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### SHORT SERMONS.

THE most learned are not the wisest.

If you would not fall into sin, do not sit by the door of temptation.

ECONOMY is buying what you need, not what you think you want to own.

WHEN a man gets sour or bitter, his usefulness is over.—*Des Moines News.*

If the power to do hard work is not talent, it is the best possible substitute for it.—*Garfield.*

HALF of this world's time is wasted in meddling with affairs that don't concern the parties who do the meddling.

MUSCLE, with trained brains, is success. Muscle may be the motive power, but unaided muscle has a hard time of it.

WORDS once spoken can never die; they will turn up in the day of judgment, like things of life, and will either acquit or condemn.—*Everett.*

THE waters beside which the Heavenly Shepherd leads his flock are pure and healing, soft and limpid is their flow, and silvery is their gliding voice.—*Stevenson.*

### FOODS. NO. 11.

WATER, sometimes called a food, is, when pure, to the normal taste a wholesome and agreeable beverage. It is the natural drink of man, and is essential to life. Most of the functions of the body require water. It promotes the solution of our food, it helps to convey the more dense and less fluid substances from the digestive organs to their destination in the organism. It dilutes the blood, holding in suspension the red globules, the fibrin, the albumen, and all the tissues of the body, for all are formed from the blood. It enters into the make-up of all the tissues, and helps to lubricate them. It equalizes the body temperature through evaporation; it regulates all chemical changes which result from nutrition or decay. It helps to remove effete products from the body. A great amount of it taken into the system causes increased flow of urine, and, as a result, facilitates the excretion of solid matter. It may, therefore, be of great utility in gout, gravel, etc. Water is the same substance everywhere, whether from springs, rivers, lakes, wells, or seas.

The difference between waters is the difference of various bodies mingled with the water. Salt is found more or less in all waters, but any water where there is excess of it should be regarded with suspicion, as sewerage is generally highly charged with salt. The excellencies of water are purity, softness, and the presence of air. We say water is soft or hard just as soap bubbles occur or do not occur when washing. When carbonate of lime or magnesia is found in water in great quantities, we find it hard. Hard water makes the skin harsh, and we find also it has a tendency to dry up the mucous membranes as well; hence digestion may be arrested and gout, gravel, stone, and goiter may result from the constant drinking of hard water. It is, therefore, injurious to health. Water often

contains iron, copper, and lead; all these are injurious; one-tenth of a grain of iron and copper to the gallon may be tolerated by the system, but a *very* small quantity of lead is poisonous.

Rain water is soft, but often contains solid impurity, especially about cities. Should it fall through a pure atmosphere, it would be pure, but it may be contaminated from accumulations on the housetop or from pipes. Rain water, as a rule, has good effect on the skin, and would, if used exclusively, modify or cure many skin diseases.

Spring water is rain water filtered, or percolated, through the earth. Our mineral waters are charged with the saline elements of the earth to such a degree as to make them unfit for ordinary drinking and culinary purposes. Many spring waters are unsuitable for drinking, even when they have not an excess of mineral matter, by reason of the great amount of organic matter held in suspension and solution, and should be boiled and filtered before drinking.

Well water, if the well be deep and no leakage into it from some layer of soil near the surface, is probably the safest water to drink. For dietetic and drinking purposes the best waters come from deep springs and wells. Often superficial well water is saturated with soilage from privies, drains, cesspools, etc., and is full of deadly poison. Water collected from the surface or drains of cultivated soil is generally polluted with organic matter, and should be boiled and filtered before being used.

River water is subject to impurity from the soil, from decaying vegetable and animal matter, but should the stream flow rapidly through cañons where there are many bushes and trees, these conditions tend to purify the water by the absorbing influence of vegetation and oxidation.

Distilled water is pure and soft, but is insipid in taste from lack of air, but by beating it as eggs are beaten the water becomes charged with air again and its taste improved. The fruits and vegetables, where they are grown healthfully, contain pure water, and those who can digest them would do well to use the watery fruits instead of impure water. The chief danger to health is from organic impurity. Many fevers and diphtheria are traceable to such impurities. If water be boiled, some of the salts are thrown to the bottom of the vessel on cooling, and the organic matter destroyed. Filtration through charcoal also purifies water from or-

ganic filth, but filters need frequent and constant cleansing. B.

#### MEDICINES. NO. 4.

THE idea of disregarding the laws of nature, which govern our bodies, and thinking that illness, the penalty of violating health laws, can be so easily set aside by taking medicines or tonics, is absurd. Illness or suffering is a necessary consequence of physiological transgression. We too often forget that the doctrine of penalties, commensurate with violated law, is a necessary guide to the understanding and applicable to all cases coming within its scope. Confidence in tonics or medicines is founded on a hope to obviate penalties. It is taught, and justly, too, that absence of penalties is the absence of law, and the removal of penalties is the abrogation of law. Our conclusion is, therefore, that there is no difference between physiological right or wrong and moral right or wrong, since the consequences are the same in both cases. Whatever the doctrine and practice may be of an opposite view, we conclude are unwarranted.

We will try to give below a better and a more natural way to increase the digestive powers and bodily strength than the taking of tonics.

The bodily powers are susceptible of being increased and strengthened, if the right food is taken, without the use of tonics. Bodily strength is supported and maintained *only* through the nutritive processes. Development of strength cannot come but by the use of nutritive material. We find throughout animate nature that strength is secured by the motor energy itself, in its *use* and *expenditure* of nutritive substances. The digestive and nutritive processes must depend on expenditure. Expenditure of the body is only another name for energy of the body. This physiological expenditure of the body is, then, the practical value of *food*, and should be the primary object of a person in eating, drinking, and breathing, and not the common and false idea, which most people entertain, of increasing the fat, flesh, bone, and nerve, because these are in their nature inferior and secondary at best. It is of the utmost importance, therefore, to understand the ultimate purpose of food. Most errors come from mistaking the fundamental purpose of digestive and nutritive processes. Here perverted senses and feelings must give way to intelligence; the individual

must eat and drink according to laws of nutrition, and not according to the sensations of the palate.

The digestion of food is controlled by the expenditure of energy of the body, and on an average corresponds with this expenditure. The vigor of expending action practically controls the vigor of digestion. The amount of expenditure decides how much food may be digested normally. Our old instructors gave twelve steps in what they termed "the digestive process." We will try to give it all in a shorter way. Digestion of food by the mouth, stomach, and intestines, simply means to render the food absorbable by the different digestive juices. The simple eating and digesting of food does not assure nutrition and strength, as is popularly held. This common idea leads to grave and dangerous errors, such as the taking of half food and half physic, artificial digestion, stimulants, etc. The food, however, must be digested before it can nourish the body; it is simply preliminary to nutrition. This nutrition includes assimilation and dissimilation. Assimilation means that the digested food reaches the working organ and engages in functioning acts, while dissimilation means the reducing, disengaging, and dismissing from the body that digested material which had been supplied and appropriated to the vital cell by the process of assimilation. As fast as the old cell dies and passes away, a new one takes its place. If the old cell is not cast out of the way, the new one cannot take its place. The ashes of the grate must be shaken down before the fire will burn. Waste and repair, waste and repair, is the universal law of the body. The road must be opened to the acting cell where the energy arises. The debris of preceding acts must be removed first, in physiological order, but this is not done by patented nostrums.

From these various processes, then, come the evolution of bodily energy. We can now plainly see that if these processes be correct, the act of digestion is nothing more nor less than a response to the demand from the nutritive processes for digested food. This demand regulates the supply, a principle well known in the mercantile world.

B.

CIRCUMSTANCES are like skeins of thread or silk; when taken by the good end they are easily disentangled.—*Mme. Swetchine.*

#### NOTES ON THIS, THAT, AND THE OTHER.

ZWIEBACK—did you ever use it, good housewife? "I do not know what it is," you reply. Well, it is not as well known as it might be and ought to be; nevertheless, it is one of the most delicious, most healthful foods, to everyone who is able to masticate food. *Zwieback*, good housewife, is the German for "twice baked," and it is used as referring to twice-baked bread. We mean bread sliced and put into a slow oven and baked till it is thoroughly dried through and through. A little ghost of brown will not hurt it any. Stale bread is better, because it dries sooner and more evenly, but if you are going to use new bread, by all means bake it twice. It will not then be rolled up into impervious masses or lumps of dough in one's stomach. "Hard?"—Yes, it is hard, and if the bread is good it is brittle and porous as popcorn. There is nothing better for soups. The slices may be cut into little squares or cubes before rebaking, or the slices rebaked may be broken into the soup. The best of crackers take a back seat in its presence.

It is an excellent thing for children. We know a little boy of three years, one of the weakly, nervous ones when a babe, but who is healthful, strong, and rugged now if care is taken of his diet. His appetite is wholly unperverted. He does not like meat, and will not eat it, and he will never be urged by his parents. After a good hearty meal, which was designed to close with a piece of palatable pumpkin pie, perhaps, we have seen him "top that off" with a piece of *zwieback*, thoroughly masticated, till the starch became changed to sugar, eaten entirely alone, and relished evidently more than the pie. Often his third meal (he has not for months eaten more than three meals a day, and never between meals) consists wholly of a piece of dry *zwieback*. He seems to relish it as well as he would cake or pie, and his sleep is simple, plain, straight, and sweet, like his *zwieback*. It is an excellent relish eaten with mush and milk, or in milk alone. Try it, good housewife, it is of more value than you think; and if made of graham or whole wheat bread, it is so much better still. Try it, good housewife, and it will be one of the staple articles of your every-day diet.

"VENTILATE! ventilate! ventilate!" we sometimes feel like shouting when we enter into some

room, or church, or office, in these days of medical science and sanitary enlightenment. Invalids are found in rooms with but little or no ventilation whatever, the air close, fetid from the body exhalations, and laden with carbonic acid gas from being breathed over and over again, till it is almost stifling to one who enters from the fresh air outside. Some people have an idea that cool air is pure air, but cool air may be just as impure as warm air; and, on the other hand, warm air may be just as pure as cool air. If an invalid needs warmth, supply it with more artificial heat, but do not for body and soul's sake try to supply this heat by shutting out the pure, life-giving air of heaven. The old houses of our forefathers where a cat could crawl in between the logs, and squirrels came and went at their own sweet will, and the snow sifted in through the cracks in the roof or the gable ends, and the moonbeams peeped in through the roof holes and kissed the cheeks of the sweet sleepers within,—well, in those days we had heartier, stronger men, rosier-cheeked children, and healthier, more buxom dames, than we have in this present day of hothouse humanity. Then ventilate; it will prevent colds; it will purify the blood; it will give health. We shall have more to say on this at some other time.

SHALL we call it silly?—Yes, it is silly. It does seem, however, that it ought to be said. It looks silly for a young woman of twenty-five to thirty years of age, when there ought to be some show of dignity and quiet, noble womanhood, trying to ape the manners and ways of girls of sixteen. The evident endeavor is to catch some man for a husband. They are afraid that they will be left behind, and so they resort to all the "tricks of the trade" (shall we say?) to catch a man. And man after man comes, sees the superficiality, the sham, the overeagerness, gets disgusted, and goes away; and the would-be maiden-in-her-teens pursues the random, uncertain chase, growing more eager, more cynical, more disgusted with everyone who does not recognize the "charms," which she would know, if she stopped to think, were false. Yes, she is silly, and cannot see it; infatuated with self, and does not know it. She ends the chase at last, perhaps, with a wreck of a man who has married her for what she is worth, and has paid for more than he has purchased.

ALL this need not be. If girls would so store

their minds with that which is good and useful and true, they would despise such a false life. They would have respect for their own sacred womanhood. They would make themselves such as were worthy of being sought. They should have such a regard for God, and for themselves as creatures of his hand, that they would not demean themselves by wasting their virginal sweetness on every *roué*, or beau, or ladies' man, who smiled upon them. They should look upon life as something nobler and of more worth than this. They should seek to develop a noble womanhood, in the strength of God, that is worth too much to be spent to win man—spent always in vain; for *men*—true men—are not won in that way. But what if they should be old maids? Well, so let it be. Old maids—not the simpering, silly, affected ones—old maids, with the quiet dignity of a free soul within, with a proper sense of their own womanhood, with trust in the Lord Jesus Christ, to whom they owe all and to whom they render all, living lives of unselfishness and noble dependence on God and independence in God, helpful, hopeful, trustful, doubly blessed in blessing others,—such old maids are worth all the wives and mothers in existence who spent years to get a man and who just caught one such as he was. But, girls, as you begin, so will you be likely to continue. Start right; make yourself, in God, all you are capable of being without man, and you will be sought by those who are worthy of your love and devotion. w.

