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### SHORT SERMONS.

GLORIES, like glowworms, afar off shine bright,  
But, looked at near, have neither heart nor light.

—*John Webster.*

To do so no more is the truest repentance.—  
*Luther.*

A CHRISTIAN is a soul in a body and God in a soul.—*P. Felix.*

THOSE who never retract love themselves more than the truth.—*Joubert.*

THE Sabbath is not a day to feast our bodies, but to feed our souls.—*Empress Josephine.*

ONLY what we have wrought into our character during life can we take away with us.—*Humboldt.*

SELF WILL is so ardent and active that it will break a world to pieces to make a stool to sit on.—*Cecil.*

PEACE here below consists in the acceptance of contradictions, and not in the exemption from suffering them.—*Fenelon.*

Do you desire to be always amiable and in good humor? Then be at peace always with God and with yourself.—*Marchal.*

### FOODS. NO. 12.

ALL must know that water is food and drink. It can be taken at any temperature desired, but if taken too cold it will congest the stomach, bronchi, and kidneys. When water is *very* cold it must be taken in very small quantities. In many diseases of the stomach it is not desirable to lower its temperature by cold water, while, on the other hand, *hot* water is quite necessary. Ice-cold lemonade and iced drinks of any kind in great quantities produce disease of the kidneys.

In fevers where the stomach is very irritable, bits of ice may be swallowed with benefit. In case ice is substituted for water, its use should be constant, for it tends to increase thirst rather than allay it. Where water can be borne, ice should be avoided. However, in some peculiar affections of the stomach, its use is indispensable. A few cases of vomiting *green scum* for several months which we have had in our practice, was permanently cured by eating ice, when all other remedies had failed.

Ice may be used in inflammations in every part of the body, in severe pain when heat has failed, in ulcer or cancer of the stomach, applied by means of a rubber bag over the organ, in the febrile stage of diphtheria, or sore throat of any kind where there is fever, as in tonsillitis or scarlatina. It may be used to check hemorrhage anywhere in the body, applied directly to the bleeding blood vessels if possible. Bleeding from the walls of the stomach or lungs may be checked by swallowing small bits of ice repeatedly until the leaking blood vessels are contracted.

Ice must not be used in extreme feebleness, apoplexy, extreme old age, or in coma with feeble pulse, or advanced stages of disease. In all these cases the sedative action of the ice might stop the action of the enfeebled heart. After violent exercise, when the heat and perspiration are great, ice



and ice water must be avoided, as these are too lowering to the system, and too sudden a check to animal heat and perspiration. Always avoid too great shock to the system in any case.

Hot water may be used with great benefit in many ways. When the stomach is inactive and needs stimulating, a cup of hot water may be taken an hour before meals with benefit. A hot-water bag may be used for a half hour or so over the epigastrium with profit, before eating a meal. Flannel cloths may be wrung out of hot water and applied over the stomach, liver, and bowels, for pain and indigestion, or applied to the feet to draw the blood from the head. Hot cloths may be placed around the head for congestion of the brain and headache, and to the chest for pleurisy, colds, congestion, and intercostal neuralgia. Probably there is nothing better than a full hot bath for convulsions and cramps. One of the most potent remedies which we tried in the treatment of *la grippe* was to have the patient drink quantities of hot water as frequently as possible for two or three days. There is more nourishment in water than most people think. We had the patient also take large enemas of hot water. B.

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#### MEDICINES. NO. 5.

THERE is more to income and expenditure than most people think. When the work is mostly mental, there is a greater expenditure on the nervous system than upon any other parts of the organism. This expended nervous energy must be supplied from the food by the digestive organs. The act of digestion is simply a response to the demand made by expenditure. If food be taken not appropriate to meet the demand, indigestion is almost always sure to follow.

