges will reflect from the first hour of her baby's separate existence that she is giving it impulses which shall continue to exist themselves, and modify the character of her child to all eternity.

Nay, the Christian mother cannot escape the responsibility of the relation from the hour that she knows of the invisible life entwined subtly with her own, and growing in mystic union with her own life-forces beneath her throbbing heart.

How shall we set the tone of our households high above shams and shallows? how shall we lift our homes up toward a lofty ideal? how render them worthy of the traditions of our American ancestry? In the first place, by living worthily and nobly. It has been repeated so often, and is so familiar in our ears, that there is a certain triteness in the expression that what we *are* is more important than what we *say*; nevertheless, in home ethics it is a truth always worth repeating that character tells. In the daily life, she who is sincere, who is large-hearted and generous, enthusiastic for the right, disdainful of the petty motive, and the mean act, she who can resist prejudice and fairly weigh both sides, she who holds herself accountable to God, can but elevate those around her—husband, kindred, children, the maids who kindle the fires and wash the linen, the occasional visitor, and everyone who is brought into contact or communication with the rich, pure, sweet life of the good woman and true mother.

To raise the tone of the household, furnish it with good reading. Only an imbecile in these days underrates the immense magic of printer's ink. Never mind whether the carpets are threadbare, or the chairs old-fashioned. That is of little importance compared to having the children's minds in touch with the best thought of the world. And while you are about it, be sure that the Bible is in its proper place in the house, and that it is read by everybody there, at least onæ a day, at the simple family prayer, which does more than any other single thing to impart purity and secure peace in household life.—*Margaret E. Sangster, in Union Signal.*

Temperance.

THE TWO GLASSES.

THERE were two glasses filled to the brim,
On a rich man's table, rim to rim;
One was ruddy and red as blood,
And one as clear as the crystal flood.

Said the glass of wine to his paler brother,
"Let us tell the tales of the past to each other;
I can tell of banquet and revel and mirth,
And the proudest and grandest souls on earth
Fell under my touch as though struck by blight,
Where I was king; for I ruled in might.
From the heads of kings I have torn the crown;
From the heights of fame I have hurled men down;
I have blasted many an honored name;
I have taken virtue and given shame;
I have tempted youth with a sip—a taste,
That has made his future a barren waste.
Far greater than a king am I,
Or than any army beneath the sky.
I have made the arm of the driver fail,
And sent the train from the iron rail;
I have made good ships to go down at sea,
And the shrieks of the lost were sweet to me,
For they said: 'Behold! how great you be!
Fame, strength, wealth, genius before you fall,
For your might and power are over all.'
Ho! ho! pale brother," laughed the wine,
"Can you boast of deeds as great as mine?"

Said the water glass: "I cannot boast
Of a king dethroned or a murdered host,
But I can tell of a heart once sad,
By my crystal drops made light and glad;
Of thirsts I've quenched, of brows I've laved,
Of hands I've cooled and souls I've saved.
I've leaped through the valley, dashed down
the mountain,
Flowed in the river, and played in the fountain,
Slept in the sunshine and dropped from the sky,
And everywhere gladdened the landscape and eye.
I have eased the hot forehead of fever and pain.
I have made the parched meadow grow fertile
with grain.
I can tell of the powerful wheel of the mill
That ground out flour and turned at my will.
I can tell of manhood, debased by you,
That I lifted up and crowned anew.
I cheer, I help, I strengthen, and aid;
I gladden the heart of man and maid;
I set the wine-chained captive free,
And all are better for knowing me."

These are the tales they told each other—
The glass of wine and its paler brother—
As they sat together, filled to the brim,
On the rich man's table, rim to rim.

—Maine Farmer.

ALCOHOL.

A History of the Various Kinds—Its Chemical Composition and Effects upon Our System.

PART FIRST.

ALCOHOL is made from corn, hard wood, rye, starch, and fruit juices, which have undergone the chemical change known as fermentation. The fermentation is caused by the sugar these grains and fruits contain.

There are several kinds of alcohol, but three will be sufficient to mention here—methyl, amyl, and ethel.

Methyl alcohol (wood spirit), CH_3OH , is usually manufactured by dry distillation of beechwood. It is also obtained as by-product from beet-sugar. It is a mobile, colorless liquid, having an odor similar to common alcohol. It has a nauseous and burning taste. It is used in the manufacture of varnishes, heating purposes, aniline dyes, etc. It is unfit for drinking purposes.

Amylic alcohol (fusil oil), $\text{C}_5\text{H}_{11}\text{OH}$, is made from fusil oil, found in whisky distilled from potatoes. It is a colorless liquid of an unpleasant odor. It is deadly poison, and composes most of the cheap drinking liquors. It is said that fusil oil, diluted 500 times its bulk, has killed frogs instantly.

Ethyl alcohol (common alcohol), $\text{C}_2\text{H}_5\text{OH}$, is obtained from the juices of plants and fruits that contain sugar. It is also a colorless liquid, giving out a strong, offensive odor. It is most used for drinking purposes, and by museums for preserving insects, reptiles, etc.

Fermentation of the different varieties are minute organisms called bacteria, which are invisible to the naked eye. These small beings are capable of changing harmless substances into poisonous liquids.

Wine is made of fermented grape juice, cider of fermented apple juice, whisky from fermented corn, barley, and potatoes, brandy from wine, rum from fermented molasses, gin from fermented barley and rye distilled with juniper berries, and beer is made from barley that has been sprouted and its starch partly changed into sugar.

Wine, beer, cider, gin, whisky, rum, and brandy all contain a certain per cent of alcohol. Dr. Jerome Walker's figures are: "Light wines, such as champagne, contain about ten per cent; heavier wines, such as sherry and port, seventeen to nine-

teen per cent, and wines that have been "brandied" or "fortified," *i. e.*, had spirits added, have as high as thirty-five per cent. Of spirits, gin has thirty-eight to thirty-nine per cent by volume; whisky, forty-five to forty-eight per cent; rum, forty-eight and one-half per cent, and brandy, fifty to fifty-four per cent.

PART SECOND.

EFFECTS UPON THE BRAIN.—Dr. Steele says, "Alcohol seems to have a special affinity for the brain." Notice an intoxicated person, his staggering walk and uncertain step; this shows his mind is dazed. In the habitual drinker the small vessels in the brain become clogged with blood and carbonic acid, crowding out the oxygen, so essential to life. The nerve corpuscles undergo "fatty degeneration," and the blood-vessels lose their elasticity and consequently check the flow of blood. This is often the cause of the nervous diseases—apoplexy, paralysis, epilepsy, and even insanity. Casper, of Berlin, says: "One-third of the insane of that city, coming from the poorer classes, were made so by spirit drinking."

Next, the most harrowing and frightful disorder of the mental power—delirium tremens—manifests itself in the inebriate. The victim imagines he is covered with reptiles or is being trampled by elephants, serpents lie hissing and writhing on his bed, and his attendants are demons or fiends. This shows how that dreadful narcotic poisons men's wits. Dr. Jay Youman says: "It is, to all intent and purpose, a cerebral poison."

EFFECTS UPON OUR LUNGS.—Did you ever think how alcohol is destroying the lungs of the drinker. No, you may say. Well, it interferes greatly with the red corpuscles that supply us with oxygen. One part of alcohol to five hundred of blood will check the absorption of oxygen in the lungs. Look at the flushed cheek of the inebriate; the membranous lining of the lungs, too, is flushed or irritated. "There is no doubt," concludes Dr. C. G. Sabine, "that alcohol alters and impairs tissues so that they are more prone to disease." This is caused from the membrane of the air cells being congested or hardened; the gases can no longer pass through the pores free as before. Hard drinkers are more liable to epidemics than total abstainers. The disease of the lungs caused by excessive use of liquor is a form of alcoholic phthisis. It is considered incurable. An

attack of pneumonia usually proves fatal to drunkards.

EFFECTS UPON THE HEART.—What makes the heart of the drunkard beat so fast and loud?—Because it is performing twice its usual work. Every ounce of alcohol or whisky he drinks his heart beats are increased *six thousand* a day, or *two hundred and fifty* an hour, the work of lifting 14,000 pounds one foot high. These figures may completely daze you, but it's a fact. No wonder the drunkard looks haggard and worn after a "spree." He has torn down his system to an alarming extent. How often do we read of persons drinking whisky for a wager? The blood of the heart coagulates, circulation is checked, and death inevitably follows.

Several years ago alcohol was thought to be a body heater and strengthener. Science has proven this to be a mistake. Alcohol is nothing but a poisonous narcotic, and does not impart a single atom of heat or strength to the body, not any more than tobacco, opium, morphine, hasheesh, or any narcotic. Do not use alcohol for medicinal purposes unless prescribed by a competent physician.