#### THE BRIGHT SIDE.

LOOK on the bright side. It is the right side. The times may be hard, but it will make them no easier to wear a gloomy and sad countenance. It is the sunshine and not the cloud that gives beauty to the flower. There is always before or around us that which should cheer and fill the heart with warmth and gladness. The sky is blue ten times where it is black once. You have troubles, it may be; so have others. None are free from them; and perhaps it is as well that none should be. They give sinew and tone to life, fortitude and courage to man. That would be a dull sea, and the sailor would never acquire skill, where there is nothing to disturb its surface. It is the duty of everyone to extract all the happiness and enjoyment he can within and without him; and, above all, he should look on the bright side. What though things do look a little dark? The lane will turn

and the night will end in broad day. There is more virtue in one sunbeam than in a whole hemisphere of clouds and gloom. Therefore we repeat, "Look on the bright side," cultivate all that is warm and genial—not the cold and repulsive, the dark and morose—*Sel.*

### DYSPEPSIA.

BY S. W. DODDS, M. D.

THE subject which I have placed at the head of this article will oblige me to take into account some of our national sins; nor need I add that these are manifold, especially in the eating line. That we can expect to violate all or nearly all the known laws of physiology and yet escape the consequences is simply preposterous. There is probably not a civilized nation on the face of the earth that is as reckless in the matter of eating as we are; the savage people are in many respects a long way ahead of us. We are a "fast people;" we do not stop to consider the best methods of getting the greatest good out of life. On the contrary, our first question is how to "get there" the most quickly. Where it is that we are really going we have hardly thought it necessary to inquire. We are fully impressed with the idea that we have something of vast importance to do, and that the matter in hand will not wait. We hurry, we rush, we bluster; we tell everything and everybody before us to get out of the way; and we call to those behind us, in this manner: "If you are coming, why don't you come along?"

Physiologists teach us that time is a factor in the performance of vital functions; that our food should be eaten slowly; that digestion (of certain substances, certainly) begins in the mouth; that vigorous exercises before or after eating will arrest stomach digestion; that rushing out from one's meals in a very cold atmosphere will also interfere with this process; or that intense anxiety or great mental activity directly after a meal will have a deleterious effect. They tell us further, that good digestion, other things being equal, will be in proportion to the amount of fresh air that we breathe. We are also instructed that simplicity is a good thing in the manner of eating; and that a certain amount of coarse food is desirable. Stimulants or stimulating foods are said to waste vitality. Highly-seasoned foods are, therefore, detrimental; so are gross foods.

But how is it with "Young America"? What cares he for the physiologist? He is young and strong, and he fears nothing. Like all the rest, he is in a hurry, and he takes his food rapidly; there is not time to masticate it. Besides, a good cup of coffee is appetizing, and it will help to wash it down; though he may prefer tea. Or a glass of beer may take the place of either.

As for bread, he prefers hot biscuits, of course; these are nice at breakfast; and a few griddle cakes at the end, with plenty of molasses and butter, make a desirable finish. The beefsteak is also saturated with hot butter, and there is plenty of salt and pepper to give it a relish. The whole breakfast is put down in "short order," and the young man rushes for the rear end of a street car. Reaching this, the next thing is a cigar from his vest pocket. Possibly the car is a "smoker," in which case he goes inside, and breathes an atmosphere that is already made impure with something more than mere human excretion; the fumes of the weed are in every cubic inch of it.

I will not be responsible for the state of things in the down-town office; perhaps *pater familias* has preceded the son, and has made the atmosphere blue with his good comfortable pipe. The windows will likely be closed, unless it is a hot day in summer. The young man opens his ledger, and bends over it till twelve o'clock; then he rushes out to the nearest restaurant, calls for what he wants, and hastens to dispatch the meal. The castor usually stands in the center of the table, and the "devil's own" is in it,—pepper, salt, mustard, mixed condiments, vinegar, catsup, Worcester sauce, etc., and the plate of pickles is near at hand. The castor with its contents has much to answer for; it has undermined many a sound stomach. Indeed, I think, with a single exception, there is nothing else that has done as effective work in the way of making dyspeptics. Apothecary stuff, given in heroic doses (or in small ones long continued), can, no doubt, cap the climax in this direction.

But what about the young man?—After the day's work is over, he either goes home to a regular dinner, consisting of meats, vegetables, etc., finishing, perhaps, with a dessert of rich pastry or pudding, or he sits down to a supper of white bread and butter, tea or chocolate, perhaps a dish of cold meat, one or two kinds of cake, and some fruit preserves or jelly. If our young friend is fond of society, or if he goes to the theater, he will

probably not retire to his couch till nearly midnight; and his lungs get another dose of foul air, which will help to impede digestion. Whether he sleeps well or ill, he will wake the next morning to go through a similar routine. Days and weeks pass, and finally months and years; and, worst of all, something more slips away. By and by youth is gone, and health with it; and the young man looks thin and haggard, and older than he really is.

He may, possibly, reach middle life with a stomach in fair condition, but I doubt it; more likely he will find that the "bottom" is knocked out of it,—and an all-goneness has taken its place. But "Young America" does not give up at trifles like these; he is sure that the doctor can help him; he calls him in, and then he makes a raid on the drug store. If one remedy does not cure him, he tries another; he has not learned the fact (admitted by the ablest medical authorities) that every dose swallowed "diminishes the patient's vitality;" nor that "vitality once lost can never be regained." Had he known these two facts, he might have saved his money, and something that is far better, a good remnant of vital force.

But he does not know; and he will go on dosing, perhaps for years; or he may give up in despair, and end his days in the insane asylum, or by blowing his brains out—though not everyone will reach so desperate a goal. It is just possible that some good friend may convince him of his folly before it is too late, and recommend a more rational course; and he may thank his stars if this takes place before his stock of vitality is not hopelessly exhausted.—*St. Louis Magazine.*

#### DISEASE SPREAD BY BOOKS.

SELDOM do we stop to think, on taking a book from a public library, who might have handled the volume last. Books are lent out, and go from family to family, no attention being paid to the fact that they may have been handled by a patient having a contagious disease. The *British Medical Journal* mentions a case where a physician recognized in the house of a patient suffering from scarlet fever a book which he had noticed a few days before in the room of a former patient suffering with the same disease. On inquiring, he learned that a few days after borrowing the book the symptoms of the second case appeared. The paper used for covering library books soon be-

comes roughened, and undoubtedly furnishes the means of transmitting infectious diseases.

Libraries should be notified, either by the board of health or by the attending physician, of any cases of infectious diseases.

#### THE SAME STANDARD FOR BOTH.

[Abstract of a lecture by Kate C. Bushnell, M. D., before the Mothers' Meeting of the Battle Creek W. C. T. U.]

THERE is a fallacious idea far too prevalent, that boys and men are less responsible than women for departures from the path of rectitude, because such digressions are more in the line of their nature. But there is no crime committed that is not along the line of nature. Is it not natural to get angry? Have you not had symptoms of anger rising? Yet you know that if you should get angry enough to put a bullet through a man, you would hang for it. Is it not natural for you to steal? Oh, no, you say; but let us see about it. You are walking upon the streets. You see a purse lying there, and your mind goes through a sort of mental gymnastics about as follows: "Somebody has lost a purse. I hope there is lots of money in it, and if I do not find the owner, I shall not feel so much the misfortune of the man as my own good fortune." Yet, though you feel thus, you have been schooled in honesty; you go to a newspaper and advertise it, thus shutting yourself off from any further temptation to hold it. That is nature under control, recognizing a propensity, but yet not subject to its bonds. Here is a man on the street. He has within his heart a lustful impulse. He meets a young girl, and brings about her ruin. He has not been educated to the control of this impulse, and does not esteem what he has done an illegality. All the plea he has to make is that it is natural. But why not make the same plea for the defense of the thief? All crimes are only excesses along the line of nature. There are nature worshipers in the world who worship nature just as the Hindoo does who gets down and says prayers to the beetle. They forget that God said, "Have dominion over nature." They make nature the lord, and they obey their impulse of worship.

Here is an engineer who has found out that it is the nature of steam to expand. He understands that that is what drives the wheels of his engine with such force—the force of nature pent up in the boiler of his engine. He understands that,

pent within it, is a force many thousand times in excess of the muscular system in his body. He admires and respects its power. Pretty soon he decides to bow down and worship it. He bows down in front of the moving engine, and is torn to pieces on the track. That is all he gets by worshiping power or worshiping nature. Another engineer who sees this says, "That is a force which destroys men. That force should be annihilated from the face of the earth." He puts wood into the stoker, and heats the boiler with reference to its ultimate destruction. It cannot be done. Nothing in nature can be annihilated, and when he gets the boiler hot beyond further endurance, it bursts, and he is blown into atoms. To worship nature and to destroy nature are equally disastrous. Here is a third man who has an engine. He understands thoroughly its mechanism, and knows how to keep it under perfect control. It goes when he tells it to go, and stops when he tells it to stop. This is nature made amenable to law, subservient to the will of the man.

There is no need of teaching children that nature must dominate over them. They should be taught to control nature, and never in any instance to be its slave. No intelligent being wants to destroy nature, but her impulses should be regulated and wisely controlled. Let us all learn the wisdom of teaching boys and girls alike, that it is their privilege to be lord over nature. But you say, "Is it not true that a man has stronger impulses toward impurity than a woman? and is not his constitution a little different?" Suppose a mother who was raising a family of boys should say, "I believe there is a good deal of difference between boys and girls in the matter of temper. I do not think it possible for a boy to control his temper as well as a girl can, therefore the boy ought not to be punished so much." The girls know that they are absolutely sure of punishment, and they are even taught that boys cannot be expected to be as good-tempered as girls. The girls, from exercising self-control, grow strong; the boys, tyrannical. The girls marry, strongly fortified in their belief that there is a great difference in disposition between men and women, and another generation of boys and girls are trained in the same false principle. Think what the third generation would be after such schooling as this. Yet just that sort of allowance for the impure tendencies in a man has been made generation after generation, ever since the

world stood. Jesus Christ sounded a protest against it. It has only very vaguely found echo. The eyes of the people have been completely closed to this point, and human kind has hardly come to recognize that he said, "Whosoever looketh upon a woman to lust after her hath committed adultery with her." Instead, it is preached constantly that a man is different from a woman, that it is natural for him to be coarser in conduct and talk, that he uses tobacco and whisky, which inflame his passions; and other weak excuses are made for him. The result is that your boy turns his feet toward perdition, and supposes he is going toward heaven, because he hears on every side that it is natural for a man to have these base tendencies, and to seek their gratification. He little dreams that he must one day meet his God and render account. His mother, sister, and wife allow him to go on, and never utter a voice of warning. And that is the great mistake which mothers are making. Their gray hairs are going down in sorrow to the grave, not because of their girls, but because of their boys. I tell you many and many a mother never gave to her boy the gospel of purity. Do you wonder that the Christian religion among other religions is called the feminine religion? There are men who talk about manliness when they mean only lustfulness. A pure man is laughed at, and we are almost ashamed of our cleanest men,—almost ashamed that they are not like the men of the world.—*Good Health.*

#### THE TONGUE.

THE movement of the tongue gives information of the condition of the brain and nervous system; when the tongue is under complete control, can be protruded promptly and decidedly, we know the functions of the brain and nervous system are still unimpaired and free. But when the tongue is tremulous, controlled with difficulty, or is inclined to one side constantly, we know there is cerebral complication and suffering. Immobility, trembling, and stammering are signs of cerebral torpor, in consequence of softening of the brain or typhoid conditions.—*Medical Brief.*

IN putting man to struggle against misfortune, God purifies him from his past faults, puts him on his guard against future ones, and ripens him for heaven.—*J. De Maistre.*

## Temperance.

### TOBACCO.

LET thy devotees extol thee,  
 And thy wondrous comfort plead;  
 But the worst of names I'll call thee,  
 O thou vile tobacco weed!