In the case of the nerves, if food be taken which contains but little to supply the demand made by the nervous expenditure, there may be such an excess of food consumed in order to obtain a sufficiency for the nerve waste as to prove a detriment to other parts of the body. This is generally done by "aids to digestion," "half food and half physic," to assist the act of digestion and absorption. By these means an excess is crowded upon the system and the person falls ill. Again, the nervous system may be starved from lack of nourishment. Either one of the above results will prove disastrous. The same reasoning will apply,

and the same direful results follow, in the case of the muscular system or other parts of the human organism.

From these facts it naturally follows that the faults of digestion are closely related to faults traceable to expenditure. It shows, too, how unexpended waste may be heaped up in the body and thereby cause a long train of ills; how the body may be self-poisoned from its own cadaveric wastes, resulting in fevers, neuralgias, rheumatism, abscesses, tumors, general depression, and so on; how the nervous system may be starved and loss of memory and mental activity result.

In view of all this, we must apply remedies for digestive failure, not merely to the digestive organs, but to the functions which apply nutritive material to their ultimate uses. The digestive function is subordinate to, and dependent on, the physiological expenditures of the body. Most of the difficulties in treating stomach troubles arise from mistaking the fundamental object of the process, and the nature of the faults incident thereto. These different processes are automatic and go on in a normal way unconsciously to the person, according to some organic law which guides and regulates their conditions. But our senses have become perverted, distorted, and exaggerated by education and habits of life, and have undue control of our organism. The bad effects on our bodies clearly show what our modern civilization is. Our intellectual powers are at fault in directing and governing our eating, drinking, and breathing, and in the expenditures of the body.

Should these functions connected with the evolution of energy be suspended, no demand would be made on the digestive organs for supply material, and digestion would cease. Our experience in the treatment of the many stomach troubles and digestive failures is that they depend on faulty expenditure, which may be local or general. These local troubles in the stomach, liver, bowels, and other organs, are a reaction from faulty expenditure. This incomplete and insufficient using of supply material causes the greatest amount of the indigestion and dyspepsias of the age. "The *rate* of digestion of food is wholly controlled by, and on an average corresponds with, the rates of expenditure of energy. The *vigor* of digestion is practically controlled by the vigor of expending acts. The *amount* of expenditure has its equivalent in *digested food*."



Instead of taking patented nostrums to relieve digestive and other troubles, there is a better and more natural way, which is found in exercise, both local and general, heat, cold, moisture, pure air, electricity, and proper nourishment. These are the very forces under which we were born and reared to maturity, and these are the very forces which, when properly applied to torpid organs, will cause them to function properly and will bring a return to health if it be possible. The proper application of these forces will be taught in this JOURNAL the coming year. B.

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

A CONTEMPORARY says that a good way to destroy rats is to "mix calomel with a little flour dough or corn meal and put it where they can get it." And it is certain that calomel will fix them if they eat enough of it. Thousands of persons are living who have been salivated and resalivated, and debilitated by the deadly drug, and thousands more would testify if they could to the effects of the poisonous mercurial. The reason why they cannot testify, reader, is that calomel has killed them. We wonder if it were not its record as a life destroyer which suggested it as a rodent exterminator. It is good for nothing else; give it a place by tobacco as a vermin destroyer.

AND now one of the chief apostles of Dr. Keeley's cure of drunkenness has died in New York of *delirium tremens*. When will men learn that the only sure way to overcome evil habits is by an unswerving principle of self-denial, however great the clamor for indulgence. If man is too weak, too much a thrall to his habit, the only power which can effectually release and keep him free is the power of God. He who has severed the chains of habit must never presume upon his strength. Habit moulds the very cells of the brain, through the eye, the ear, the taste, the smell, the feelings. Hard lifting and tugging may lift the wheel out of the rut, but it takes careful driving not to get into it again. The broken, beveled edges make it all the easier for the wheel to slip in. The fact that we have once indulged in a thing for which our nature has affinity makes it easier to yield the second time. Repeated yielding of the will weakens the power of resistance. Repeated backsliding prepares every faculty of the being engaged in the matter to act in that particular way. In other

words, repeated acts in any wrong direction are but wearing a rut in our moral and physical roadway, into which the wheels of our existence will be continually becoming mired. The safer way is to form no wrong habit. If one has been formed, the very best time to break is now. One more indulgence may make the chain so strong as to never be broken, may make the indulgence so dear to a perverted physical being that there will be no desire to have it broken. If habit is beyond your power, and you really desire freedom from its thralling and galling chains, there is power in Christ to help even to the uttermost.