EFFECTS UPON THE BLOOD.—By the use of alcohol the red corpuscles of the blood become colorless, distorted, and shrunken. They consequently lose their oxygen-carrying power. Persons addicted to beer drinking so injure their blood that in surgical operations or accidents it will not coagulate and their life is greatly endangered by loss of blood. The writer knew of a case where the patient drank considerable beer. A serious cut on the leg bled considerable, and probably caused his death. Sometimes coagulation takes place in the capillaries; this obstructs the blood and is followed by serious results.

CIRCULATION.—Steele says: "Place on the web of the frog's foot a drop of diluted spirits. The blood-vessels immediately expand—an effect known as vascular enlargement." Alcohol, no doubt, affects man the same, the circulation may be stopped forever and the flesh become shriveled and dead.

EFFECTS UPON THE LIVER.—The poison of alcohol is carried to the liver by the portal vein. The tissues become inflamed, the color of the bile changed from yellow to green or black. Fatty degeneration often takes place, and the liver is greatly enlarged.

EFFECTS UPON THE KIDNEYS.—The kidneys become highly inflamed when alcohol is taken into the system. The cells become filled with fat.

EFFECTS UPON THE BODY.—Alcohol will for a while increase the weight of the consumer's body, but it is only temporary. The blood-shot eye and flushed cheek tell a woful tale. The membrane lining the brain, lungs, heart, and liver is in the same condition. The red nose and blotched skin of the inebriate show the state of the mucous membrane.—*Word and Works.*

MY PERSONAL EXPERIENCE WITH TOBACCO.

A Letter to Young Men.

YOUNG man, don't smoke! don't smoke!! I say, *Don't smoke!!!* If you are already a smoker, and have after many attempts failed to quit, and think it is not worth while to try again, then I say, Don't smoke cigarettes!!!! Why? Does any sensible young man ask *why*? Yes, it was the answer that I received from a young man who this day came into my office to consult me in regard to his throat. I found the trouble to be a sore throat and a bad cough, on which he had "spent a great deal of money for treatment, without benefit." But on investigation I found that he was spending more of his time and money for cigars than for medical treatment. This was why he had failed to get benefit from treatment, as, in my own opinion, it was the sole cause of his trouble. He had what is termed by the medical profession a "tobacco throat." We make this distinction from other throat troubles on the same principle that a heart which has been weakened and debilitated by exorbitant use of tobacco is called a "tobacco heart," in contradistinction to other heart affections, and from the cause of which, says an exchange, one-half of the candidates for cadetship at West Point were recently rejected.

Now if the use of tobacco so unfits a man for military service in time of peace, how, then, must we regard its use in relation to the great mercantile interests of our country? Does not the mental and physical strain which is laid upon the active business employe in our stirring times require all, and even more, physical energy and nerve force than the strongest of us are capable of? The thoughtful man must answer, "Yes." But there are very many other cogent reasons why a man,

and especially a *young man*, who is just launching his craft on the sea of life, should not smoke and chew tobacco.

I have been asked to write something for the *Journal* on this subject, and will now attempt to say something concerning my own personal experience with the contemptible habit. I say contemptible, for I now despise it as the besom of destruction to more and better young men than King Alcohol, which is commonly regarded the monarch of soul destruction.

With shame and remorse I say I have been a tobacco chewer and smoker. I never smoked a pipe; pipes were too filthy. Nor did I smoke cigarettes, for they were too bothersome; the constant rolling and lighting consumed too much of my time, and they were almost as filthy about scenting my clothing and my breath as the pipe; besides, on account of their shortness, the ashes were continually dropping upon my shirt front, and for the same reason too much of the smoke was breathed into my nostrils.

I began to use tobacco when about fifteen or sixteen years of age, and continued its use off and on for twelve years, sometimes chewing, at other times smoking, as was most convenient. But in deference to my better self I must say that I did not take up the habit because I thought it manly to smoke or chew. No, indeed! I was ashamed of it, and went to the woods or behind the barn to smoke. My mothers and sisters begged me to quit it; they told me how foolish it was, and that I would be sorry if I contracted the habit. And so I am, though it is six years since I quit smoking. They plead with me as any good mother and sisters would, and when they found their pleadings would do no good, they chided and shamed me till I felt very much like a culprit, and practiced many devices to disguise my breath after having taken a long "walk in the woods." I became very fond of the woods. My mother was suspicious, for she knew there was nothing new in the woods to attract me there so often. They were my daily haunts, and I was perfectly familiar with every big tree and curious bush on the farm. But the sylvan shade, like the "cloak of charity," hid my sin. I now look back and see how foolish I was. And well do I remember how melancholy and remorseful I was after taking these clandestine walks.

When I first put tobacco in my mouth it acted as a stimulant, exhilarating me for a time, but re-

action always followed, and as "reaction is equal to action, and in opposite direction," when these reactory effects possessed me, then I was miserably melancholy and so wretched that I would then and there solemnly resolve never to put tobacco in my mouth again. But, on recovery, again came the conflict between the good and the bad, and the bad prevailed, for this irresistible craving for tobacco was inborn. I inherited it. My father began the use of tobacco when but a child of seven, and, strange to say, by the advice of a physician. Though not as much a slave to it as many were in his day, he always kept a plentiful supply on hand, and, as it was not kept under lock and key, I was a frequent visitor to the "tobacco caddy," peeling off the outside scales and pinching off the corners of the long black plugs.

Many are the times that I came near being caught at the stealing, while in stocking feet I stealthily crept through the back room to the closet. My father was very strict with me, and forbade that I should ever use tobacco. But the temptation was too great for me, as I have said it was inherited, and I would have risked twenty thrashings a day to get a handful of crumbs from that tobacco box. Now I say right here that any father who smokes or chews and leaves his tobacco exposed, a temptation to the susceptibilities of youth, need not expect to keep his boys free from the habit. But there *is* some excuse for the *old* fathers and grandfathers who loved their "chew and smoke." *Their bringing up was very different from ours.* Their parents did not know the evil effects of tobacco, therefore, did not restrict and educate their children against it. There was no W. C. T. U. then, and physiology was not taught in their common schools. May God bless the W. C. T. U. in the noble work they are doing against this habit of us men! They are continually making us ashamed of ourselves. Through their faithful efforts public sentiment is fast being aroused against it. But I am rambling. I said tobacco made me nervous and morose; it also made me quarrelsome with my brothers and schoolmates, and any overindulgence when at school made me awkward and sluggish in my recitations. Many times when I knew that I should have been at the head of my classes, I was by this slavish habit kept at the foot. Now why was this? My reader, I will tell you why. In a book called "The Human Body," H. Newell Martin, D. Sc., M. D.,

says: "The general action of tobacco is to interfere with the red blood corpuscles, leading to pallor and feebleness; to impair the appetite and weaken digestion; to affect the eyes, rendering the retina less sensitive; to cause palpitation of the heart, and the enfeeblement of that organ; to induce a lassitude and indisposition to exertion."

Let me now close this hastily-written letter by inviting your attention to other testimony than this, which will emphasize my answer. It is taken from the *Youth's Companion*, and is written by a distinguished physician. He says:—

"Among the properties of tobacco smoke are:—

"1. Free carbon. It is this that settles on the back part of the throat and the bronchial tubes, blackening and irritating them.

"2. Ammonia. It is this that causes the dryness of the smoker's tongue and throat, which tempts so many to the use of alcoholic drinks.

"3. Carbonic acid, to which are due the headache, lassitude, and sleeplessness that follow prolonged smoking.

"4. Oil of tobacco. This contains three substances: A volatile one, which causes the disagreeable smell that so clings to the clothing of smokers; a bitter extract, to which is mainly due the nauseous taste of tobacco and its power as an emetic; and nicotine, a powerful poison, which gives rise to the tremor, palpitation, and paralysis that so often afflict excessive smokers.

"All must acknowledge that tobacco is utterly useless to one in a normal state of health; that nature seems to have sought to guard against its use by the intense depression and sickness which it almost invariably causes, and that the smell of it is almost universally disgusting where the original sensibility has not been perverted.

"But what are its most serious constitutional effects? These differ with the age of the smoker. It is universally admitted that prior to the full maturity of the system the smallest amount of smoking is harmful, especially in its action upon the heart. In the case of adults, careful investigators do not find it to be injurious except when used in excess; but it must be remembered that its use, like that of opium and alcohol, always tends to excess. As a rule, the amount must be steadily increased to secure the effect for which it is used.

"The excessive use of tobacco gives rise to disturbance of the stomach, weakness and irritability of the heart, relaxation of the muscles, blurring

of the sight, oppression of the brain, 'smoker's sore throat,' irritation of the bronchial surfaces of the lungs, and sometimes to paralysis.

"Viewed from a financial standpoint, it is to be condemned; \$600,000,000 spent annually to do no good, but positive harm! Is it our business to lead a reform here? How can we, and use it?"

"There were manufactured in 1888 in New York City alone, 642,038,759 cigars and 491,979,620 cigarettes. What an enormous waste is represented by the tobacco product, a product not merely harmless, but injurious!