Health-consumer, money-waster,  
 Food-polluter, foul offense;  
 Carpet-soiler, floor-bedauber,  
 Garment-scenter, nauseous stench;

Eye-bedimmed, nose-offender,  
 Mouth-defiler, source of pain;  
 Tooth-bespoiler, chin-besplasher,  
 Throat-abuser, stomach-bane;

Wall-bestainer, stove-begrimer,  
 Air-infecter, worse and worse;  
 Bosom-smearer, beard-beslimmer,  
 Taste-destroyer, loathsome curse;

Passion-kindler, pain-inviter,  
 Mind-enslaver, source of need;  
 Man-degrader, woman-plaguer,—  
 Such I call thee, Filthy Weed!

—Selected.

### THE EFFECTS OF BEER.

**They Are Fully as Bad as Those of Liquors,  
 Perhaps Worse.**

FOR some years a decided inclination has been apparent all over the country to give up the use of whisky and other strong alcohols, using as a substitute beer and other compounds. This is evidently founded on the idea that beer is not harmful, and contains a large amount of nutriment, also that bitters may have some medicinal quality which will neutralize the alcohol which it conceals. These theories are without confirmation in the observation of physicians and chemists, where either has been used for any length of time.

The constant use of beer is found to produce a species of degeneration of all the organism profound and deceptive. Fatty deposits, diminished circulation, conditions of congestion and perversion of functional activities, local inflammations of both liver and kidneys, are constantly present. Intellectually, a stupor amounting almost to paralysis arrests the reason, precipitating all the higher faculties into a mere animalism, sensual, selfish, sluggish, varied only with paroxysms of anger that are senseless and brutal; in appearance the beer drinker may be the picture of health, but in reality he is

most incapable of resisting disease. A slight injury, severe cold, or a shock to the body or mind, will commonly provoke acute disease, ending fatally.

Compared with inebriates who use different kinds of alcohol he is more incurable and more generally diseased. The constant use of beer every day gives the system no time for recuperation, but steadily lowers the vital forces. It is our observation that beer drinking in this country produces the very lowest kind of inebriety, closely allied to criminal insanity. The most dangerous class of ruffians in large cities are beer drinkers.

It is asserted by competent authority that the evils of heredity are more positive in this class than from alcoholics. If these facts are well founded, the recourse to beer as a substitute for alcohol merely increases the danger and fatality following.

In bitters we have a drink which can never become general; but its chief danger will be in strengthening the disordered cravings, which latter develop a positive disease. Public sentiment and legislation should comprehend that all forms of alcohol are more or less dangerous when used steadily; and all persons who use them in this way should come under sanitary and legislative control.

—*Quarterly Journal of Inebriety.*

### ABOUT TOBACCO.

So much has been said in these days for and against the use of tobacco that any advice may seem stale and unprofitable, but I cannot but feel that a few words on the subject may be of use. In the first place, the nicotine, a poisonous principle in tobacco, deadens the sensibility of the taste. In children the taste is most perfect, being a source of unalloyed pleasure, and anything that would impair that sense must deprive one of much enjoyment. In the next place, the smoke of tobacco inhaled in the mouth diminishes the amount of saliva, and as this juice is the first that, mixed with the food, assists in digestion, dyspepsia and stomach trouble are liable to result.

Again, physiologists have discovered that the inhaled smoke is absorbed into the blood and causes certain changes in the blood corpuscles—those small disks that circulate in the watery or fluid portion of the blood, and which are essential to the vitality, or life-giving principle, of the blood. While this change is present, of course the processes of development and growth are checked, and the



body ceases to grow in a healthy direction. In this respect smoking is more injurious to the young and growing than to the old.

In the human system, that wonderful network that, like a telegraph system, carries messages from the brain to the remotest extremity—the nervous centers and the nerves—slight derangements cause untold suffering, and tobacco is a prime factor in effecting such derangements. To one who attempts to smoke, the general demoralization is most profoundly marked; a tremor seizes the limbs, the mind is confused, and the stomach is convulsed—*Selected.*

### FASHIONABLE VISITING.

BY MRS. E. G. WHITE.

MEN and women who profess to be followers of Christ are often slaves to fashion and to gluttonous appetite. Preparatory to fashionable gatherings, time and strength, which should be devoted to higher and noble purposes, are expended in cooking a variety of unwholesome dishes. Because it is fashion, many who are poor and dependent on their daily labor, will be to the expense of preparing different kinds of rich cakes, preserves, pies, and a variety of fashionable food for visitors, which only injure those who partake of them; when at the same time they need the amount thus expended to purchase clothing for themselves and children. This time occupied in cooking food to gratify the taste at the expense of the stomach, should be devoted to the moral and religious instruction of their children.

Fashionable visiting is made an occasion of gluttony. Hurtful food and drinks are partaken of in such a measure as to greatly tax the organs of digestion. The vital forces are called into unnecessary action in the disposal of it, which produces exhaustion and greatly disturbs the circulation of the blood, and, as a result, want of vital energy is felt throughout the system. The blessings which might result from social visiting are often lost, for the reason that your entertainer, instead of being profited by your conversation, is toiling over the cook stove, preparing a variety of dishes for you to feast upon. Christian men and women should never permit their influence to countenance such a course by eating thus of the dainties thus prepared. Let them understand that your object in visiting is not to indulge the appe-

tite, but that association together and interchange of thoughts and feelings might be a mutual blessing. The conversation should be of that elevating, ennobling character which could afterward be called to remembrance with feelings of the higher pleasure.

Those who entertain visitors should have wholesome, nutritious food, from fruits, grains, and vegetables, prepared in a simple, tasteful manner. Such cooking will require but little extra labor or expense, and, partaken of in moderate quantities, will not injure anyone. If worldlings choose to sacrifice time, money, and health to gratify the appetite, let them do so and pay the penalty of the violation of the laws of health; but Christians should take their position in regard to these things, and exert their influence in the right direction. They can do much in reforming these fashionable, health and soul-destroying customs.

If parents had lived healthfully, being satisfied with simple diet, much expense would have been saved. The father would not have been obliged to labor beyond his strength in order to supply the wants of his family. A simple nourishing diet would not have had an influence to unduly excite the nervous system and the animal passions, producing moroseness and irritability. If he had partaken only of plain food, his head would have been clear, his nerves steady, his stomach in a healthy condition; and with a pure system, he would have no loss of appetite, and the present generation would be in a much better condition than it now is. But even now, in this late period, something can be done to improve our condition. Temperance in all things is necessary. A temperate father will not complain if he has no great variety upon his table. A healthful manner of living will improve the condition of the family in every sense, and will allow the wife and mother time to devote to her children. The great study of the parents will be in what manner they can best train their children for usefulness in this world, and for heaven hereafter. They will be content to see their children with neat, plain, but comfortable garments, free from embroidery and adornment. They will earnestly labor to see their children in the possession of the inward adorning, the ornament of a meek and quiet spirit, which is in the sight of God of great price.

Before the Christian leaves his home to go to his labor, he will gather his family around him, and,

bowing before God, will commit them to the care of the Chief Shepherd. He will then go forth to his labor with the love and blessing of his wife, and the love of his children, to make his heart cheerful through his laboring hours. And that mother who is aroused to her duty will realize the obligation resting upon her to her children in the absence of the father. She will feel that she lives for her husband and children. By training her children aright, teaching them habits of temperance and self-control, and in teaching them their duty to God, she is qualifying them to become useful in the world, to elevate the standard of morals in society, and to reverence and obey the law of God. Patiently and perseveringly will the godly mother instruct her children, giving them line upon line, precept upon precept; not in a harsh, compelling manner, but in love and tenderness will she win them. They will consider her lessons of love, and will happily listen to her words of instruction.

Instead of sending her children from her presence, that she may not be troubled with their noise and be annoyed with the numerous attentions they would desire, she will feel that her time cannot be better employed than in soothing and directing their restless, active minds with some amusement or light, happy employment. The mother will be amply repaid for her efforts in taking time to invent amusements for her children.

Young children love society. They cannot, as a general thing, enjoy themselves alone, and the mother should feel that, in most cases, the place for her children, when they are in the house, is in the room she occupies. She can then have a general oversight of them, and be prepared to set little differences right when appealed to by them, and correct wrong habits, or the manifestation of selfishness or passion, and can give their minds a turn in the right direction. That which children enjoy, they think mother can be pleased with, and it is perfectly natural for them to consult mother in little matters of perplexity. And the mother should not wound the heart of her sensitive child by treating the matter with indifference, or by refusing to be troubled with such small matters. That which may be small to the mother is large to them, and a word of direction or caution at the right time will often prove of great value. An approving glance, a word of encouragement and praise, from the mother will often cast a sunbeam into their young hearts for a whole day.

#### WHAT OUR RUM MONEY WOULD DO.

THE drinking population of the United States spends \$1,500,000,000 in liquors each year. There is one rum saloon to every 107 voters east of the Mississippi River, and one to every 43 voters west of the Mississippi, and 250,000 saloons in these States and Territories of the Union waste enough hard substance to feed, clothe, and pay the house rent of every family in the United States.—*Sci.*

#### HE GROWS.

Do you know how a moderate drinker gets to be a drunkard? Just as a pig gets to be a hog—he grows.—*Captain Van Etten.*

ONE of the greatest curses in this land is that of tobacco. Its narcotic poison, inhaled for so long by the aborigines, just fitted them for the stimulating fire water, which has swept off its thousands. More is paid for it in "Christian" America than is paid for the cause of religion, and some of our most fertile lands in Connecticut and Virginia are depleted, worn out, barren, because of the exhaustive crops of tobacco which have been taken from the soil year after year. As for the good which tobacco does, it is absolutely none—unless it be as an insect exterminator, and there are plenty of substitutes for that. As for the evils, it has a Pandora's box of them—their name is legion. Why will manly men use the weed?—*Selected.*

THE whisky men of Kentucky are in a peck of trouble over the condition of the liquor market. Owing to the excessive productions, there is a surplus of about 40,000,000 gallons, and unless Congress gives relief by extending the three years' bonded period now allowed for the payment of taxes on liquor, it will require about \$18,000,000 to pay the taxes this fall. We presume Congress will give relief, both by extending the time, and helping to drink up the surplus.—*Ex.*

A HIGH licensist believes in putting whisky into a man through a \$1,000-funnel, and then putting the man into the gutter. A prohibitionist believes in putting the whisky into the gutter and saving the man.

MORE lives are governed by tact than by force. More hearts are softened by sympathy than by fire.

## Miscellaneous.

### THANKSGIVING DAY.

BACK to the home of childhood,  
 Though scattered far and wide,  
 Back to the dear old kitchen,  
 Yes, back to your mother's side.  
 Come, kiss her wrinkled forehead,  
 Her hair, as white as snow,  
 And sit down on her footstool,  
 As in the long ago.

While father bends above you,  
 Weak with the weight of years,  
 His trembling voice with gladness,  
 His dim eyes filled with tears.  
 To both the greatest pleasure  
 The year brings on its way  
 Is this, the glad home coming  
 Upon Thanksgiving day.

Once more the rooms re-echo,  
 From kitchen, stairs, and hall,  
 The sound of old-time voices,  
 And merry dinner call,  
 While many sweet grandchildren,  
 With laughter light and gay,  
 Come pressing round the table,  
 This glad Thanksgiving day.

So come, ye sons and daughters,  
 From restless city strife;  
 Come, ere you lose your relish  
 For the quiet joys of life;  
 Come back, ye roving children,  
 From prairies far and wide,  
 And cluster round the hearthstone  
 Once more at eventide.

Take up the song of childhood,  
 And sing it o'er again;  
 Forget that ye are matrons,  
 Or business-loving men.  
 And if your eyes grow misty,  
 Rejoice that it is so;  
 A heart sincerely tender  
 Is the purest one to know.

Remember, with your loved ones  
 Life's lamp doth feebly burn;  
 Your parents may not linger  
 To greet a late return.  
 Forget them not, though patient,  
 Oh, come now while you may;  
 Praise God—rejoice together—  
 On this Thanksgiving day!

—Selected.

### "THOU SHALT NOT KILL." NO. 2.

BY FANNIE BOLTON.