WE spoke last month on the importance of fresh air. We are more and more convinced that there are more dying to-day from lack of sufficient pure air, or from too much impure air, or from the results of both, than from any other one cause. It is estimated by good authority that the cubic inch or more of carbonic acid gas thrown off at each respiration, together with other emanations from the body, poisons, or renders unfit for breathing, 5,000 cubic inches of air. In other words, every time one breathes he vitiates so that it is unfit to breathe again, three cubic feet of air. How long would the air in some of our common bedrooms last on this basis? A fair-sized bedroom would be one 9x10 with 10-foot ceiling. Such a room would contain 900 cubic feet of air, providing it were entirely empty. One breathes at about the rate of 20 respirations a minute. We have, then, the simple example: If a person at each respiration renders unfit for breathing a second time three cubic feet of air, and 20 such respirations take place each minute, how long will it take him to render unfit for breathing 900 cubic feet of air? The answer would be that one minute would spoil 60 cubic feet of air, and at that rate 900 cubic feet of air, that contained in a bedroom 9x10x10, would last 15 minutes.

AND yet we have known from one to four to occupy a room of that size or less all night long with door and windows closed. Cold, chilly, dull, sluggish, "all let down" in the *morning*, are its inmates! And why not? They have been poisoning themselves during the night as surely as though they had taken arsenic. Death would certainly have resulted if it had not been for the imperfect work of the carpenter, the plasterer, and the glazier.



The blood which passed through the lungs, and which was designed to be purified by good air, returns to the circulation far worse than before it was affected by the poisonous carbonic acid gas, and other poisonous exhalations which are continually being thrown off from the body of everyone.

SOME get the idea that a room is well ventilated if a door is only opened into another room which is also unventilated but which may be cooler. It may be of a little help for a few moments, but very soon the air of both rooms becomes too vile to be breathed. What is demanded for every room in which human beings stay are two openings, one for the ingress of pure air, and one for the egress of foul air. This can be easily arranged by the exercise of a little ingenuity and care so as to prevent draughts. It may make the room cooler, so cool, in fact, as to be uncomfortable, but in such a case use more artificial heat. Better burn a little more wood and coal and have pure air than by a false economy undermine the health of the family. Pure air, how little we appreciate it! God gives it in abundance. All that it asks is the privilege of entering our houses. But, alas! many homes are as faithfully guarded against its free entrance as they are against smallpox or diphtheria, and much more so than against that more direful disease, consumption. But we shall have more to say on this subject in the future. In the meantime we desire our readers to think about it.

THE following from *Hall's Journal of Health* is worth transcribing, and needs often repeating in these days of quackery: "Of all the public devices by which quacks gull the public, none is more barefaced than the electric-belt swindle. It is not very long ago that almost a quarter of the people in some sections of the country were wearing little disks about the size of a silver half dollar, composed of alternate smaller disks of zinc and copper. This combination was said to be a battery. It was attached to a string about the neck, and was worn next the skin over the pit of the stomach, and it was supposed to cure dyspepsia, rheumatism, nervousness, and about everything else." And this little stomach pad has now blossomed out into electric belts. Their chief virtue is through the imagination, on the principle of the "mind cure."

w.

#### "LA GRIPPE," OR RUSSIAN INFLUENZA.

THE following we clip from the London (England) *Times*, a copy of which has been handed us by an esteemed friend of the *HEALTH JOURNAL*. It is especially worthy of attention just now that this dreaded scourge is just beginning to make its appearance. If ventilation is necessary in the slow-going Old World, how much more in the driving New? But, reader, good housewife or sexton, we desire more than one "sweep of fresh air" in a day; we would drink of it and live in it continually. The article is written by Prof. J. M. D. Meiklejohn.