"A large proportion of the boys are foolish enough to acquire the habit of using tobacco just because they see their elders use it. Parents and grown-up men should seriously consider the results that may come from the example they place before the young, and all who have boys should weigh the conclusion of medical science concerning the effects of tobacco on the young. The *New York Medical Journal*, an established authority, says that in an experimental observation of thirty-eight boys of all classes of society and of average health who had been using tobacco for periods ranging from two months to two years, twenty-seven showed severe injury to the constitution and insufficient growth; thirty-two showed the existence of irregularity of the heart's action, disordered stomachs, coughs, and a craving for alcohol; thirteen had intermittency of the pulse, and one had consumption. After they had abandoned the use of tobacco, within six months one-half were free from all their former symptoms, and the remainder had recovered by the end of the year.

"May we soon hail the day when no school-teacher, lawyer, or doctor, preacher of the gospel, or any professing Christian, shall be found any place—north, south, east, or west—who will use the vile weed in any form! and to this end let the glad tidings go forth in resolutions by conventions of the people and legislation by the government, till tobacco is universally condemned, and 'chewing and smoking' a thing of the past."—*D. R. Overman, M. D., in Southern Health Journal.*

DRUGGED BAKING POWDERS.

How the Presence of Ammonia in a Powder May Be Detected.

AMMONIA and alum are the most common adulterants used in the manufacture of baking pow-

ders. The government report shows that a large percentage of the baking powders on the market contains either one or the other or both these pernicious drugs. Ammonia particularly is in very general use. So great has the demand for it increased with the increased use of baking powders that an ammonia trust has been formed and the price of the drug has gone up. Such baking powder companies as are not shareholders in the trust company have suffered a material decrease in profits as a consequence.

This wholesale use, in an article of daily food, of one of the most insidious and injurious poisons, is simply criminal. Slow ammonia poisoning produces diseases of the stomach and is particularly injurious to the complexion. The presence of ammonia in a baking powder, however, can be very easily detected. Mix one heaping teaspoonful of baking powder with one teaspoonful of water in a tin cup; boil thoroughly for a few moments, stir to prevent burning, and if ammonia is present you can smell it in the rising steam. As baking powder, when first thrown into the water, will effervesce, care should be taken to not mistake bubbling for boiling. When a baking powder has not a list of its ingredients printed on its label, this test should always be applied.

Ammonia, in a measure, takes the place of the expensive ingredients of baking powders. Where sales are large, the profits which this adulteration yields are enormous, and some of the best-known manufacturing firms, whose standing would seem a guarantee against fraud, are engaged in it. Even some of those concerns which advertise the most extensively and whose advertisements ring with the "purity" of the article, are among the worst offenders.—*Ex.*

IN washing woolens, the water should be of warm temperature without being absolutely hot, and plenty of ammonia ought to be added to each tub. Very little, if any, soap is ever needful if the woolens are thoroughly squeezed in water thus prepared; nor will the woolen full, as it does if soap is rubbed on each article, and then the piece rubbed on a board. If soap is used at all in cleaning woolens, it is best dissolved and put into the water with the ammonia before the articles are put in. Woolens should not be boiled, nor is it essential that they should be scalded. They are best cleansed by putting them through repeated waters.

Miscellaneous.

MR. ALLERTON'S ANCESTRY.

MR. ALLERTON was denominated a "crank" on the subject of ancestry by his friends and neighbors. He had genealogical records of his family dating back to the feudal ages, and he was very proud of his lineage, and on most occasions bore himself with an air of importance and dignity. It is true, however, that sometimes his feudal ancestral tendencies got the better of him, much to the loss of both dignity and importance. But even when this was the case, he did not lose an opportunity of impressing one with the fact of the advantage of such a lineage as his, of the glory of such an ancestry.

In fact, Allerton had nothing else with which to keep his hold on mankind. To be sure he had come into possession of a large fortune; but this he considered as accessory simply, a possession to hoist into light his superiority over general mankind.

They were talking over Allerton's peculiarity at Mrs. Allen's. "I declare," said Mrs. Allen, "I am heartily tired of hearing of Hugh of Allerton, Lord of Allaine, etc. But there seems to be no escape from Allerton's conceit and monomania. 'What fools we mortals be!'"

"Allerton reminds me of the 'Ancient Mariner,' that held the unwilling wedding guest to listen to his tale of awesome fascination, only Allerton is more selfish and unreasonable. The 'Ancient Mariner' never buttonholed the same victim twice, but Allerton's desire to laud his ancestry seems insatiable."

"Yes," said Lawyer Briggs, "but he is rich. His house is a palace; his banquets, bacchanalian. No ancestor of his race dwelt in more magnificence, and after all there's something imposing in the train of glorious personages (I suppose they are glorious, there is no record of them, save in Allerton's genealogical rolls) that he takes delight in having on exhibition."

"It seems to me," said Miss Allen, "that he idealizes himself out of the records of his ancestry. He makes them all center in and serve him. Instead of being and doing something to win respect for himself, *per se*, he is always drawing from these ancestral lights for effulgence.

"Yes, it is a very happy thing for Allerton that he has a lineage," continued Miss Allen, "for he certainly has nothing else. Just tear away the gorgeous curtains of his stage scenery, and, lo! beyond there is only an empty set of jumping-jacks and puppets. Art, science, religion, prose, poetry, practicalities, all are subjects in Allerton's cranium that have the most superficial rooting, and he is only at home in his one hobby."

"And we all have hobbies," said Lawyer Briggs slowly, "and not so different from Allerton's after all, and, quoting from the words of a character in 'Hoosier Schoolmaster,' 'we're all selfish akordin' to my tell.'"

The evening after this talk Mr. Allerton gave a party, and his fine house was brilliant with light, and rustling with guests. And was Allerton, I wonder, so different from others who gave grand parties? Was it not for a certain homage that men might pay him, to be talked about in the world, to gratify that unhealthy ambition that now works in the children of disobedience, that leads men, as it led angels, to wish to be as gods? Men talk of local trouble and of general disease, but of all local troubles, unrest, heart disorganization, is the worst. From the lust of power the greed for worship, spring the fevers that kill the soul and wither the body. The old chain of human slavery of all kinds has its forging in the soul itself. Were there but one couple that lost the garden of Eden, the world might still sing; but, alas! for the gratification of some unholy desire, all have tasted of the forbidden fruit, and have found a flaming sword at the gate—a lost garden of innocence, and a wilderness of thorns for their feet.

Was it Allerton only who gave restless glances, now here, now there, to note with evil, covetous eye whether he were receiving all the attention he desired? Was it Allerton only who felt the sting of jealousy, the pain of hurt pride, the soreness of undue sensitiveness? Oh, no, these diseases of the soul had need to be healed in many! And, oh, that they all might have been healed! Oh, that even there these troubled souls might have seen the great Physician, who had felt their wounds in his pierced and broken heart, from which flowed a tide of healing love! Love, divine, unselfish love, alone can cure the human heart, and in its healing there is health, growing health. How many are sick, sick because fierce desires burn in their very veins, uncontrolled and uncontrollable

save by divine power! How many die of jealousy, hate, selfishness, the very blood of life turning to gall by the heart's bitterness! Love, Christ's love, can heal. Yet there waits to be revealed in the healing of the heart the secret of health, the triumph over disease. Let the body die; even it will die more slowly for the spirit's sunshine; but let disease trammel it, the inner life is free. If love rule the soul, no power can enslave, but we may stand, stand steadfast in love's liberty.

But Allerton knew not of this, nor even of his disease. How could he seek a physician? How could the society he moved in be induced to come to the Healer? They too were ignorant of their leprosy. One touch of the divine love, and what a transformation there would have been! Like a sweet atmosphere, confidence and love would have bathed their souls, and buds of thought would have opened in the garden of the heart, and they would have had a heavenly sitting together in fellowship of spirit.

The wise man says, "As iron sharpeneth iron, so doth a man the countenance of his friend." But it was not so here. There was the whisper of scandal, the murmur of gossip, the commonplaces of the day; but there was no sharpening of thought. Countenance did not brighten to countenance with the flash of noble emotion and thought. The brain, the heart, the talent God had given, were wrapped in a napkin and buried in the earth, when they should have been put out to the exchangers to be increased and returned to the Giver.

Men cry, "What a weariness it is to serve God?" Oh, rather, what a weariness to serve self! Who has not come home from these society doings when after this order, and sunk down in weariness, crying, "It is worthless!" Does not headache grow out of heartache? Does not heartache grow out of failing to fulfill the highest end of our being? How like a shower on thirsty flowers is a conversation that uplifts the thought, and brings out life's best treasure! Isn't it like walking in green pastures and beside still waters?—Yes, for where such conversation is, the Shepherd walks before, and the promise is fulfilled: "To him that ordereth his conversation aright, will I show the salvation of God." FANNIE BOLTON.

HOPE is a loan made to happiness.

OCCUPATION AS A MORAL FORCE.