"It does seem as though Satan had a special spite against women. All over the world, look at the poor creatures. We think the little-footed Chinese women are especial objects of pity, and so they are; for their childhood, youth, and old age are made horrible by bandaging the feet. They do not know what it is to spring in happy play in childhood. They cannot exercise rightly through their youth, and their old age is a pitiful, helpless condition of suffering. Everywhere the prince of evil has shown his power to bind women in misery. He has them caged up in the East, veiled, and swaddled. The little Hindoo widow is an object to make one weep whenever her name is mentioned, but in civilized countries women are no less objects of pity. They are caged in a cruel bondage. Not the foot, not the head, but the very heart, and life, and breath is squeezed out of them. They are corded, and belted, and weighed down with heavy skirts; and of all the oppressed I think they are most oppressed, and of all slaves the most in bondage. They go about with backache, and headache, and ruined nerves, and weakened digestion. They are sallow and haggard, and must paint to make up for nature's glow of health, take stimulants to make up for nature's inability to make them gay or useful. But if they brighten up for an evening's entertainment, it is at the expense of all their reserve force, and the next day finds them faded, worthless creatures. And it is so with our young women as well as with those who are more excusable for weaknesses and inabilities.

"Here you are yourselves, perfectly exhausted every morning, with no appetite for breakfast, no ambition for some worthy and useful work. You take a cup of strong coffee to exhilarate you, to whip up your fagged-out nerves, and on this false strength you go till dinner, when you eat a cream puff and drink a cup of tea, and at night you take a hearty dinner, have a late carousal, ice-cream and cake, and a troubled night's sleep. All this, with little exercise, much excitement, improper dressing and diet, no real aim in life, is just killing you physically, intellectually, and spiritually."

Ethel and Esther looked into the anxious face of Aunt Mattie, and saw her tears of genuine sympathy.

"Now, girls, do lay aside your corsets."

"Why, auntie, I can turn right round in my corset. I never lace."

"And yet," said Aunt Mattie, "you ought to have a waist like the Venus De Milo. Look at my waist. It was slender as yours when I wore corsets, but it has broadened out remarkably since eaving them off. No matter how loose you think you wear them, they are ruining your waist muscles, compressing your vital organs, and marring the grace of your form."

"Why, Aunt Mattie, how I should look with a waist as large as yours."

"Yes, but how much better you would look if you had as graceful a carriage, as fine a chest, as clear a complexion, as easy a conscience, and as happy a heart. The Bible says, 'Let another man praise thee, and not thine own lips,' but the other man is not here, and the occasion demands something extra. It's the time for me to speak and hereafter forever be silent."

"Well, auntie, that is so. You have all and more than you have said. I am getting terribly round-shouldered, narrow-chested, and ugly. But if I took off my corsets, I'd fall all to pieces. I don't believe I could sit up."

"There, don't you see that you have acknowledged that you are veritable slaves. Do take off the abomination of abominations, and get a little good back independence. Can you not see you are breaking the commandment? God says, 'Thou shalt not kill.' Your skirts must all be loosened and suspended from the shoulders. You must break every yoke and let the oppressed go free."

Aunt Mattie was very zealous in her labor of reform, and before her visit was over, the declaration of independence was signed, the emancipation proclamation was issued, and the banner of liberty was unfurled.

When the girls became convinced that they ought to reform, they made a regular business of it. The dressmaker was called in, and ripping and cutting and basting and stitching became the great excitement of the day. The tight waists were abolished, or lost in graceful Jenness Miller styles. How light and easy their dresses felt, and how beautiful they looked, too! Instead of meeting ridicule and criticism in their set, they were commended and admired, and their girl friends flocked in to see their new wardrobe.

"It will be like a little leaven in a lump, the

whole lump will be leavened after a while, and women will all see their bondage, and declare for independence and emancipation," said Aunt Mattie.

"You ought to organize clubs now; that's what they are doing all over."

"Why, what for?" asked the girls.

"For the study of yourselves, and what will best develop and make you the kind of woman God intended you to be."

What a reformation was wrought in the home of the Beltzer's. The girls soon had the tables filled with health literature instead of the novels that had been their delight. And their enthusiasm in cooking according to scientific methods made them the "botheration" of the kitchen, the hired girl declared. The neighbors around began to think them very friendly and agreeable, as the girls brought them in specimens of some new dish they had just learned to cook, or some new article on practical life they thought especially interesting. They found plenty of use for their cast-off garments, too, in the Home for the Friendless, and among the poor children that were sent to them by interested friends. Well, it was wonderful how busy and happy they grew in the new life that seemed to open before them, and all the avenues for benefiting themselves and others seemed daily to widen and broaden, till Aunt Mattie declared it was time for them to leave the city and go home with her for rest.

In Aunt Mattie's quiet country home they could go to bed early and rise while the dew was still on the grass meadows. With plenty of fresh air, brisk exercise, healthful diet, with Aunt Mattie's example in ministering to others on every side, returning health was seconded by high aspirations, and the girls determined to live not unto themselves, but for the good of others.

"Aunt Mattie," said Ethel, "I wouldn't put on those abominable corsets again for anything. I tried them on yesterday just to see what effect they would have, and in a half hour I was in misery. My back began to ache, and I felt as though I should fly with nervousness."

Aunt Mattie smiled at the bright faces of her neices as they sat down to breakfast, and ate with evident relish the good things of the board, and she thought to herself, "Blessed are they that keep his commandments," "in keeping of them there is great reward."

## ENGLAND IN 1550.

AN examination of the different entries contained in the Machyn diary sheds a strong light upon matters connected with the reign of Mary, which ordinary historians omit. Take, for instance, the criminal statistics which Machyn furnishes us. Here we find, as was to be expected, in an age of ignorance, brutality, and bigotry, numerous examples of those crimes which attend upon a nation when its intellectual vitality is at a low pressure.

We look in vain for those particular offenses of fraud and cunning which the subtleties of the nineteenth century have made us familiar with, but in their stead we read of hostility to the mechanism of religion, of low cheating, of cruelty to men and animals, and of course of those sins against the flesh which ever follow in the wake of ill-disciplined human nature.

From the well-furnished armory of Machyn let us select a few of his arrows to take aim at the manners and corruptions of his age. Here we find a young fellow tied to a post "hard by the Standard in Chep," with a collar of iron round his neck, and soundly whipped by two men "for pretending visions." The church offers its next victim. We read how one "Cheken, a parson of St. Nicholas, Coldharbor, did ride in a cart round about London, for he sold his wife to a butcher," a piece of traffic which is still, on some parts of the Continent, believed to flourish in England.

Purveyors of provisions then, as now, were inclined to palm off base goods as sound, and to use their art to take in the customer, only the punishment inflicted when this fraud was discovered was somewhat more personal and severe than at present. This was how a butcher who had exposed diseased meat for sale was punished. He was forced to ride about London, "his face toward the horse's tail, with half a lamb before and another behind, and veal and calf borne before him upon a pole raw." There are several entries recording this punishment. Men who sold decaying fish were put on the pillory with the decaying fish round their neck. One very nineteenth-century summer trick we see was in vogue in those more innocent days. The first day of July there were a man and a woman in the pillory at Cheap-side; the man sold pots of strawberries, "the which the pot was not half full but filled with fern;"

thus even in minor matters history repeats itself.—*Gentleman's Magazine.*

## ONIONS.

MRS. DOROTHY wasn't quite happy to-day, as could plainly be seen by the ugly little gleam in her eyes, and the unlovely curl of her red lip. Indeed, she was a little more than not quite happy, she was almost miserable. You see, she hadn't been married long, just long enough to find that Ted was only a mortal after all, and not long enough to learn that mortals are the best sort of folks for this kind of a planet. That is a hard time for young people. The honeymoon just gone down, and the light of common sense hardly tinging the sky, you can easily see how almost dark the world must be. The time is sometimes quite long, too; indeed, it has been known to last a lifetime.

Well, Mrs. Dorothy was in this gloomy twilight, only she had no idea that that was what ailed her. She had been a rather spoiled daughter, for her father had died, and her mother had devoted herself to her little girl. At last Ted had come, and Dorothy had given him her heart, and now they were living in their own pretty home, and the poor little wife was unhappy.

There was a neighbor, Mrs. Seeall, who often came to see Mrs. Dorothy. She came to-day. Her face was neither lovely, loveable, nor loving, but somehow people let her talk to them. Dorothy sat down in her pretty pink-bowed rocking chair, and Mrs. Seeall folded herself up in Ted's dark green sleepy-hollow, and glanced about the room. A vase on the mantel held a faded flower. Mrs. Seeall had never seen a faded flower there before. She smiled.

"You are getting down with the rest of us," she said, nodding toward the neglected vase. "I noticed, too, that your Ted went without a flower this morning."

Dorothy flushed. Mrs. Seeall's pale eyes brightened.

"I knew it wouldn't last," laughing. "I told you so at the first, I think. Men never hold out as lovers long, my dear. I thought you could keep one as long as any woman, for you are so pretty and bright, but it always comes at last; I can always tell it."

Dorothy flushed again.

"You must not think, Mrs. Seeall, that we have

quarreled; I hope we are both above that," she said, a little stiffly, but her visitor only laughed.

"I hope you are, my dear. It does not always come to that, not in the early stages. I told you not to spoil that boy, but I must go now. I bought some lovely new onions for dinner; may I send you two or three?"

"I thank you," said Dorothy gratefully, "but Ted does not like them. I used to eat them, and I would enjoy some, I am sure, but if you please I won't take them to-day."

"Now let me tell you, child, you are going to ruin your husband; you might better take my advice. There's Mrs. Smith, just down this street, she used to be a pretty girl; now she is a slave. It began by her bowing to every whim and notion of her husband. It is really kinder to a man to stand firm to your own ways now and then. If a man finds you are easily managed, he thinks you are made of very poor material. If you are firm and independent, he will learn to respect you."

Mrs. Seall went home, and Dorothy pondered all she had heard in her heart. Little Jack came in with six beautiful milk-white onions, and Dorothy placed them in a pretty glass dish on her dinner table. Now and then two big tears welled up and overflowed her lovely eyes, but they were too few to put the fire out, and so it gleamed there, an angry, smoldering flame. She could not forget the morning. They had slept late and then everything had gone wrong. She forgot to put in the coffee, and the result was a cup of dirty-looking water, which Ted had pushed away from him, well, not gently.

Dorothy begged him to wait for some better coffee, but he refused, with a manner freezingly polite; then Dorothy cried, and Ted sat still, eating the burnt toast greedily. Dorothy left the room, went upstairs, the clock struck half-past eight. Ted hurried through the hall, slamming the door behind him. Then Dorothy arose in her wrath, and a little while afterwards Mrs. Seall had found her with that dark fire in her pretty eyes.

Dorothy was a little less careful about the dinner to-day. In the first place, she had forgotten to get anything for it, and, besides, she hardly cared if it was not nice; remembering Mrs. Seall's advice, she thought it might teach Ted a lesson. Presently she saw Ted turn the corner and hurry toward home. How could she know that his heart was full of pain, and that remorse was burden-

ing his soul? Her pretty little nose lifted itself higher in the air, her dainty head was thrown haughtily back, and anything but an angelic expression settled over her face.

Ted came in; her look froze the kind words on his lips. She seated herself at the table silently, and he was about to do likewise, when the fragrant onions attracted his attention.

"Do you intend to eat those?" he asked, pointing to the offending dish, and looked at his wife.

"I shall do so, if I like; will you have one?" she answered lightly.

"No," he said; "I thought you knew they are very offensive to me. I believe I have told you that I have never been able to overcome my dislike for this vegetable."

Dorothy laughed, and her lids fell over the fire that had begun to blaze in her eyes. Slowly and insolently, she replied:—

"Seems to me I do remember, but what has that to do with my dinner? I suppose I am still allowed to eat what I like."

"Certainly," Ted answered politely, "and you could think of nothing to tempt your appetite but onions?"

"I chose to have them," she said.

"Then I hope you will enjoy them, and will you please be so good as to excuse me? I will go back to the office." His voice was cool, but his face was flushed.

"How considerate!" she murmured softly, raising her hand in a pretty Frenchy way. "How considerate! I really thought you would throw my darling onions out of the window, and me after them, perhaps."

"It is easier and pleasanter to get out myself," he said, half way to the door.

"Yes," she answered, "I fully agree with you, no one would expect a man to dine with his wife if he could avoid it, and the nicest part of it—the part the world seldom knows—is, the wife is only too glad of it." She was very much frightened now, but she laughed provokingly.

"I am glad you told me," Ted answered, laying his hand on the door to steady himself.