"SIR: I have just returned from Russia, and I think I can throw some light on the origin of the plague which has visited us during the last two years, and which wrought such havoc in the House of Commons. I believe I can also make a suggestion towards diminishing its ravages in this country.

"The most frequented buildings in Russia are the churches and cathedrals, and they are frequented by crowds of the poorest classes. They are 'open' from morning to night; but this being open is strictly limited by the two or three doors which separate the porch from the main body of the building. The windows, too, are closed; they cannot be opened; and it is doubtful if a cubic foot of fresh air succeeds in making its way inside in the course of twenty-four hours.

"Just inside the doors the floor of the church is beset by a number of beggars infected with various kinds of loathsome disease. The air of these cathedrals is effete, dead, clay cold, and especially in the corners and side chapels. The air, such as it is, has been breathed over and over again thousands of times by the dirtiest and most depressed people in Europe; and hence it forms the appropriate *nidus* for the germs of such diseases as attack the mucous membrane and the breathing apparatus. A poison of the intensest virulence is brewed and rebrewed by the inhalations and exhalations of these miserable people. The *bis decies*, distilled result, is imported into this country by the steamers that carry the trade of the Baltic. You will remember that Hull was the first place attacked, and that parliamentary witnesses from Hull imported the disease into the House of Commons. Brewed in Russia, conveyed in Baltic ships, imported into Hull, distributed in the House



of Commons—that is the short story of the Russian influenza.

“Now, the Houses of Parliament, considered as a whole, are not much better ventilated than the cathedrals of Russia. There are, at present, no means of sending a wave of fresh air through the various rooms in the building so as to clear out the poisonous germs that lurk in the numerous corners which are provided by its architectural structure. If a great sweep of fresh air could be driven through each room every morning, the dead atmosphere in which disease germs grow and multiply would be expelled, and the rooms would be tolerably healthy for the rest of the day.”

#### TAKING COLD.

WHAT do we mean when we say we have taken cold? In a literal sense, we have done no such thing; and a modern writer has suggested that what is called “catching cold” would be better expressed by the phrase, “catching heat.” What actually takes place is something as follows: We expose some part of the body to a draft; the surface becomes chilled, and the circulation, to some extent, is arrested; the blood and other fluids are sent in another direction. What should have been thrown out through the surface is turned in on the mucous membranes; and as these parts become congested, sneezing takes place, there is an abnormal quantity of fluids thrown upon the mucous surfaces, and the system makes an effort to get rid of it.

This taking cold may be caused by sitting for a few moments in a strong current of cool air; it may be the back of the neck that is exposed, or it may be some other part of the body. Holding the hands in very cold water for a considerable length of time will often cause one to take cold, or sitting with cold feet will do the same thing, especially if the general circulation is feeble. Clothing one part of the body too much and another part too little will frequently give one a cold. Anything that arrests the free circulation of blood and sends it in on the mucous surface may produce this effect.

The most frequent cause of all, perhaps, of taking cold, is the one stated, that of “catching heat.” Sitting for hours in a room where the temperature is 80 degrees or upward, and then going out into a colder atmosphere, frequently produces a cold;

this is particularly the case where the air is not only hot but impure. In fact, we think the impurity has more to do with it than the heat; and the two combined will rarely fail to cause an influenza, or a sore throat, sometimes a full-fledged pneumonia. By exposing one's self to hot, foul air, the whole skin is for the time debilitated; and on reaching a cooler atmosphere the blood is driven from the surface, and congestion of the mucous membranes will almost certainly follow; either there is “cold on the lungs,” or sore throat, or there is an attack of acute catarrh.