OCCUPATION and industry are so often recommended merely for the material gains they bring that their moral force is not always recognized as it should be. Yet occupation that brings no material reward, and is, by comparison with work, the merest trifling, may be, if innocent in itself, a moral force simply because it keeps the individual out of temptations and gives employment to his energies. Idleness is a fruitful breeder of mischief. The mind, if not the body, must be at work during idle hours. It is difficult to conceive of a period of inaction for the brain except during sleep or insensibility.

Thoughts come unbidden; they may be mischievous or merely idle, but occupation supplants them with other thoughts relating to the work or play in which one is engaged, or stirs the mind to speculation or planning. It is not possible, even though it might appear to be desirable, to keep men at work during all their waking hours. They must have rest and recreation, and it is during this period that they need some occupation, harmless in itself, to keep them out of mischief. It is for these otherwise idle hours that good amusements should be provided.

In a great city many of these needs of humanity are furnished by business men to meet a want as real as that for food and clothing. But there are many who have not the means to avail themselves of such occupation as is thus provided for idle hours, and for such as these charitable people establish free libraries, schools, and other places for self-improvement. Some of the workingmen's clubs and similar bodies go further than this and furnish gymnasiums and rooms for various games, recognizing that occupation for idle hours is the main thing, and that it must be of a kind contrasting with the daily labor, or in violent exercise; the mechanic, who has enough of both, is better satisfied with a book or with a game that calls only for mental exertion.

All these different tastes and needs for an occupation that may fill in idle hours are fairly well met in a large city by the variety of entertainments provided by business men and philanthropists—one for gain, the other for the good he may do humanity. But it is far different in the smaller towns and villages, where it does not pay to cater to such needs, and where there is seldom wealth

enough to furnish from its abundance free entertainment or educational advantages. For all such places, however, there is opportunity to do good work by co-operative enterprise at very little cost. A literary society meeting in the school house or church furnishes occupation for the thoughts of members, not merely during the few hours devoted to the meetings, but for many hours in preparation therefor. It may also furnish the foundation for a small circulating library of books or papers that will provide reading matter, giving useful occupation for other spare hours. From such beginnings in the course of time may be developed a lecture bureau bringing to town or village occasional speakers from abroad.

All such enterprises, undertaken in the right spirit, have undoubted educational and moral value. In the smaller corporative bodies work on the part of the members takes the place of money capital. A lazy village may be transformed by such an institution; the young men, instead of idling away their hours of rest in useless or mischievous gossip at the country store or the wheelwright's, may have their ambitions aroused, be encouraged to read and study, and thus be given occupation that will keep them out of mischief and promote their moral and mental welfare. Many of the great men of the country received their earliest impulses to study in societies of this kind. The educational value of the exercises may have been limited, but the readings, the debates, and other literary endeavors stimulated a desire to learn and establish habits of an industry bearing good fruit in later years.

What form the efforts to provide occupation for idle hours should take, depends very much upon the community to be reached. It should be adapted to their wants, as well as to their needs. Aiming at too much good may defeat the purpose of the occupation, provided it should be in the nature of drudgery. For men who work hard during the day, relaxation and amusement are needed. These may be found in reading, in literary exercises adapted to their understanding, and games of various kinds. But as their main purpose is to occupy their idle hours with exercises not injurious, efforts toward their improvement should be limited to such things as will surely enlist their interest and engage their attention, trusting to time and the influence of good habits for the future development of higher tastes and demands.—*Balti. more Sun.*

AVOID PROCRASTINATION.

MANY young people have a disposition to procrastinate—that is, to put off doing that which ought to be done, till some future time. They frequently think, "Oh, I'll do that to-morrow or at some other time!" and the work that should be done promptly is neglected, and when it has to be done it is irksome and much harder to do than it would be if it had been done at the proper time. This is a disposition that should be checked. If allowed to prevail and to have influence upon the actions of boys and girls and men and women, it frequently leads to serious consequences. It produces many disappointments, and causes those who indulge in it to be viewed as unreliable and not to be trusted. The disposition is very often manifested where there is something that is not exactly pleasant that has to be spoken, or written, or done. People of an easy-going disposition will put off the disagreeable duty till some future time. Whenever they do so, however, it is much harder to do than if it had been done at once. If a child has a task assigned to it that is not very pleasant, the best way to accomplish it is to take right hold at the time and do it. Putting it off makes it no better, but, on the contrary, makes it more to be dreaded, and the longer it is postponed the more difficult it becomes.

We would suggest to our young readers that if you have inclinations of this kind, strive always to overcome them. When you have work to do, go right at it and do it. If it is an unpleasant duty, do not shrink from it. When you make a promise to any person, be sure to fulfill it exactly as you promised, or, if you cannot, explain to the person to whom you make the promise the reason why you cannot. If you receive a letter which requires an answer, do not lay that letter aside, thinking that you will have more leisure, or you can answer it better at some other time; but, if it be possible, answer it immediately, when the spirit of the subject is upon you; and even if it be a disagreeable communication, you will find it much easier to meet it and reply to it at the time that you receive it, if you have the needed information in your possession, than to postpone answering it. In this way you will preserve the friendship of your acquaintances, and they will have confidence in you; but if you neglect doing so, they are liable to become offended at your want of courtesy.

These are small matters, but they enter very largely into the success of men and women in life, and they contribute very much to happiness and to the maintenance of friendship and of good feeling. A character for promptness and punctuality—of being thoroughly reliable—is a most desirable character to obtain. When a father tells his son that he wants certain things done, or a mother tells her daughter, and these parents find their children trustworthy, prompt, and obedient to their requests, it adds very much to their pleasure and to the confidence they have in their children. But when parents make requests of children, and the children promise to do that which they ask them, and then it is found they have failed to do it, the parents lose confidence in their children, and are pained to see how careless and neglectful they are.

Careless habits are very easily formed; and good habits, promptness in fulfilling obligations and in keeping promises, and doing the right thing at the right time, can also be cultivated.—*Sel.*

FACTS ABOUT CHEESE AS AN ARTICLE OF DIET.

(Extract from a lecture by J. H. Kellogg, Battle Creek Sanitarium.)

IN the digestion of food, particularly of flesh foods and cheese, poisonous ptomaines are formed, but usually one does not find these in great quantities, from the fact that the liver is able to dispose of the most of them. The small amount of cheese ordinarily taken at a meal will not likely have any appreciable effect. But suppose a person takes a pound of cheese, then he will get enough poison for toxic effects. Two of the worst cases of poisoning I ever knew were from eating cheese. One of the patients died. Cheese always contains these ptomaines. The process of ripening is always a process of decay, and when taken into the stomach the liver has extra work to do to dispose of these poisons. The old saying, "Cheese, thou mighty elf, which digests all things but thyself," is not true. Cheese does not help digest other foods. I met a doctor who explained why it was that cheese was useful as an article of diet by saying that cheese contains gastric juice from the calf's stomach used as rennet. I asked him to explain why it was that new cheese doesn't have as much of this peculiar strong acid flavor as old cheese, and whether the rennet had the capability within

itself of multiplying. This burning, fiery-tasting fluid which comes up in the throat and which the old doctor thought was gastric juice, is really butyric acid. It results from the decay of fats and oils and belongs to the category of ptomaines.

Sometimes cheese contains ptomaines of a kind particularly deadly, and they are always present. Professor Vaughn, of the Michigan University, discovered this poison in cheese and named it tyrotoxican. He discovered also a very easy test by which its presence could be detected, and thought in the interest of the State board of health that it would be a good plan to supply all grocers with it. But first, in order to test it still further, he collected a hundred specimens of different cheeses, and to his surprise every single one showed the presence of tyrotoxican, so he did nothing more about submitting his tests to the grocers, for if followed out it would destroy the whole cheese business. When Professor Vaughn wants specimens of tyrotoxican, he gets a quantity of cheese, pours a little milk and water on it, puts it in a bottle, and in due time he has plenty of the poison. If we must eat cheese, it can be rendered much less harmful by being cooked. But one who wants to keep his liver in good condition and have a good healthy circulation, should avoid food which in itself is full of germs.

LABOR IS HONORABLE.

"By the sweat of thy brow shalt thou live" is the voice of God. Not only of God, but of nature, that is to say, both God and nature agree in defining the philosophy of human life, which implies that sweat is a necessary and inseparable incident to a healthful, vital condition of the physical man.

Hence "the sweat of the brow." Hence perspiration and the movement of the secretions, all of which conduce to the natural health, strength, and vigor of the body, and we may say of the mind itself. If this be so, can labor be degrading or beneath the dignity of any man or class?

Therefore, let us teach the fact that labor is honorable, noble, dignified, and not incompatible with greatness. So long as there are crops to grow, cattle to feed, railroads to construct, cities to build, a nation and a world to beautify, let due honor be bestowed on the laborer and a just appreciation be manifested for the work of his hands.—*The Signal.*

Household.

THE GRUMBLER.

HIS YOUTH.