"Yes," she went on, "it must be very delightful news to a man who is tired of his wife to learn that she is tired also." She wondered what made her say it, but she smiled, and began her long-delayed dinner with perfect coolness. Ted looked at her, his eyes blazing.

"Then I will not trouble you again!" he cried. She turned a smiling face toward him, and nodded carelessly, her mouth full of food. Then he went out, and the street door banged.

Dorothy arose from the table, and fell on the floor where he had stood, sobbing as if her heart would break. She was sure that Ted was gone, she had heard the shutting of the door, and now her sobbing prevented her hearing voices in the hall. Even when the dining room door opened she did not notice it. She thought herself alone, until she felt a pair of strong arms lifting her up. Maybe we are as anxious to know what happened then as Mrs. Seeall was, as she sat in the parlor where Ted had taken her till he called Dorothy. She sat and listened, but no sound came through the walls to help her find out what was going on. After a while Ted came in, his face radiant, to beg that his wife be excused, as they were going for a drive, and Dorothy was getting ready, "and it may be as well to say it now," he added, "I do not care to have my wife advised by you, Mrs. Seeall. She will think you are kindest when you remain away from our home. I think you know me well enough to understand me. And now good afternoon. He went out and left her. Half an hour afterward she saw them drive by her window, Dorothy chattering and Ted smiling, and she thought, "I have been made the scapegoat."

The honeymoon had set, but a brighter light had risen upon little Mistress Dorothy.—*House-keeper.*

#### WHY GIRLS CANNOT THROW.

Boys from time immemorial have made all manner of sport of the inability of girls to throw a stone. They suppose, of course, that it is a matter of knack and practice, and that a girl could really throw a stone with as much force as a boy if she "knew how," and threw as many. A medical authority suggests another reason:—

The difference between a girl's throwing and a boy's is substantially this: The boy crooks his elbow and reaches back with the upper part of his arm about at right angles with his body, and the forearm at an angle of forty-five degrees. The different act of throwing is accomplished by bringing the arm back with a sort of snap, working every joint from shoulder to wrist.

The girl throws with her whole arm rigid, the boy with his whole arm relaxed. Why this marked

and unmistakable difference exists may be explained by the fact that the clavicle, or collar bone, in the feminine anatomy is some inches longer and set some degrees lower than in the masculine frame.

The long, crooked, awkward bone interferes with the full and free use of the arm. This is the reason why a girl cannot throw a stone.—*Selected.*

#### WHAT A THISTLE DID.

A SCOTCHMAN living in Australia, and visiting his native land, carried back a thistle, the emblem of Scotland, as the reader is doubtless aware. A grand banquet was held in Melbourne by two hundred Scotchmen, and the thistle, in a huge vase, occupied the place of honor in the center of the table. It was toasted and cheered, and the next day it was planted in the public garden, with a great deal of rejoicing. The thistle grew and thrived, and in due time its down was scattered by the winds; other thistles sprang from the seed, and their down was scattered, and in a few years the thistle had made itself thoroughly at home in all parts of Australia. It has rooted out the native grasses on thousands, I could almost say millions, of acres of pasture land, destroyed sheep runs by the hundred, and caused general execration of the Scotchman who took so much pains to import the original. In a similar manner the water cress, the English sparrow, the common sweetbrier, and other exotics, have proved very troublesome, and caused immense losses.

#### SIMPLE TREATMENT FOR CHOLERA.

DR. HARKIN has proved the following method by actual experience: Blistering, collodium is applied behind each ear, and along the course of the pneumogastro nerve as far as the angle of the lower jaw. The object is to cause inhibition of the sympathetic in the abdomen by stimulating the vagus. The result is at once apparent; the purging and other characteristic symptoms cease, and the patients fall asleep long before vesication takes place, and awake cured, or at least tided over the dangerous period.—*India Medical Gazette.*

THE gain which is made at the expense of character should rather be set down as a loss.—*From the Latin.*

## Mother's Corner.

### THE MOTHER'S PRAYER.

STARTING forth on life's rough way,

Father, guide them;

Oh, we know not what of harm

May betide them!

'Neath the shadow of thy wing,

Father, hide them;

Waking, sleeping, Lord, we pray,

Go beside them.

When in prayer they cry to thee,

Do thou hear them;

From the stains of sin and shame

Do thou clear them;

'Mid the quicksands and the rocks

Do thou steer them;

In temptation, trial, grief,

Be thou near them.

Unto thee we give them up;

Lord, receive them.

In the world we know must be

Much to grieve them—

Many striving oft and strong

To deceive them;

Trustful, in thy hands of love

We must leave them.

—William Cullen Bryant.

### BABY'S FIRSTS.

BY MARY A. ALLEN, M. D.

#### 2. FIRST DRESS.

FORTY-EIGHT hours have elapsed, the babe has rested after his first bath, and now the question of dress intrudes itself. If I were to have my own way, I would leave him for a week or ten days untroubled by the process of dressing. I might yield to the prejudice of custom so far as to put on him a high necked, long-sleeved shirt, fastened loosely around the abdomen, an elastic woolen band, diapers, of course, and then I would wrap him again in his flannel blankets and let him alone. Oriental and European babies are thus "swaddled" until they are three months old, and seem to enjoy it. I have seen as many as three hundred babies under ten days old in the wards of the Vienna hospital at one time, each one looking like a cross between an Indian pappoose and an infant mummy. I often wondered why there was so little crying, and concluded it was because the swaddling supplied, as far as possible, the conditions

previous to birth, that is, a warm, close enfolding, without compression or weight upon the tender limbs. If the blankets are about a yard square, they will be convenient in size. Fold down one corner, lay the child's head here and the body diagonally across the blanket. Fold first one side loosely around the child and then the other, and, lastly, turn up the lower corner and fasten with a safety pin. This makes a bundle compact, yet not uncomfortable for the occupant, and easy to be handled by the awkward papa.

But the time at last arrives when the process of dressing can be no longer postponed, and the problem presented to us is how to make garments that shall be a protection, and yet not interfere with the inalienable rights of "life, liberty, and the pursuit of happiness." Absolutely indispensable to life is the opportunity to breathe, so we must abandon all styles of dress that depend upon tightness of waistbands for remaining in place. The long roller band must also be discarded, though the loose, elastic woolen band around the bowels may well be retained. The Gertrude garments are to be recommended. They consist of princess slips of flannel and of cotton, one over the other, thus answering all demands of petticoats and dress. If the various sleeves are smoothly placed one inside the other, the whole outfit can be put on at once, and the process of time devoted to dressing reduced to a minimum. Many words of praise are spoken for this simple style of wardrobe, but we sometimes find a mother who prefers to have the skirts so arranged that, in an emergency, they can be changed without completely undressing the child. A young and ingenious mother arranges her baby's wardrobe conveniently, by making eyelet holes in the hem of the long-sleeved, high-necked shirt, and corresponding ones in the waistband of the skirt, and lacing the two together with a soft cord. By this means she can fasten a flannel skirt to a cotton shirt or *vice versa*. The two garments may easily be basted together instead of laced. She fastens all but the outside garment in front, because she objects to compelling the baby to lie upon buttons, as it must if its clothes are fastened in the back.

The weight of long clothes should be considered, and the dress made not longer than thirty-six inches from shoulder to hem. Another suggestion for the comfort of the infant is to make all seams of undergarments on the right side. They can be



catstitched down so as to be ornamental, and, even if they are not, it is of small importance compared with the comfort of the baby. Sleeves and necks of flannel garments can be neatly bound with white ribbon. Canton flannel is by many much liked for infants' clothing, as it is soft, warm, and easily washed. It is recommended by many mothers for diapers and nightgowns. As woolen goods are now made so fine and soft as to be almost absolutely unirritating, I would recommend woolen for nightgowns, or for night wrappers to be worn over muslin nightgowns. Stockinet can be bought by the yard, and is a delight to the heart of the mother and the body of the child.

Fashion does not now demand an exposure of the dimpled arms and shoulders, so there is no need of a diatribe against that injurious custom. Infants' caps are also things of the past, and yet a word may be said against the tendency of nurses to wrap up the baby's head, keeping it overheated, thus inducing colds and catarrhal difficulties. The little one should be protected from draughts, and then his nose should be left free to breathe, even though his mouth be covered. Soiled and wet articles of clothing should never be dried in the nursery. The first and most important food of the baby is the oxygen which the air supplies, and the purer the air the better.

The most observant mothers are objecting to socks for babies in long dresses. In the first place, they are so often wet that they induce cold rather than preserve warmth. A more serious objection lies in their shape, which is far from physiological. A few days ago I was shown sixteen pairs of socks sent by loving friends to a first baby, and not one of them corresponded in any degree to the shape of the little foot. Without exception they were narrow and pointed at the toes, and, if worn—as I am happy to say they were not—would inevitably begin the process of deforming the foot by turning the big toe outward over the other toes, thus enlarging the toe joint, and, if long continued, resulting, perhaps, in bunions. I have seen the statement that the firm of Steigerwald, in Philadelphia, sells a child's physiological shoe, and, if so, they are certainly ministers of mercy to helpless babyhood. There is no need of shoes until the child begins to walk. When put into short clothes, he may be also put into knitted shoes, but they should be made with a straight inside sole. If the baby's foot be oiled and then pressed on a

sheet of paper, the mother will have a guide for the shape of the sock or knitted shoe. Shoes should never be laced tightly around the ankles of a young child, as this confines the flexor and extensor muscles, and they remain weak, and when he begins to walk, he will, in all probability, "toe out."

The remedy in these cases is to liberate the muscles, let the child creep until strong enough to walk, and give the muscles passive exercise by massage. Pretty little moccasins can be manufactured by the ingenious mother, or knitted shoes with soles of sheepskin. I made my babies' shoes for the first two years myself, making the soles of soft leather, and the tops of cloth, lacing or buttoning according to my fancy, using the baby's foot as a guide for the shape; and what woman has done, woman can do.—*The Advance*.

#### THE HUMAN MOUTH.

MILLER, the Berlin savant who started the report that kissing is a dangerous pastime, fortifies his statement by a paper, in the *Journal of Laryngology*, upon "The Human Mouth as a Focus of Infection." He enumerates, as diseases traced to the oral bacteria, dental caries, and its consequences, pneumonic fever, tonsillitis, angina ludovici, pneumococcus abscesses, actinomycosis, noma, thrush, and other oral affections, diphtheria, tuberculosis, syphilis, and the human form of stomatitis epidemica, or foot and mouth disease. He gives a list of oral bacteria that have been cultivated, numbering twenty-two varieties, besides numerous other pathogenic micro-organisms that have been found in the mouth, but have not been as yet cultivated in artificial media.—*Selected*.

#### BE PATIENT.

Do be patient with the little ones; for even a violent passion or fit of obstinacy may be caused by a temporary congestion of the brain. The consequence of beating a child for this is that the brain, which was already for some cause or another overfilled with blood, becomes more crowded still. One author recommends that at such a time we give the child a drink of water. It seems to me that in addition to a drink of water for the child, a whole glass for the parent—or whoever is rousing the child—would decidedly improve the case.—*Ex*.

## Household.

### FRESH AIR.

Do you wish to be healthy?—  
 Then keep the home sweet ;  
 As soon as you're up,  
 Shake each blanket and sheet.

Leave the beds to get fresh  
 On the close-crowded floor ;  
 Let the wind sweep right through—  
 Open window and door.

The bad air will rush out  
 As the good air comes in,  
 Just as goodness is stronger  
 And better than sin.

Do this; it's soon done,  
 In the fresh morning air;  
 It will lighten your labor,  
 And lessen your care.

You are weary—no wonder,  
 There's weight and there's gloom  
 Hanging heavily round  
 In each overfull room.

Be sure all the trouble  
 Is profit and gain,  
 For there's headache and heartache  
 And fever and pain

Hovering round, settling down,  
 In the closeness and heat.  
 Let the wind sweep right through  
 Till the air's fresh and sweet.

And more cheerful you'll feel  
 Through the toil of the day;  
 More refreshed you'll awake  
 When the night's passed away.

—Selected.

### QUERIES.

ANSWERS BY W. P. BURKE, M. D.

"EDITORS PACIFIC HEALTH JOURNAL: Why do you object so seriously to eating meat?  
 INQUIRER."

We are opposed to eating meat for so many reasons that we cannot in this place give them all, but will attempt a few of them.