A well-known physician of the present day, at least well known in business circles, believes that the late influenza—*la grippe*—was due to this debilitating of the skin, done on a large scale. He states the case something as follows: Last winter was the warmest that has been known, both in this country and in Europe, for many years. But the people, not warned in advance what the winter was to be, did not dress to suit the state of the weather. They wore their woolens and heavy wraps (sealskins, overcoats, etc.), and also their under flannels. The result was that they were clothed entirely too warm. It is true that they complained of being uncomfortable, that the skin felt moist and sticky, and that the weather was very unpleasant, “muggy,” that they would be glad to see some cold, bracing winter weather.

After a few weeks of this, we know what happened,—thousands of people were prostrated with the influenza; nobody thought of the cause of it, though some physicians said that a spell of real cold weather would put an end to it. And so it would; but the cold weather did not come. It was warm all through February, and a part of the time before and after—and the people were sick, and died, not a few of them. Whether the fearful dosing that they resorted to was a strong factor in the case, we will leave for others to decide.

There are, no doubt, ways to avoid the prevalence of colds, sore throats, influenzas, and even the much dreaded pneumonia, if only we understood. Covering the body evenly, and thus securing a well-balanced circulation, would help. Giving the lungs an abundance of fresh, pure air, and not too warm, would also be a preventive. Clothing the body to suit the state of the weather would be another excellent thing; and eating such food as the system requires, and not too much of it, would go a long way toward securing immunity



from these ailments. Would it not be a good thing to introduce more "preventive medicine," and not spend so much time, money, and trouble in trying to doctor away the effects.—*St. Louis Magazine.*

### HEALTH TOPICS.

BY SEYMOUR B. YOUNG, M. D.

As winter is sure to follow the fall of the leaf and the autumn season, a few hints to parents may not be out of place.

As the nights become cooler and Jack Frost puts in his hoary appearance, though the days may be warm, mothers will find it to their interest to clothe their children in flannel underclothing. Insist also upon additional outer covering in the evenings, a thorough, warm bath at least once a week, and good, wholesome food, well cooked, with a little good, ripe fruit added.

All sleeping rooms should be well ventilated; it is a matter of astonishment to any casual observer what that term seems to imply to most families.

The medical man is called to see a sick child, and in the room where the little sufferer is found frequently the air is so bad that the doctor, who is supposed to have a stomach strong enough to digest a sawmill, is frequently turned almost inside out by the foul smell he is obliged to encounter in the room containing the sick person, fumes that are not only intensely disagreeable, but are also disease-producing. If the healthy persons who only occasionally come into this room are made uncomfortable by the conditions of the same, how can it be supposed that the sick one can endure to be thus exposed all the time to the poisonous atmosphere, in addition to his own weakened condition and the unhealthful exhalations from his own body?

Still the mother or nurse will assure you, on inquiry, that the room is all the time well ventilated, as they have had one small window shoved up a little way for an hour or two each day, never dreaming for a moment that this kind of ventilation would make a well person sick. In all sick rooms windows and even doors should be thrown wide open and kept that way until no impure odor can be detected in the room even by a newcomer.

Then if this thorough ventilation produces too great a fall of temperature, a good fire must be built and kept burning day and night if necessary,

to keep the room sufficiently warm, still leaving the doors and windows sufficiently open to fill the sick room with pure air.

Some mothers and fathers have said to me, "The air must be healthy in our house, as the rooms are very cold." This is a grave mistake sometimes, as cold air is not always, and seldom is, especially in winter, pure air. I say seldom in winter, for at this season of the year people close their houses entirely, thus excluding all pure air, from fear of increasing the chilliness of their rooms. I repeat, cold air in houses is frequently impure air, because it generally lies dense, and becomes vitiated, whereas if a fire were occasionally kindled it would have a tendency to purify, by displacement, the impure air of the closed room.

Our indoor climate should be kept, during cold weather, both night and day, at a temperature of from 70 to 75 degrees Fahrenheit.

A chief danger in our communities from November until April is not from too warm houses but from too cold houses. And this should be an axiom accepted by every family that all living and sleeping rooms must be warmed by fire and not by tight closing or by the breath of many sleepers.