His cap was too thick, and his coat was too thin;
He couldn't be quiet, he hated a din;
He hated to write, and he hated to read;
He was certainly very much injured indeed!
He must study and toil over work he detested;
His parents were strict, and he never was rested;
He knew he was wretched as wretched could be,
There was no one so wretchedly wretched as he.

HIS MANHOOD.

His farm was too small, his taxes too big;
He was selfish and lazy and cross as a pig;
His wife was too silly, his children too rude,
And just because he was uncommonly good!
He hadn't got money enough to spare;
He had nothing at all fit to eat or to wear;
He knew he was wretched as wretched could be,
There was no one so wretchedly wretched as he.

HIS OLD AGE.

He finds he has sorrows more deep than his fears;
He grumbles to think he has grumbled for years;
He grumbles to think he has grumbled away
His home and his children, his life's little day;
But, alas! 'tis too late. It is no use to say
That his eyes are too dim and his hair is too gray;
He knows he is wretched as wretched can be,
There is no one so wretchedly wretched as he.

—Sel.

QUERIES.

EDITOR PACIFIC HEALTH JOURNAL: How should green peas be cooked?
MRS. S.

Boil them in pure water until well done and then season with pure cream and a little salt. Don't cook peas in milk, as is the common custom.

DR. BURKE: Tell us, is cheese healthy?

A SUBSCRIBER.

No; if you want to keep your liver and other digestive organs in proper order, we say, Don't indulge much in cheese. I would refer you to Dr. J. H. Kellogg's writings for extensive information on eating cheese.

EDITOR HEALTH JOURNAL: What can I do with my corns, they are so sore?
A PATIENT.

Apply a plaster around the corn, thick enough to take the pressure of the shoe off the corn. Would advise soaking the foot in hot water every

night or so, and two or three times a week paint it with tincture of iodine. But don't forget the plaster to remove the pressure.

DEAR DR. BURKE: My stomach is so sour all the time; what can I do for it?
B. L.

Avoid eating foods which ferment easily, such as sugar, potatoes, and the like. Drink *hot* water to wash the stomach out, say one cup about one hour before eating. This prepares the organ for the kindly reception of the food. Avoid fluids at meals, unless it be peptonized milk, which really is a semifluid food. It might be well to use the peptonized milk for a few days and eat nothing else. Should this not agree with you, eat scraped beef, *broiled*, using with it but little salt, and dried whole-wheat bread. Be careful to not eat too much meat in hot weather, as it is quite heating. You may try for a drink a half cup of cold skimmed milk, filling the cup with boiling water. Should you not be relieved by following the above, you had better hunt a sanitarium.

COOKING RECIPES.

POTATO SOUP.—To one gallon of water add six large potatoes, peeled and chopped fine, one teacup of rice, a lump of butter size of an egg or a half a cup of cream, one tablespoonful of flour. Work the butter and flour together, and add one teacup of sweet cream before taking from the fire; boil one hour.

PARKER HOUSE ROLLS.—For a small pan of rolls, enough for four persons, use one quart of flour, less a gill, a generous half pint of milk, half a tablespoonful of salt, a tablespoonful of butter or dripping, a level teaspoonful of salt, a quarter of a cupful of yeast or a quarter of a yeast cake.

Boil the milk, and let it cool. Sift the flour into a bowl, and rub the butter, sugar, and salt into it. Draw the flour to the sides of the bowl; pour the cold milk into the well made by drawing the flour away; add the yeast; cover the pan, and let it stand on the kitchen table all night. In the morning mix the rolls with a spoon, and then knead the dough for twenty minutes or half an hour; return it to the bowl, cover it, and let it rise in a warm place. When the dough has risen to three times its original size (this will take about three hours), turn it onto the bread-board, and roll it down to the thickness of half an inch. Lift the dough frequently to let it

shrink. When it is rolled to the proper thickness, lift it and let it shrink all that it will. Cut the dough with an oval cutter. Place a round stick—the handle of a spoon or fork will do—on the roll about one-third of the distance from one end; press with the stick until the dough is about half as thick here as in the other part. Fold the short end of the dough over, and the roll is shaped.

Half a teaspoonful of butter may be spread between the folds if it be liked. Place the rolls in a buttered shallow pan, cover with a cloth, and let them rise an hour and a half in a warm place. They should rise to a little more than double their original size. Bake in a hot oven for twenty minutes.

Glaze with one tablespoonful of sugar to two of milk.

ORANGE CUSTARD.—This is made of eight eggs, the grated rind of two oranges, and the juice of four, half a pint of water, and one cupful of sugar. Separate the whites of the eggs from the yolks, and put the latter away in a cool place. Add the orange rinds and juice to the whites of eggs, and after beating the mixture well, add the water. Set away for an hour. At the end of that time beat the yolks of the eggs, and add them, together with the sugar, to the mixture of white, orange, and water. Strain into a pitcher, and set the pitcher into a basin of boiling water, enough to come well up to the sides. Set the basin where the water will boil rapidly, and stir the mixture until it becomes as thick as rich cream, say for about a quarter of an hour. Remove from the fire, and allow the custard partially to cool, stirring it frequently; then pour into glass cups, and put away to get perfectly cold.

OATMEAL GRUEL.—Into one quart boiling water stir two heaping tablespoonfuls coarse oatmeal, cook slowly for three hours, strain into a small quantity of cream and serve.—*Mrs. Kellogg's Invalid Cookery.*

EGG GRUEL.—One pint of milk heated to the boiling point, three eggs, beat and mix with a little cold milk, add this to the hot milk and allow it to thicken, and serve it immediately.—*Mrs. Kellogg's Invalid Cookery.*

BARLEY GRUEL.—Three tablespoonfuls of pearl barley, parboil for five minutes, turn off and add one quart of boiling water and simmer three hours, strain and season with cream or lemon juice and sugar.

ALBUMINIZED MILK.—Shake together in a well-corked bottle or jar one pint of fresh milk and the well-beaten whites of two eggs.—*Mrs. Kellogg's Invalid Cookery.* MRS. F. L. McCLURE.

OVERBURDENED HOUSEKEEPERS.

WITH many the all-absorbing object of life, that which justifies any expenditure or labor, is to appear in the latest style. Education, health, and comfort are sacrificed at the shrine of fashion. Even in the table arrangements fashion and show exert their baleful influence. The healthful preparation of food becomes a secondary matter. The serving of a great variety of dishes absorbs time, money, and taxing labor, without accomplishing any good. It may be fashionable to have half a dozen courses at a meal, but the custom is ruinous to health. It is a fashion that sensible men and women should condemn, by both precept and example. Do have a little regard for the life of your cook. "Is not the life more than meat, and the body than raiment?"

In these days domestic duties claim almost the whole time of the housekeeper. How much better it would be for the health of the household if the table preparations were more simple. Thousands of lives are sacrificed every year at this altar, lives which might have been prolonged had it not been for this endless round of manufactured duties. Many a mother goes down to the grave who, had her habits been simple, might have lived to be a blessing in the home, the church, and the world.

Satan is the inventor of these customs, with which the society of our day is overburdened, and many of the votaries of fashion know no better way than to spend their precious probationary time in the almost fruitless endeavor to keep up with her ever-changing decrees. What account can they render in the judgment to God, who has a just claim upon their time, their strength, and all their powers. There is a general cry all over our land, "Where shall I find a good housekeeper, one who knows how to cook?" Indeed, the dearth of good cooks and housekeepers is becoming alarming. If this state of things continues, we shall be left entirely destitute of good domestic help.

But what is the reason for this fear of household duties among our girls? The great reason is that such labor has been considered a disgrace. As a

general thing, the cook has not received the respect due her. I have seen people, once poor but now rich, whose good sense seemed to have fled with their poverty; they became superficial in everything. Some who learn to be seamstresses, typesetters, proof-readers, bookkeepers, or school-teachers, consider themselves too aristocratic to associate with the cook.

These ideas have pervaded nearly all classes of society. The cook is made to feel that her occupation is one which places her low in the scale of social life, and that she must not expect to associate with the family on equal terms. Can you be surprised, then, that intelligent girls seek some other employment? Do you marvel that there are so few educated cooks? The only marvel is that there are so many who will submit to such treatment.

The cook fills an important place in the household. She is preparing food to be taken into the stomach, to form brain, bone, and muscle. The health of all the members of the family depends largely upon her skill and intelligence.

Household duties will never receive the attention they demand until those who faithfully perform them are held in proper respect.

Self-love, self-worship, idolatry of self, have bound upon the necks of women a yoke grievous to be borne. They are weighed down with burdens heavy to carry, and only by suffering and oppression. Christ, looking down the ages, saw the state of things which now exists, and to these overladen ones he gives the blessed invitation, "Come unto me, all ye that labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn of me; for I am meek and lowly in heart; and ye shall find rest unto your souls."—*Christian Temperance and Bible Hygiene.*

FOR A BURN.

If a person has been burned by the clothes catching fire, remove the clothing as soon as possible, taking care to keep the burned surface drenched with tepid water; and be sure not to drag upon the injured skin in such a way as to pull it off, as it is the best possible protection for the tender flesh beneath.