Eating meat is useless, for all that the system needs can be obtained from the vegetable world, without filling the organism with useless waste. It causes, in excess, rheumatism, gout, gravel, biliousness, Bright's disease, and a train of other evils. A diet of meat nourishes the passions, while that of

grains, fruits, and vegetables nourishes the reasoning faculties, gives a wider conception of justice to man and the lower animals, gives a peaceful disposition, with all that this implies. Excessive meat eating and beer drinking go together, since both appeal to the passions and the lower nature. The person who is carnivorous in nature is proud, passionate, and selfish. Grains, fruits, and vegetables do not make drunkards, they nourish the higher traits in man, strengthen and refine his moral and mental faculties. Happiness, comfort, and spiritual growth are much easier attained on hygienic diet than on that of flesh.

"DR. BURKE: What are the objections to salted meats?  
 "MRS. RUSSELL."

We object to eating meat of any kind in health, and especially "salted meats." The salt lessens the nutritive value of meats by extracting a quantity of its juices and flavors. The eating of so much salt as is done in the eating of "salted meats" is prejudicial to health, by causing indigestion, and skin diseases, and undue thirst. When the salt is soaked out of the meat, it is not very palatable, and is rendered unfit for food.

### COOKING UTENSILS.

BY FLORA A. BBEWSTER, M. D.

MOST housekeepers pay very little attention to the materials of their culinary and table utensils. Iron, tin, copper, earthenware, and porcelain ware vessels are chiefly used in the kitchen. A knowledge of the advantages and objections to each should be one of the first lessons in scientific cooking.

Iron is much used for cooking vessels. It is strong, durable, and cheap, but its strong attraction for oxygen, which it obtains from the atmosphere, causes its surface to become corroded and roughened by a coating of rust, which is simply oxide of iron. The rust, or oxide of iron, combines with various substances contained in food, and forms compounds which discolor the articles cooked in iron vessels, and often imparts a styptic taste to the food. Fortunately, however, most of these iron compounds are not actively poisonous.

Cast iron is much more liable to rust than malleable or wrought iron. If the inside of cast-iron vessels is simply washed and rinsed in warm water, and then wiped with a soft cloth, instead of being

scoured with sand or sapolio, the vessel will not expose a clean metallic surface, but will become evenly coated with a hard, thin crust of enamel, which will diminish, or quite prevent, the disagreeable effects of rust. If this coating be allowed to remain, it will gradually consolidate, and at last become so hard as to take a tolerable polish.

This thin coating of rust prevents a deeper rusting, and at the same time remains undissolved by culinary liquids. A better method of protecting the iron is by coating it with a layer of metallic tin.

Block tin, which has come into such universal use for household utensils, is made by dipping polished sheet iron into vats of melted tin. All tinware is, therefore, simply iron plate coated or protected by tin; but since the metallic tin only comes in contact with the food, we are practically concerned with the latter alone.

Tin, used medicinally, acts upon the cerebrospinal system when taken in large doses, giving rise to profound prostration, as well as paralysis and convulsions. It also causes symptoms resembling those of phthisis pulmonalis, and is given homeopathically in the latter affection.

The attraction of tin for oxygen is feeble, and it therefore oxidizes or rusts very slowly. Strong acids, such as vinegar or lemon juice, boiled in tin-coated vessels, may dissolve a minute portion of the metal, forming salts of oxide of tin, but the quantity will be so extremely small that it need excite little apprehension, especially since some chemists deny that it possesses poisonous qualities.

A tin platter which had been in daily use for two years lost only four grains of its original weight, and probably the greater part of this loss was caused by the use of whiting or sand used in the process of cleaning. If one-half of this had been taken into the system dissolved, it would have been only 1.365 of a grain each day—a quantity too small to do harm even had it been poisonous.

Common tin is, however, contaminated with arsenic, copper, and lead, which are more liable to be acted upon by organic acids, and vegetables containing sulphur, as onions, greens, etc. Saline, acid, fatty, and even albuminous substances, may cause colic and vomiting, by having remained for some time in tin vessels.

Copper suffers very little change in hot air, but in a moist atmosphere oxygen unites with it, form-

ing oxide of copper of a green color. Copper is easily acted upon by the acid of vinegar, forming verdigris or the acetate of copper, which is an energetic poison.

Common salt is decomposed by contact with metallic copper during oxidation, the poisonous chloride of copper being formed. As the salts of copper are of a green color, vessels of this metal have a tendency to stain their contents green, and are sometimes purposely employed to deepen the green of pickles, etc. It is, therefore, quite evident that copper, unprotected, is quite unfit for vessels designed to hold food, and yet copper has its advantage also. It oxidizes slowly and hence does not rust, scale, and become thin, and finally exhibit holes, as iron vessels are liable to do. Copper is a better conductor of heat than iron or tin plate, and consequently heats more promptly and with less fuel; it wears long, and when old is still valuable, hence, though expensive at first, copper vessels are unquestionably economical in the long run. Copper vessels, however, should never be used without being thoroughly protected by a coating of tin, and when this begins to wear off they should be at once recoated.

Brass kettles should never be used unless they are scrupulously clean and polished, and hot mixtures should not be allowed to cool or remain in them.

Earthenware, if well made, resists chemical action, but is fractured by slight blows and careless application of heat. The advantages of both iron and earthenware are obtained by enameling the interior of iron vessels with a kind of vitreous or earthenware glaze.—*Homeopathic Advocate*.

#### SUNNY HUSBANDS.

VERY much has been said about the obligation of wives in regard to wearing perpetual smiles, but it seems as if our literary talents have never once thought it worth while for the "man of the house" occasionally to don a smile when at home in his own family circle.

It certainly is just as essential to domestic happiness for a man to be sunny and good-tempered as it is for the woman. We often doubt whether the male head of a family really appreciates the opportunity he has for diffusing sunshine at home, or comprehends how much of gloom he can bring into the family circle by entering its sacred precincts with a frown on his countenance. The

wife and mother is within four walls from morning till night, with but few exceptions, and must bear the worryment of fretful children, inefficient servants, weak nerves, and many other perplexities; and she must do this day after day, while the husband goes out from these petty details of home care, has the benefit of the pure, fresh air, meets with friends, has a social, good time, which altogether acts as a charm upon the physical man, and, if he does as he should, he will come home cheerful and buoyant, and thereby lighten the household life for his wife and drive dull care and gloom from her careworn brow. Some men can be all smiles away from home, but at home they are as cross as bears; and yet we hear it said on every side, "Wives, meet your husbands with a smile."—*Aunt Jane, in Homestead.*

#### THE FEVERISH HAND.

It was a Monday morning and a rainy one at that. "Mother" was busy from the moment she sprang out of bed, at the first sound of the rising bell. Others besides children get out of bed "on the wrong side," as this mother can testify. She began by thinking over all that lay before her. It made her "feel like flying!" Bridget would be cross, as it was rainy; there was a chance of company for lunch, so the parlor must be tidied, as well as dining room swept, dishes washed, lamps trimmed, beds made, and children started for school. Her hands grew hot as she buttered bread for luncheon, waited on those who had to start early, and tried to pacify the little ones and Bridget.

"My dear, you're feverish," said her husband, as he held her busy hands a moment. "Let the work go and rest yourself—you'll find it pays."

"Just like a man," thought the mother. "Why, I haven't time even for my prayers!" But the little woman had resolved that she would read a few verses before ten o'clock each day; so, standing by her bureau, she opened to the eighth chapter of Matthew and read these words: "And he touched her hand, and the fever left her; and she arose, and ministered unto them."

It seemed to that busy wife as if Jesus himself stood ready to heal her—to take the fever out of her hands, that she might minister wisely to her dear ones. The beds could wait till later in the day—the parlor might be a little disordered—she must feel his touch! She knelt and he whis-

pered: "My strength, not yours, child, is sufficient. As thy days so shall thy strength be. My yoke is easy—this yoke you have been galled by is the world's yoke, the yoke of public opinion, or housewifely ambition—take my yoke upon you and learn of me. Ye shall find rest."

The day was no brighter, the work had still to be done, but the fever had left her, and all day she sang, "This God is our God, my Lord and my God."

It is true that when the friends came to lunch, there had been no time to arrange the parlor, and no fancy dishes had been prepared for the table; but the hostess' heart was filled with love for them as members, with her, of Christ, and they went away hungering after such a realization of him as they saw she had.

"Ah," said her husband, when he held her hands once more, "I see you took my advice, dear! The fever is quite gone."

The wife hesitated—could she tell her secret? Was it not almost too sacred? Yes—it was the secret of the Lord, and would glorify him. Later on, when the two sat together, she told who had cured her fever, and said, quietly, "I see that there is a more important ministry than the housekeeping, though I don't mean to neglect that."

"Let us ask the Lord to keep hold of our hands," said her husband. "Mine grow feverish in eager money-making, as yours in too eager housekeeping."

Dear mothers, busy, anxious housekeepers, let us go again and again to him, that he may touch our hands lest they be feverish, and so we cannot minister, in the highest sense, to those about us.—*Congregationalist.*

#### THE USE OF FRUIT.

WHILE fruit gives but little toward the nutrition of the body, it contributes materially toward keeping it in health. Bender found that fruit gives off a great deal of carbonic acid while on the tree and when stored in the house, so that it is not well for persons to sleep in a room where fruit is kept in large quantity. Uffelmann praises the fruit diet in chronic indigestion, gastric catarrh, especially after alcoholic excess, hemorrhoids, cerebral fluxion, scurvy, and hepatic affections. Calculus is almost unknown in cider districts. The exclusive diet of grapes was highly commended by Niemeyer in plethoric conditions generally, and in obesity.

**POISONING BY ARSENICAL COLORS.**

It is asserted in a recent number of the *British Bee Journal* that Mr. Clement, a bee keeper, of Warburton, Sussex, died recently from the effects of arsenical poisoning due to the use of a bright crimson drugguet containing arsenic, which had been put down in his house some two years ago. Nothing could be said against the sanitary condition of the premises, and, after the drugguet had been for some time in the house, illness occurred among the inmates, who, however, recovered when absent from home. It seems to have been assumed that the poisonous effects were due to the presence of an aniline dye containing the small proportion of arsenic which may have been left as an impurity after the production of the dye.

It is not generally known that cases of arsenical poisoning due to the use of materials dyed with aniline dyes are not so much caused by the fact that arsenic had been used in producing the dye—a process by no means necessary, although still employed by some manufacturers, as, for example, in the method of producing rose aniline by the use of arsenic acid as an oxidizing agent—as by the fact that arsenical compounds are largely used as mordants to fix the dye upon the material. It is obvious that this proceeding may cause the presence of a much larger quantity of arsenic in any given portion of material than would result from the presence of arsenic as an impurity in the dye used.

A case in point has been recently described by a London public analyst. A lady had purchased, from a well-known West end establishment, several yards of a light, flimsy, printed material of the kind now so much employed for curtains and other household decoration. While working at this material, both the lady and her maid began to suffer from symptoms of arsenical poisoning. The substance was found by the analyst to contain very large quantities of arsenic, a compound of which had obviously been used for the purpose of fixing the colored printed pattern. Legislation whereby the vendors of materials of this kind could be dealt with in the same way as persons who sell adulterated goods is urgently needed. At present there exists absolutely no restriction upon such sales, and enormous amounts of poisonous material may be distributed with impunity.—*British Medical Journal*.

**RULES FOR WINTER.**

NEVER lean with the back upon anything that is cold. Never begin a journey until the breakfast has been eaten. Never take warm drinks and then immediately go out in the cold air. Keep the back, especially between the shoulder blades, well covered, also the chest well protected. In sleeping in a cold room, establish the habit of breathing through the nose and never with the mouth open. Never go to bed with cold or damp feet; always see that the feet are warm before going to bed. Never omit regular bathing, for unless the skin is in an active condition, the cold will close the pores and favor congestion or other diseases. After exercise of any kind never ride in an open carriage or near the window of a car for a moment; it is dangerous to health and even to life. When hoarse, speak as little as possible until recovered from, else the voice may be permanently lost, or difficulties of the throat be produced. Merely warm the back by a fire, and never continue to keep the back exposed to heat after it has become comfortably warm; to do otherwise is debilitating. When going from a warm atmosphere into a colder one, keep the mouth closed, so that the air may be warmed by its passage through the nose, ere it reaches the lungs. Never stand still in cold weather, especially after having taken a slight degree of exercise; and always avoid standing on ice or snow, or where the person is exposed to a cold wind.—*Sel.*

**TENDENCIES OF MODERN SOCIAL LIFE.**

It is a sad truth that in the life of the average modern girl temptations to impurity have more to contend with in her pride than in her moral nature. Everything in her education has tended to increase the former and dwarf the latter. Her parents have taken her to the theater far oftener than to even the fashionable church on the avenue. From the latter she carried away more about dress than about anything else. From a child she has been familiar with the French school of morals, as taught by the sensational drama. Society, that will turn a girl out-of-doors the moment she sins, will take her, at the most critical period of her unformed character, night after night to witness plays in which the husband is made ridiculous, but the man, who destroys purity and home happiness is as splendid a villain as Milton's Satan.

Parents themselves familiarize their daughter's mind with just what she is tempted to do, by taking her to plays as poisonous to the soul as the malaria of the Campagna at Rome is to the body. We unhesitatingly charge many parents with the absolute ruin of their children, by exposing them, and permitting them to be exposed, to influences that they know must prove fatal. No guardian of a child can plead the densest stupidity for not knowing that French novels and plays are as demoralizing as the devil could wish them to be; and constantly to place young, passionate natures, just awakening in their uncurbed strength, under such influences, and expect them to remain as spotless as snow, is the most wretched absurdity of our day. Society brings fire to the town, the brand to the powder, and then lifts its hands to hurl its anathema in case they ignite.

But parents sin even more grievously in permitting men of besmirched character to haunt their homes. If one of the lambs of their flock suffers irretrievably, they will be as much to blame as would a shepherd who daily saw the wolves within his fold. Fathers are familiar with the stories afloat about the well-dressed scoundrels who visit their daughters,—familiar with their character, or, rather, lack of character. Some of the worst villains in existence have the entrée into the "best" society. It is pretty well known among men what they are, and fashionable mammas are not wholly in the dark. Therefore, every day "angels that kept not their first estate" are falling from heaven.

It is the undermining, unhallowed influence of such associations that makes the young girl so weak in her first sharp stress of temptation. Crime is not awful and repulsive to her. There is little in her cunningly-perverved nature to revolt against it. She hesitates mainly on the ground of her pride, and in view of the consequences, and even these latter she in no sense realizes; for the school in which she has been taught showed only the flowery opening of the path into sin, while its terrible retributions were kept hidden.—*E. P. Roe.*

THOUGH the trifer does not chronicle his own vain words and wasted hours, they chronicle themselves. They find their indelible place in that book of remembrance with which human hand cannot tamper, and from which no being save One can blot them. They are noted in the memory of God.—*Rev. G. Hamilton.*

### WHILE WAITING FOR THE DOCTOR.

BY LOUISE FISKE BRYSON.

KEEP COOL. Exercise self-control and common sense. Do not talk any more than is absolutely necessary. Get rid of superfluous attendants by sending them on errands that will take them out of the house. Select some competent person to take the children to some distant spot, not forgetting to give brief, clear directions for their care and amusement.

Don't fret because the doctor does not come by telegraph. He is not likely to come until he knows that he is wanted. While the messenger is on the way to summon him, time can be saved by getting together the following articles that may be needed. In cases of accident, where promptness is of the utmost importance, much suffering may be saved by having these things ready for the doctor: First, rolls of old linen, muslin, flannel (the older the better, but clean and dry), a little lint and some sticking plaster, a pair of scissors, some pins, tape, and a few large needles ready threaded, plenty of towels, a sponge, some castile soap, and a clean basin; also camphor, ammonia, limewater, carbonate of soda, and carbolic solution, if such things are in the house.

Go, or send some honest person, to the kitchen to fill the teakettle and other kettles with water, and to start the fire burning briskly in case hot water should be needed. The person who does this may bring back a small tray, some clean glasses and teaspoons, some warm water, and a pitcher of drinking water.

In case of clothes getting on fire, throw the person quickly to the ground and wrap around him a rug, coat, shawl, bit of carpet, or anything that can be snatched up hastily. Have plenty of water brought as soon as possible, and wet everything thoroughly. Although the flame may be out, there is still the hot cinder and half-burnt clothing eating into the flesh. Carry the patient gently into a warm room, lay him on a table, or on a piece of carpet on the floor. Give him some warm, stimulating drink; then, with a good pair of scissors or a sharp knife, cut all the clothes loose. Do not try to save anything. Let everything be cut so that it will fall off. There must be no dragging or pulling. If any part of the clothes sticks to the body, let it remain, and be careful not to burst any blisters.

Burns and scalds in the first stage need wet, warm, but not sour, applications, and exclusion of air. As fast as any injured part is exposed when the clothes are cut off, cover it with old linen wet in limewater and linseed oil mixed, or in equal parts of milk and hot water (pint of each), to which has been added a teaspoonful of carbonate of soda. If you have no milk, use warm water with plenty of common soap in it, or water with soda in it. Whatever is used, put it on as soon as the part is exposed, and keep the parts thoroughly wet and well covered.

Take a rubber sheet, or a waterproof cloak, and spread it over the mattress. Put a blanket over it. When all the dressings are applied, lift the patient gently into bed and cover him as warmly as possible. The doctor must then take charge of the case.

Wounds are dangerous from their position more than from their size. In all cuts, notice the kind of bleeding. If the blood is dark-colored, and flows regularly, it can be managed; but if it is bright scarlet, and spurts out in jets, pressure is required. Cover the wound with a pad of rag, tie a handkerchief over it, slip a stick, pencil, or large fork under the handkerchief, and twist it round; you can get any amount of pressure. If entirely alone, in wood, field, or railway accident, a handful of dry earth put on the wound, and grasped tightly, will suffice till assistance can be had. Cuts about the head, face, and nose especially, bleed a good deal, and this frightens the bystanders. Wash first with cold water, then apply a thick covering of whiting, such as is used for cleaning silver, then cover with a bit of dry lint, and press it closely for a few minutes. Let what sticks to the wound remain there, and cover with a bit of sticking plaster. Stabs or wounds from splinters of wood or nails, broken glass, from wading or shot from a gun, should not be closed up, but kept open with poultices or water dressings, to allow anything in the wound to be thrown out. Much poking in the wound will do harm. Put the dressing on, and let it alone till the doctor comes.

A broken bone is detected by the person not being able to lift the part affected, by its bending where it ought not, and by the pain. Keep down all noise and excitement, secure rest and ease of position for the patient, and send for a *surgeon*. All physicians are not surgeons. Send for one

who is, and keep cool and collected until he arrives.

Sprains are very painful and serious. Look well before any swelling begins, to see that both joints are alike. If they are not, some small bone may be broken or misplaced. Wrap the injured part in several thicknesses of flannel that has been soaked in water as hot as can be borne. Put oil silk over this, and bandage tightly. Assume some position that relieves the part of all strain. And while waiting for the doctor, make up your mind to keep as quiet as he directs.

When poisons have been swallowed, give an emetic at once. A teaspoonful of mustard dissolved in a glass of warm water is handy, or two or three teaspoonfuls of powdered alum in the same quantity of warm water; then take the patient posthaste to the nearest drug store, and administer the proper antidote. If you live in the city, this is the surest, safest, easiest method of procedure; if in the country, you probably have at hand the antidotes to every poison used in the house or on the farm. At least, it would seem criminal carelessness for farmers not to be supplied with antidotes when their profession necessitates the use of so many poisons.

While waiting for the doctor, run your eye over this list of common poisons and their antidotes, and do what you can to help his patient:—

ARSENIC.—Emetic, demulcent drinks and castor oil.

OPIUM.—Emetic, electricity. Keep the patient aroused by flagellations with wet clothes or switches, walk him about, give strong coffee, throw cold water over neck and chest.

MERCURY.—Emetic, white of egg in a little water. Repeat this twice more with intervals of five minutes between. Give large quantities of flour and water, or milk, then linseed tea.

STRYCHNINE.—Emetic, lard, fat, camphor, inhalation of chloroform, linseed tea, barley water.

NITRIC, OXALIC, SULPHURIC, MURIATIC, AND CARBOLIC ACIDS.—Use whiting, chalk, soda, lime-water. Knock plaster out of the wall, pound small, dissolve in milk or water. Have another person cut up common soap in small bits, give teaspoonful with water, or a tablespoonful of soft soap; plenty of warm water to drink.

PRUSSIC ACID.—Give sal volatile and water, apply smelling salts to nose, dash cold water on face, and give stimulants.—*Christian Union*.

**A FARM WITHOUT A WHIP.**

THERE is a beautiful farm just back of Ocean Springs, Miss., owned by Mr. Parker Earle, who, very wisely, allows no man on the place to use a whip on any of the stock. It is said that there is but one old whip on the farm, probably a relic of some other owner, but the old whip is not used, and the farm does well and the animals work with a will and never feel the lash. Kindness can run anything, even a farm.—*New Orleans Picayune.*

**POISONED BY A RAW PORK POULTICE.**

ST. JOSEPH, MO., March 2.—At Oneida, Kan., a child of Anjon Rudolph was suffering from sore throat, and the parents bound it up with a piece of raw pork, which was infected with trichina. From a slight abrasion in the child's neck grew a fearful sore, which has spread around the neck and over the breast. The attending physician pronounces it trichiniasis.—*Food, Home, and Garden.*

IVY POISONING.—For a girl seventeen years old, who has been affected with poisoning, supposed to be due to ivy, the fluid extract of jaborandi was given in doses of ten drops every hour in warm water. Free perspiration ensued, with great relief of the local symptoms, and in a few days the patient was well.—*Waugh.*

TRAMPS, either amateur or professional, who suffer from sore feet after an unusually long walk, will experience great relief from soaking the feet once or twice a week in a half pailful of hot water, to which a piece of nitrate of potassium, the size of a small walnut, has been added.

EGG LEMONADE.—Beat all together one goblet of water, juice of one lemon, white of one egg, one tablespoonful of pulverized sugar. Good in inflammation of lungs, stomach, and bowels.—*Southern Health Journal.*

FOR A BOIL.—The skin of a boiled egg is said to be a good remedy for a boil. Carefully peel it, wet, and apply to the boil. It draws out the matter, and relieves soreness.

HUMAN LIFE.—A scientist says the average term of human life has increased in the last fifty years from thirty-four to forty-two years.

**Healthful Dress.****THE GIRL WITH A CALICO DRESS.**

A FIG for your upper-ten girls,  
With their velvets and satins and laces,  
Their diamonds and rubies and pearls,  
And their milliner figures and faces!  
They may shine at a party or ball,  
Emblazoned with half they possess;  
But give me, in place of them all,  
My girl with the calico dress.

She is plump as a partridge, and fair  
As the rose in its earliest bloom;  
Her teeth will with ivory compare,  
And her breath with clover perfume;  
Her step is as free and as light  
As the fawn's whom the hunters hard press,  
And her eye is as soft and as bright—  
My girl with the calico dress.

She is cheerful, warm-hearted, and true,  
And is kind to her father and mother;  
She studies how much she can do  
For her sweet little sister and brother.  
If you want a companion for life,  
To comfort, enliven and bless,  
She is just the right sort of a wife—  
My girl with the calico dress.

—*Selected.***TAKE OFF TIGHT CORSETS.****EFFECT ON THE VOICE.**

SURELY there is no reason why American girls should not become as fine singers as any on the globe, says a writer in the *New York Telegram*. They have all the requisites of perseverance, superior mental endowments, and ambition. The American singers who have become famous have been trained abroad, but I hold that they can be educated at home if they are properly taught. Health is the road to success in singing as well as in other professions. The new gospel of music I would teach to the young women of America is technique, physique, and grace. It is no Del-sartian fad, or anything of the kind, but common sense.

There are hundreds of so-called remedies and little secrets intended to make the voice clear and smooth, such as eating dried plums, swallowing glycerine in homeopathic phosphates. My secret is health. Body and soul and voice are so nearly connected that the disease of one means the blight of the others.

Take a healthy woman and you will never find in her those capricious freaks and nervous depressions which make life a burden to her and her friends. Unfortunately, the weaker sex is granted privileges which tend to make her enjoy the sensation of enacting the role of a nervous, fading, drooping lily. Nine times out of ten if she would remove her vise-like corsets she would soon become a healthy rose.