When the clothing has been removed, keep the burned surface covered with cloths wrung out of soda water, made by dissolving a teaspoonful of soda in a pint of water. This is an effectual

method of treating burns, and is far superior to the old dressing of carron oil, a mixture of linseed oil and lime water.

TO PREVENT SCARS AFTER BURNS.—It very often happens that great disfigurement is occasioned by the contraction of the scars produced by deep burns. To a great degree this may be prevented by daily manipulation of the parts with oil. The scar should be well rubbed, stretched, and pulled, and by this treatment it may be kept soft and flexible.—*Good Health.*

FOOD ADULTERATIONS.

THE discoveries of the sanitary police are only partly divulged, but the facts published are enough to justify an occasional wish to limit our diet to articles that are sold in the "original packages" of nature, like apples, eggs, and potatoes. Half the lard and three-fourths of the butter sold in the markets of our chief cities are not what they seem; most of our bottled honey is glucose flavored with aromatic extracts and wax emulsions; ground pepper and ground coffee, mustard and tea, are mixed with surrogates too numerous to mention; but all those things are trifles compared with the abominations of the milk traffic. Swill dairies surround every large city from Boston to San Francisco like a circle of plague spots, and, considering the quality and quantity of the almost inevitable admixtures, it is not too much to say that half the bowel complaints of North American city children are due to the influence of adulterated milk. Even without the assistance of analytical chemistry, the testimony of our senses would in nine out of ten cases suggest a suspicion of the fraud and the means of detection, if in sanitary concerns there were any limits to the easy-going tolerance—or, rather, indifference—of the average American citizen.—*N. Y. Voice.*

THE foundation of society rests on its homes. The success of our homes rests on its wives. Therefore, first of all, teach our girls how to be successful wives. Begin in their infancy to develop their characters. Teach them to look for the best quality in everyone they meet, and to notice other people's faults only to avoid them. Train them to do small things well and to delight in helping others, and instill constantly into their minds the necessity for sacrifice for others' pleasure as a means of soul-development.—*Ex.*

Healthful Dress.

A WEB OF ROSES.

I'll weave a rhyme of roses,
While the summer lends her loom,
And the waiting roof reposes,
'Neath the windows of my room.
The mottled wasp I'll borrow
From a frail and fading pen—
Let not my work to-morrow
Be misjudged by critic's pen.

June's painted shuttles cover
All the prairies roundabout;
When she knows the poets love her
May I fill and bear them out?
Tho' you'll hear no crash attending
On the toil so light and sweet,
Yet I pray the muse is lending
To my treadless, winged feet.

Here the tangled grasses offer
Welcome loan of bar and beam,—
From the summer's changing coffer,
Golden tendrils twine the seam,
Where these bursting buds alight,
Mossy leaves and rose that reddens,
Palest pink and purest white.

Shall the misty margin bear me
With the sprays upon the side,
Silver bells with tones to stir me
When the roses shall have died?
Can the sister selvage sorrow
In a hue of sober gray,
That the ashes of to-morrow
Reap the roses of to-day?

Women weave with weary fingers
In the vales of Cashmere,
Where a lonely lifetime* lingers
For the harvest's golden ear,
Not the roses of my sonnet
Droop and wait for summer's heat,
Break we now the thread upon it,
Stay the treadles at my feet.

*A life is sometimes spent in weaving a cashmere shawl.

—*May Baird Finch.*

HOW YOUNG LADIES CAN MAKE THEIR ARMS GROW.

A YOUNG lady asked what she could do for her very thin arms. She is ashamed of them. After feeling of them through the thin lace covering and finding them cold, we asked her what she supposed made muscles grow. "Exercise," she replied.

Certainly, but exercise makes them grow only by giving them more blood. Six months of vigorous exercise will not

do as much to give those cold, naked arms circulation, as would a single month were they warmly clad.

The value of exercise depends upon the temperature of the muscles. A cold gymnasium is unprofitable. Its temperature should be between sixty and seventy, or the limbs should be warmly clothed. We know our servant-girls and blacksmiths, by constant and vigorous exercise, acquire large, fine arms in spite of their nakedness, and if our young ladies will labor as hard from morning till night as do these useful classes, they may have as fine arms.

Perfect health depends upon perfect circulation. Every living thing that has the latter, has the former. Put your hand under your dress, upon your body, now place it upon your arm. If you find the body over ninety degrees, and your arm under sixty degrees, you have lost the equilibrium. The head has too much blood, producing headache; or the chest too much, producing cough, rapid breathing, pain in the side, or palpitation of the heart; or the stomach too much, producing indigestion.

At all seasons of the year, and in all climates, the best material for dress for old and young, for strong and weak, is woolen. It is the poorest conductor of heat, and therefore secures the most equable temperature. This is the principal object of dress. The superiority of woolen clothing for babes is even greater in July than in January. In the warmest days a single thickness of soft flannel will suffice. But if linen or cotton be worn, the garment is soon moistened by perspiration, and two or three additional thicknesses are needed to protect the child against a draught. In warm weather we find it necessary to wear woolen garments in the gymnasium as a protection against a chill from draughts while perspiring. Our soldiers in the South found flannel their best friend, securing them against the extremes and exposure of camp and field life. Blacksmiths, glass-blowers, furnace-men, and others exposed to the highest temperatures, find woolen indispensable.

Few practices will do so much to secure the comfort and protect the health of young children as dressing them in flannel night and day the year round. It may be objected that flannel irritates a delicate skin. But there is no baby's skin so thin and delicate that daily bathing and faithful friction may not remove this extreme susceptibility, and as the skin is the organ upon which the outer world makes its impressions, nothing is more important than that all morbid susceptibility should be removed.

An additional advantage in the use of flannel is that it serves by its mechanical effect to keep up a healthy surface circulation, which is one of the vital conditions of health. The skin and lungs act and react upon each other; children born with a predisposition to consumption especially need vigorous treatment of the skin.

WISE AND FOOLISH.

As a sound body is the necessary foundation of a sound mind, food, clothes, exercise, all the conditions of daily life, are important considerations in training girls either for high scholarship or practical work; and yet how little attention is paid to hygiene! A physician need but look at the forms of our girls to appreciate the violence done to nature in the small waists, constrained gait and manners of all we meet.

In looking at the beautiful paintings and statuary in the Old World, I have often wondered whence came our idea of the female form. It is certainly like nothing in heaven above or the earth beneath, or in the waters under the earth; for even the traditional mermaid is vouchsafed more breathing power than the woman of the nineteenth century. None of the old artists have immortalized anything of the kind in marble or on canvas. Those of our own times turn away in disgust from the daughters of Hancock and Adams, to copy the Venuses and Madonnas of the past for the perfection of womanly grace and beauty.

All sensible men laugh at their wasp-like waists, and women themselves affect to dislike them, and always declare, when attacked, that their clothing is loose, that they are small naturally, which is to say that God, by way of making a variety of the human species, thought fit to tap the ribs of the American woman. I do not like to interfere with the designs of Providence, but I should like to see the experiment fairly tried for one generation, of hanging all woman's clothing loosely on her shoulders, that we might learn what hand God had in her present weakness and deformity.

Ordinarily, a girl of fourteen is a healthy, happy, romping being, with short hair, short dress, and clothes hung loosely on her shoulders; but as soon as her skirts trail, and dress-makers begin to "form the waist," as they say, a change takes place at once in her whole manner and appearance. She is moody, listless, weary, struts when she runs, cries when she should laugh, and all this at the very age when she should manifest new vigor and enthusiasm. Much of this is to be attributed to the many unnatural restraints placed on girls, the indoor life and sedentary habits, but more to her dress than to any other cause. The tight waist compressing the ribs prevents a free circulation of the blood and action of the heart and lungs, and paralyzes a belt of nerves and muscles at least six inches in width around that part of the body.

When we remember that deep breathing has much to do with deep thinking, we see the relationship between scholarship and dress. Girls, by the style and material of their clothing, are practically debarred from all outdoor amusements; and yet they need them as much as boys do, and if well trained and properly dressed, would take as much pleasure in them. It is as one of the conditions of health that the question of dress becomes one of great importance.

"There was a time in the history of mankind," says Carlyle, "when man was primary and his rags secondary; but times have changed, clothes now make the man." I hope we are fast coming to that period in the history of woman when health and freedom in woman are to be the first consideration. If girls are to hold equal place, with equal force, in the world of work, an entire revolution in their dress is inevitable. When I was young, with a short dress hung loosely on my shoulders, a round hat, and a pair of light shoes made precisely like my father's, I used to walk five miles before breakfast, or ride ten miles on horseback; and to that early and continued obedience to physical laws I am indebted for a life of uninterrupted health and happiness.

Health is the moral condition of all women. Weakness, disease, pain, and sorrow are the results, in all cases, of violated law and divine ordination.—*Elizabeth Cady Stanton, in Good Health.*

PROTECT THE CHILDREN.