Health and voice are as nearly connected as physical and



mental health, and the voice is the thermometer of health. A change in the physical state is first noticed in the voice, and the beginning of anemia has the effect of making the voice feeble and untrue (below the pitch). Where is the young girl who does not suffer occasionally in a more or less degree from this sickness of to-day.

What is the remedy, or, rather, the preventative? The most dangerous enemy of health is tight lacing. It is not expected that a young girl should at once recognize the far-reaching and destructive effects of this most pernicious abuse, but their mothers should use all their influence to check a danger so serious to future generations. The sole motive for tight lacing is to display a wasp-like waist, a vanity that helps to enrich doctors and destroys beauty.

Young girls do not reflect on the fact that tight lacing is very often the reason for bad complexions, red noses, pale cheeks, and dull, expressionless eyes. The man who admires a wasp-like waist in preference to rosy cheeks, bright eyes, and a well-proportioned figure, is not worthy of consideration. He is abnormal and has no sense of beauty.

Lacing compresses that part of the lungs so necessary to easy breathing and singing. If the lungs are so tightly compressed that they cannot expand at the side, they must find relief by going to the upper or lower part.

Everyone knows, or should know, that the upper part of the lungs is the weakest, and most of the irritations of the lungs begin there. It is by no means an edifying sight to see a lady singing "with her shoulders," as I heard it called. The opposite, the abnormal breathing, it is said, is well enough for a man, but it can become very dangerous for a woman.

In spite of this well-known fact, many renowned singing teachers make this kind of breathing the Alpha and Omega of their method for men and women alike. And it is the natural method.—*Scl.*

### SUBJECTION OF WOMEN TO THE DRESS-MAKER.

MRS. JULIA WARD HOWE, in an address, once thus described woman's attitude concerning the requirements of fashion: "The fashionable woman says to the dressmaker, 'Do what you will with me; make me modest or immodest; tie up my feet, or straighten my arms, till use of them becomes impossible; deprive my figure of all drapery, or upholster it like a window frame; nay, set me in the center of a movable tent, make me a nuisance to myself and everybody else, but array me so that people shall look at me, and so that I shall be in the fashion.'"—*Good Health.*

THAT foremost woman of the age, Frances E. Willard, never fails to hit the nail on the head. Speaking of the silly fashion of tight lacing, and its detriment to women, she remarks that niggardly brains and niggardly waists go together. Another woman of shrewd observation has made this statement,—that brain power, other things being equal, is in proportion to the breathing power; and that, as a rule, the world's work, intellectually speaking (so far, certainly, as women are concerned), was done by those

women who have good lungs and use them; not by dwarfish, wasp-waisted creatures who represent the butterflies of the day.—*Ex.*

SAYS a writer in the *Girls' Own Paper*: "It seems to us that when a lady has once discovered the dress best suited to her age, appearance, and condition,—the ideal robe in which she would wish to be painted for the eyes of unborn generations,—her future study will not be how much she can 'follow the fashion,' but how little she need follow it to escape singularity."

THE women amongst the ancient Greeks, who were perhaps the most beautiful race of the world, and whose glorious statues people pretend nowadays to admire, never wore stays. The use of them was first mentioned about 400 years after Christ, when some Grecian women were said to have laughed at a poor slave who squeezed her waist.—*Ex.*

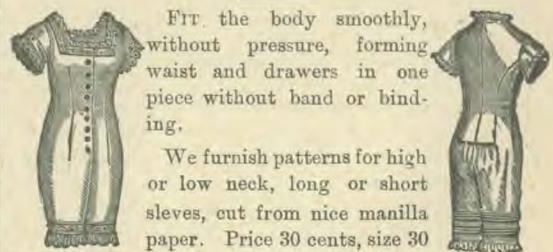
ONE of the actresses in a Berlin theater was recently found dead in her bed. She had taken part in the performance the evening before, and had then seemed perfectly well. A *post mortem* showed death to have occurred from syncope, undoubtedly due to tight lacing.

A PHYSICIAN who understands human nature, who plays with the baby, makes friends with the children, and listens to the woes of the good wife and mother, says a medical journal is the fellow to whom the master of the house most cheerfully pays the largest bills. It isn't the medicine that's bottled up, but it's the comfort and consolation that are unbottled that marks the broad line between an unsuccessful and a popular physician.

LET all our readers remember our business policy is to stop sending to those who do not renew their subscriptions. The JOURNAL is only \$1.00 a year, and pay as you go is by far the best policy; it will give you better satisfaction, as well as us. You should renew at once and not lose a number, for the articles on "Medicines" and "Foods" are worth the price of the JOURNAL, and, maybe, your life.

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## Publishers' Department.

### COOKS, NURSES, ETC.

WE are now blessed with valuable cooks at the Retreat. Mr. Ladd and wife are here from Battle Creek Sanitarium, Mich., and have charge of the cooking department. Our table is growing more and more hygienic, and has received a new impetus in this direction since our trained cooks have taken hold at this institution.

The school for nurses is in progress, and the public may look out for some competent nurses at the end of the course, as we have placed the sifter at the beginning, and will place it at the end of the term, and as the sifter is a fine one, we may look for real good nurses at the end of our course here.

There are more or less improvements going on at the Retreat all the time, making it better and better for invalids, that they may have every comfort which modern inventions can give. Many have expressed themselves already that the Rural Health Retreat is the place to come to get well. Its pure water, pure air, and dietary regulations eclipse anything they have seen on the Pacific slope. Many, too, are now blessed with good health by a stay at this beautiful home on the hillside. We invite all who are seeking health to visit our sanitarium and pass judgment upon our location and surroundings. Seeing, of course, is believing, and you cannot form a proper conception of the place without visiting the spot, as all attempts at a proper description fail to do justice.

### SEND ONE CENT.

ALL who wish may send to the Rural Health Retreat *one cent*, and we will mail them all there is in the "Wilford Hall Health Pamphlet," so called. This man has been very thoroughly exposed in *Good Health*, Battle Creek, Mich., by the editor, Dr. J. H. Kellogg. Send to him for this exposure. The leaflet we offer to send is not new nor original with us, but the treatment has been known years before we were born or Wilford Hall either. The latter's conscience must be "seared as with a hot iron" to place this matter before the public as he has done. All the charlatans are not dead yet. Remember the offer and send a *one-cent* stamp and you will get what we have been giving away for some years, but what Wilford Hall has been charging four dollars for.

### USE OF ONIONS.

ONE of the healthiest vegetables, if not the healthiest one grown, is the onion, yet, strange to say, but few people use it as liberally as they should. Boiled onions used frequently in a family of children will ward off many of the diseases to which the little ones are subject. The principal objection to the promiscuous use of this vegetable is that the odor exhaled after eating is so offensive.

Although for a day or so after eating onions the breath may have a disagreeable odor, yet after this time it will be much sweeter than before.

For croup, onion poultices are used with success, providing the child is kept out of drafts, and a sudden chill avoided. The poultices are made by warming the onions in sweet oil until soft, then putting them on the child's feet and chest as hot as they can be borne. Unless in very obstinate cases, when taken in time, the croup readily yields to the onions. This, although an old-fashioned remedy, is a good one, as any mother who has brought up a family of children can attest.

Onions are excellent blood purifiers, and for eradicating boils or any of the blood humors are very efficacious. They are good for the complexion, and a friend who has a wonderfully clear, fine complexion, attributes it to the liberal use of onions as food.

People suffering from nervous troubles are much benefited by using these vegetables frequently, either cooked or raw. When troubled with a hard cough, if a raw onion be eaten, the phlegm will loosen almost immediately, and can be removed with very little effort. A raw onion is made much more palatable if, when eating, a little salt or pepper be used as a seasoning. Those troubled with wakefulness may insure a good night's rest, often, if, just before retiring, they eat a raw onion.

A cough syrup, in which onions form an important part, is made by taking one small cup of lemon juice, one cup of molasses, and one-half cup of cut-up onions. Put on the stove and simmer about half an hour, or until the onions are soft. Then remove and strain. Take a teaspoonful of this frequently, when troubled with a cough, and unless very deep seated, the cough will not last long.—*Evangelical Messenger*.

A MINER named Sullivan, of Tuolumne Hill, Cal., had his back broken some three months since by a 700-pound rock falling upon him. After two months had passed he was taken to the Oakland General Hospital. He was told that the operation might be fatal, but he concluded to risk it. October 16 he was operated on by Dr. Crowley. Cutting into the back an incision five or six inches in length and two and a half or three inches deep, the surgeon found segments of the spinal column crowded upon one another so as to cause pressure on the spinal cord. The back part of the seventh, eighth, and ninth vertebrae he cut away on one side until the sheath of the spinal column was exposed. The tendons and muscles attached to the vertebrae were then divided and the vertebrae loosened until their motion was permitted. Then the body of the patient was stretched by assistants pulling at the shoulders and the feet, and while it was thus extended a jacket of plaster of Paris was applied between the shoulders and the hips, to maintain, as near as possible, the normal condition of the vertebrae and relieve the spinal cord of pressure. The result of the operation we have not yet heard. It is said that a similar case was never operated on so long after injury.

WHILE many parents think that it is better that children should have some diseases when young, one medical writer of note declares that it is certainly right to protect everybody from disease so far as possible, and that children, of all others, should be carefully guarded from all forms of contagion. There is none of the so-called children's diseases, unless it

be chicken pox, but which is liable to be followed by a train of serious consequences, besides being sometimes fatal. In every way it is better to avoid all contagious diseases as long as possible, and it is quite probable that in adult life persons may escape these diseases altogether, or if they have them, it will be in a lighter form. The popular idea that grown persons have these diseases harder than children is fallacious. Adults are better developed, and have the judgment necessary to co-operate in the treatment, which is lacking in children.

ON the matter of tuberculosis, Dr. Peter, of Paris, France, says: "I am not sure that tuberculosis has a microbe origin. For my part, I consider that phthisis is of a human origin. In other words, that we produce in ourselves not only the tubercle, but also the bacillus. It comes from within and not from without. Certain experiments upon guinea pigs show that where they were inoculated with scrofulous pus in which no bacilli could be found, they became not only afflicted with tuberculosis, but there were found in the tubercles the bacilli which did not exist in the liquid with which they were inoculated. Therefore, this bacillus was produced by the organism, and, not coming from without, is the effect and not the cause of the disease." Professor Peter gave as his opinion that the best means of effecting a cure for tuberculosis was a rigid observation of the laws of hygiene.

THE following may be genuine, but to our mind it is much like the blue-glass fad of some years ago: "The electric light is being used in Russia as a cure for nervous complaints. A prominent Moscow physician enumerates fourteen cases in which he has found his treatment remarkably successful. He employs an incandescent lamp which is provided with a funnel-shaped reflector, which is turned directly on the part of the body where pain is felt. The application in cases of nervous headache lasts from ten to fifteen seconds; other neuralgic pains are treated for from three to five and sometimes even for ten minutes, until the patient feels a pleasant sensation of warmth. Surprising results are said to have been obtained by the treatment.

THERE would be less dyspepsia among the American people if the practice of drinking ice-water, ice-cold soda, and ice-cream was less prevalent. Liquids should never be put into the stomach at a temperature of less than 55°. That organ was made to digest the food, and when it is made to do service as an oven as well, it is impossible for it to answer all demands upon it. To drink ice-water or to eat ice-cream after a meal, simply paralyzes digestion, and the food must remain in an undigestible state until this cold mass can be heated by the blood to a proper temperature.—*Stl.*

THE following are good rules to follow in case of a neighbor's sickness: 1. Call and see if any assistance is needed, and do whatever you can. 2. Send word to the pastor. 3. Explain the matter to the groups of children in the neighborhood, and ask them to help by playing elsewhere than in front of the sick person's house. 4. Call at the door often to inquire. Don't tell of somebody else who had the same

disease and died, or how the doctor failed in another case. Say words that cheer and brighten the mind. Quote a promise—it may prevent a funeral.

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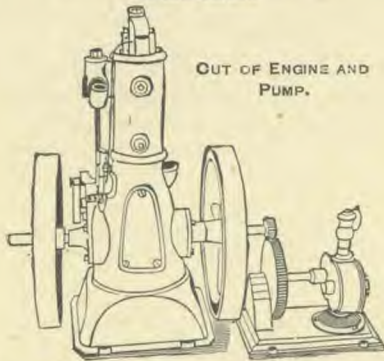
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