MANY mothers are still ignorant respecting the necessity for the proper clothing of children, especially in regard to the protection of the limbs. Not infrequently children may be seen upon the street whose legs are almost bare, and who wear low-necked clothing. This exposure of the two extremities of the trunk is harmful in the highest degree. It induces in the lungs pneumonia and temporary bronchitis, and in the bowels, inflammation, congestion, and various other morbid conditions, which may lay the foundation for chronic ill health in after years. Mothers should see that their children are warmly clad, and especially that their feet and legs, arms and shoulders, are thoroughly well protected. A child, owing to its greater surface in proportion to its size, is much less able to protect itself against the cold than a grown person, and hence needs more warm clothing.—*Good Health.*

EARLY STRUGGLES OF EMINENT MEN.

A GOSSIPY Philadelphia paper (which we quote for the encouragement of any blue young reader) says that "many years ago, after he had worked in vain for two or three years to get enough medical practice to support him, Dr. D. Hayes Agnew dropped physic in disgust and went to 'keeping store' at Newton, Delaware County. There, in a small shop, he sold tarred rope, sickles, sun-bonnets, molasses, and rakes, nails, and flour, and fish nets. But his passion for surgery and medicine made store-keeping galling; he gave it up, risked starvation in a desperate battle with fortune again, and won."

[One of the foremost of Southern surgeons declares that about a year after he began practice he sought the position of ticket agent on a little twenty-mile railroad, and almost gave up in despair when he failed to get it. His yearly income now has four ciphers in front of the decimal point].—*Boston Medical and Surgical Journal.*

RAILWAY TRAINING.

THE *Bulletin of the State Board of Health* says that nearly two thousand railway employes were killed in 1890 by accidents, and more than twenty thousand injured. Plainly, all railway conductors, engineers, trainmen, switchmen, and so on, should be trained previous to active service exactly as soldiers are drilled and trained for time of war. This is a preventative measure greatly needed for saving life and property.

THE Berlin police, we understand, demand all buildings where consumptives are treated by Dr. Koch's lymph to be disinfected like those inhabited by diphtheria patients, and that all patients must be registered at the nearest police stations.—*Ex.*

"THE prime cause of uterine diseases among our young and delicate women is the imperfect mode of dress adopted in this country; first, by its uncomfortable form, resting upon the delicate and tender portions of the body; second, by its want of adaptation to the vicissitudes of climate."—*Professor Draper.*

Publishers' Department.

ANOTHER EDITOR.

ELDER M. C. WILCOX, editor of the *Signs of the Times*, has been elected by the board of directors of the Rural Health Retreat Association as one of the editors of the PACIFIC HEALTH JOURNAL. We are glad to get such valuable assistance, and we may look for great improvement in our JOURNAL. May it long live and prosper in the good work.

RURAL HEALTH RETREAT ASSOCIATION.

THE annual meeting of the stockholders of the above association was held in the chapel at Crystal Springs, April 30, 1891, at 2:30 P. M. There have been 1,877 shares of stock issued, and 1,571 of these were represented, 824 in person and 747 by proxy. The treasurer's report shows \$49,790.89 as the amount of business transacted during the year. On this amount of business there was a net gain to the institution of \$12,685.59. Treatments given away during the year amounted to \$1,521.75, and donations were received to the amount of \$242.

The following resolutions were adopted:—

WHEREAS, Through the blessing of God marked prosperity has attended this institution during the year that has just passed; therefore,

Resolved, That we express our gratitude to God for the evidence we have of his guiding hand and protecting care, and our appreciation of the faithful labors of the physicians and managers of the institution.

WHEREAS, The spiritual interests at the Health Retreat have been considered and an effort has been made by the California Conference to meet these wants by supplying a Bible worker to labor among patients; therefore,

Resolved, That we are thankful for this favor, and while we appreciate the labor put forth by the worker, we are grateful to God for the blessing that has attended these labors, acknowledging that it is only through him that any degree of success can attend our efforts for souls.

WHEREAS, There have been labor and expense connected with securing proper food supplies of the best quality for the use of patients and helpers; therefore,

Resolved, That we approve the action of the board of directors in leasing a farm and running it in the interests of the Retreat.

WHEREAS, The inadequate water supply for the Health Retreat has for a long time been a source of anxiety and great inconvenience; and,

WHEREAS, The efforts of the board during the past few months in developing water on our own premises have resulted in a good degree of success, particularly increasing the supply fivefold; therefore,

Resolved, That we approve of the action of the directors in tunneling and piping the water to an available point.

Resolved, That we approve of the action of the Directors of the Rural Health Retreat Association in postponing the erection of additional buildings until next year in order to give more time to better prepare for the work of building, and because of the financial wants of other branches of the cause.

WHEREAS, The PACIFIC HEALTH JOURNAL is the exponent of this institution and also of the principles of health and true temperance principles on this coast, making the interests of the Retreat and the JOURNAL one; therefore,

Resolved, That we express our gratitude to God for the prosperity which has attended this JOURNAL in its increased circulation during the last year; and further,

Resolved, That we record our appreciation of the arduous labors which Dr. W. P. Burke has put forth in addition to his other heavy and continually-multiplying burdens during this time, and your committee would respectfully recommend to the incoming board of directors that his burdens be lightened in this respect by the election of an assistant editor at the office of publication.

The stockholders chose by ballot the following board of seven directors, to act for the coming year: W. P. Burke, John Fulton, W. A. Pratt, A. B. Atwood, Elder Dan T. Jones, Elder N. C. McClure, Elder Wm. Ings.

Personally, we are thankful for the year's work. There have been over nine hundred patients under treatment at the Retreat during the past year. These have come from various places, some from Canada, British Columbia, China, Australia, and most of the States have been represented at the sanitarium.

We are trying to *educate* the people to care for themselves, and to *avoid sickness*. We hope that among the great number who have visited us, some may be able to take up the work of blessing others physically and spiritually in times of distress, soothing the pain of the sufferer, advising, counseling and *educating* others in this work, that their remaining days may be more glorious than the setting sun, and their memories be an afterglow for all time.

THE LEADING SANITARIUM.

THERE is no question but that the Rural Retreat, situated within three miles of the beautiful and healthful town of St. Helena, is now far in the lead of all health resorts on this coast in point of facilities for the treatment and cure of worn-out and sick people.

The system of baths (electric and nearly all other at present approved kinds) has never before been equaled in California.

Dr. W. P. Burke, who has had a large practice for some ten years in connection with this and a kindred institution at Napa City, has had an extensive experience and a reputation for success unequalled by but few practitioners on this coast. The success and popularity of his work and that of his capable and faithful assistants, seem still increasing.

The Retreat is some feet above the level of the sea, on the west slope of a well-shaded spur of Howell Mountain. It overlooks a rarely beautiful portion of Napa Valley and picturesquely bordering hills and mountains, forming a most charming landscape view.

The main building and three-room hillside cottages afford accommodations for over one hundred guests and patients.

A large boiler house furnishes steam for heating baths and rooms. A commodious gymnasium and chapel are also among the substantial buildings adjoining the central edifice.

And yet another more commodious than the larger four-story center building is to be erected this spring to meet the steadily-increasing patronage of this favorably-conducted home of the afflicted.

The institution is carefully and conscientiously conducted by an incorporated association of Seventh-day Adventists, somewhat after the plan of that older institution of their brethren at Battle Creek, Michigan, the largest sanitarium ever successfully established in the United States.

John Fulton is superintendent; Mrs. J. L. Ings, matron. The board of trustees are Dr. W. P. Burke, W. A. Pratt, A. B. Atwood, R. A. Underwood, Jos. Leininger, Wm. Saunders, J. Fulton.

Calisthenic exercises, free to all inmates of the Retreat, are led by Mr. Hughes, accompanied with appropriate mu-

sic, and add real pleasure and benefit to those who participate in the same.

Twenty acres of wood, vine, fruit, pasture and villa land are embraced in the home tract, besides eighty acres of still higher land, which affords an abundant supply of water.

The purest, clearest, and best of drinking water flows from the well-famed Crystal Springs close by the Retreat—the springs which gave the place its first start as a sanitarium.

Carriages meet all passenger trains except those arriving between sunset of Friday and Saturday.

This prosperous institution has been well filled every month in summer and winter during the past year, while many offers of guests have had to be declined.

Being acquainted personally with the merits of this sanitarium, we have no hesitancy in recommending it to the sick and afflicted.—*Editor Pacific Rural Press.*

PRESIDENT ENGELMANN'S annual address was in the form of a lecture on "The Causes of Ill-Health in American Girls, and the Importance of Female Hygiene."

It was read before a good-sized audience, composed largely of ladies, at Concordia Hall. The lecturer especially instructed mothers to take all possible care of their girls during the critical periods of their lives; to discard all false modesty, and fully inform them upon their duties and responsibilities.

He also touched upon dress, mental training, and physical exercise, and laid particular stress upon the importance of rest, at proper periods, from mental and physical labor.—*Sel.*

THE Japanese ladies are in a worry. Some years ago European dress began to come into vogue in Japan, but a reaction has set in. The Japanese women are not satisfied with the ordinary dress styles of civilization, but they are unwilling to return to their old dress, and hence they are now considering "rational dress" advocated by the various feminine dress reformers.—*Ex.*

LADIES' SKIRT SUPPORTERS.

IT is the unanimous opinion of those who have made *female disorders* their life study, that one of the most fruitful causes of these complaints is supporting the under-garment from the hips. When this burden is transferred to the shoulders, there is at once an improvement in health.

Mrs. E. B. Lyman, the popular lecturer to ladies "on dress, and its relation to female diseases," says: "Pathology demonstrates the fact that during the past 15 years that class of diseases peculiar to females has been steadily on the increase, and the verdict is almost universal among those physicians who make a specialty of these difficulties that they are largely the result of the improper mode of dress adopted by our women. First, from its being too tight, or so inconveniently arranged as to prevent the free action of the internal organs. Second, from the great number of bands, with heavy skirts, resting entirely upon the delicate walls of the abdomen, causing the intestines to fall down upon the organ in the pelvic cavity. Owing to the flexible nature of the abdominal walls, NO WEIGHTY clothing should be permitted to rest upon the hips, but should, instead, be supported from the shoulders entirely."

HEALTH PUBLICATIONS.

The Home Hand-Book of Domestic Hygiene and Rational Medicine, by J. H. Kellogg, M. D. It is the most important work for domestic use that has yet appeared. It contains 1,624 pages, with 500 engravings, including 26 full-page plates, and a paper manakin, in two volumes. The price of this work, bound in muslin, richly embossed in jet and gold is, \$6 50
In half-morocco, gilt edges - - - - - 9 00

Eating for Strength, by M. L. Holbrook, M. D., 320 pages, muslin, with gilt title on back and side, price, 1 00

How to Strengthen the Memory, "never forgetting," by M. L. Holbrook, M. D., 160 pages, muslin, with gilt title on back and side, price - - - 1 00

Digestion and Dyspepsia, by J. H. Kellogg, M. D., 12mo., 176 pages, with colored plate, price - - - 75

Nasal Catarrh, ten lectures on the nature, cause and cure of this "great American malady," by J. H. Kellogg, M. D. Illustrated by cuts and colored plates, 120 pages, price - - - - - 75

Practical Manual of Health and Temperance. How to proceed in many emergencies, and containing many useful hints and recipes, by J. H. Kellogg, M. D., 320 pages, price - - - - - 75

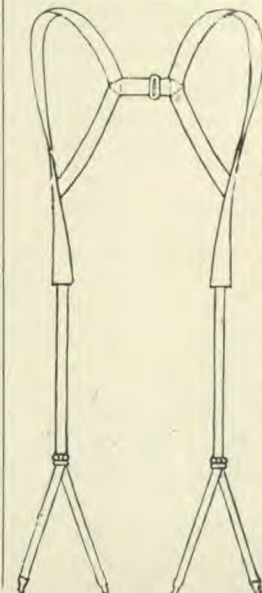
Deep Breathing, considered as a means of promoting the art of song, and as a remedy for throat and lung difficulties. Translated from the German by Werner, illustrated, with an added chapter on air and ventilation, by M. L. Holbrook, M. D., bound in muslin, with gilt title on the side, price, 50

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Diphtheria, its nature, cause, prevention, and treatment, by J. H. Kellogg, M. D., 64 pages, with colored plates, price - - - - - 25

Social Purity, by J. H. Kellogg, M. D., 64 pages, price 15

Any of the above works can be obtained, post-paid, at their respective prices, by addressing Rural Health Retreat, St. Helena, Cal.



Shoulderbrace and Hose Supporter

By this simple and substantial device the stockings are nicely supported from the shoulder. These are sold at the Rural Health Retreat, as follows:—

- No. 7, Ladies'....60 cents
- No. 8, Misses'....50 cents
- No. 9, Children's...40 cents
- No. 10, for Children
age 3 to 5 years..35 cents

Sent, post-paid, on receipt of price.

SAFETY POCKET,

—FOR—

PENS AND PENCILS.

Attached by pin to coat or vest.



Price, with 2 pockets, 15 cents.

Price, with 3 pockets, 20 cents.

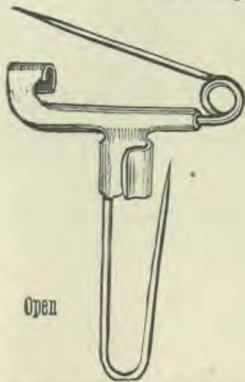
Who has not lost pencils and pens? Who is not in constant fear of losing his invaluable stylographic or fountain pen? Here is the preventive—simple, efficient and cheap.

The SAFETY POCKET is usually worn with bottom in the vest pocket, and top fastened with the safety pin, not shown in the cut. The leather, by its elasticity, holds securely any size of pen or pencil. After a trial, no student, clerk, merchant, or lawyer will do without one.

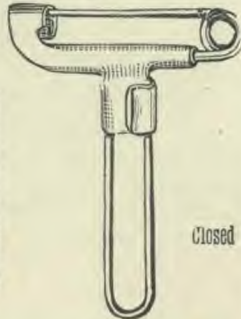
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Skirt Supporting Hooks.



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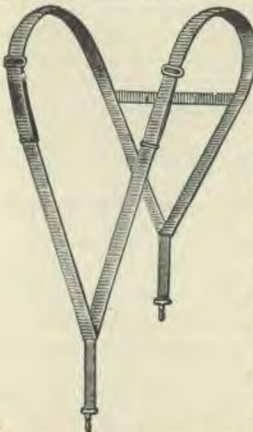


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25 cents a set of four.

The Ladies' Hygienic Safety Supporter.

For firmly and securely holding in place the periodical bandage.



This useful and much desired article, unlike all others in the market, supports the bandage from the shoulders, thereby avoiding all pressure upon the hips and abdomen, and avoids the injurious effect caused by wearing belts.

It has received the highest recommendations from the medical faculty, is approved and worn by the Ladies' Dress Reform Committee, and commended by every lady at sight.

Mailed on receipt of 50 cents.

For any of the above articles, a dress

RURAL HEALTH RETREAT,
ST. HELENA, NAPA CO., CAL.

How to Dress Healthfully.

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

What Drags the Life Out of a Woman.

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

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

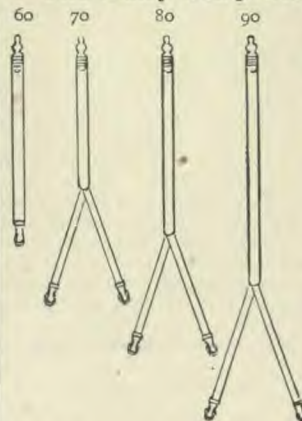
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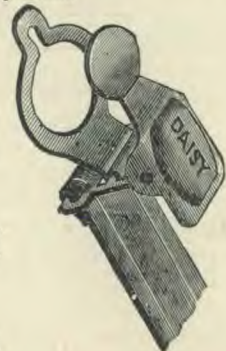
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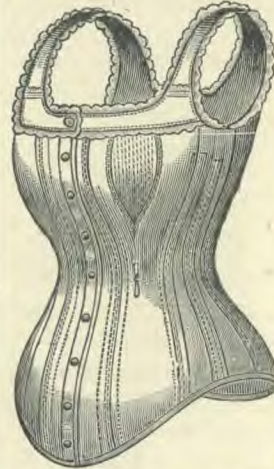
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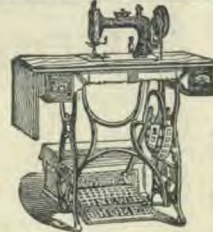
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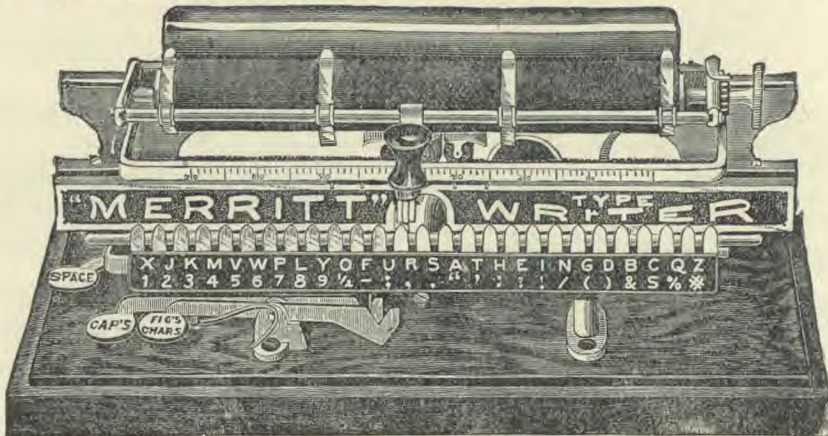
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