The prerequisites to health are, especially in cold weather, essentially as follows: Good, wholesome, well-cooked food, warm flannel underclothing, well warmed, well ventilated sleeping rooms, with frequent bathing, and clean, wholesome beds. All surroundings should be as nearly in a perfectly healthy condition as it is possible to have them. It is said, and truly, too, that it is almost impossible to get warm during the winter-time either in London or Paris; also that the English are noted for being cold and uncomfortable in their dwellings. The result is seen in the prevalence of rheumatism and other like diseases in those countries.

We do not believe it does anybody any good to be just on the chilly side of being warm, or just a little bit uncomfortably cold all the time during cold weather.

Then to keep well in cold weather is to keep warm all the time, outdoors or in, and another great factor for health lies in breathing air just as pure indoors as we breathe when we are walking or riding on the open highway.—*Sel.*

HARD may be Duty's hand; but lo! it leads  
Out into perfect joy, where pain shall cease.  
God sees thy striving, and thy patience heeds,  
And thou shalt find his peace.

—*Celia Thaxter.*



## OUR MEAT AND DRINK.

BY E. P. W. GLASGOW.

So it has come to this that men  
Must dine no more on flesh again,  
The chances being, nine to ten—  
Tuberculosis.  
The thought's enough to there and then  
Cause cyanosis!

I wonder what is safe to eat!  
Swine seems as bad as butcher's meat,  
For porcine flesh they say's the seat  
Of trichinosis,  
And even tea, that household treat,  
Brings on neurosis.

They are all tabooed—well, let them go!  
What though it brings my system low,  
And fond friends cry in tones of woe,  
"He's got chlorosis!"  
Impoverished blood is less a foe  
Than scrofulosis.

Farewell my modest evening tea!  
Microbic flesh depart from me!  
Seductive beer it may not be!  
Who wants cirrhosis.  
E'en sugar's not suspicion free.  
There's teeth necrosis.

No more the cherished hope I'll hug  
That all this cry is mere humbug;  
Henceforth I'll feed on "flesh that's dug."  
If plants have "oses,"  
I'll swill some antiseptic drug  
In treble doses.

—Selected.

## CASES OF DRUG POISONING.

BY MRS. E. G. WHITE.

SEVERAL illustrations of the proper treatment of disease have come before me. One of these I will mention. It was the case of a family consisting of a father and daughter. The daughter was sick, and the father was much troubled on her account, and summoned a physician. As the father conducted him into the sick room, he manifested a painful anxiety. The physician examined the patient and said but little. They both left the sick room. The father informed the physician that he had buried the mother, a son, and daughter, and this daughter was all that was left to him of his family. He anxiously inquired of the physician if he thought his daughter's case was hopeless.

The physician then inquired in regard to the nature and length of the sickness of those who had died. The father mournfully related the pain-

ful facts connected with the illness of his loved ones: "My son was first attacked with a fever. I called a physician. He said he could administer medicine which would soon break the fever. He gave him powerful medicine, but was disappointed in its effects. The fever was reduced, but my son grew dangerously sick. The same medicine was again given him, without producing any change for the better. The physician then resorted to more powerful medicines, but my son obtained no relief. The fever left him, but he did not rally. He sank rapidly and died.

"The death of my son, so sudden and unexpected, was a grief to us all, but especially to his mother. Her watching and anxiety in his sickness, and her grief occasioned by his sudden death, were too much for her nervous system, and she was soon prostrated. I felt dissatisfied with the course pursued by this physician. My confidence in his skill was shaken, and I could not employ him a second time. I called another to my suffering wife. This second physician gave her a liberal dose of opium, which he said would relieve her pain, quiet her nerves, and give her rest, which she so much needed. The opium stupefied her; she slept, and nothing could arouse her from the death-like stupor. Her pulse and heart at times throbbed violently, and then grew more and more feeble in their action, until she ceased to breathe. Thus she died without giving her family one look of recognition. This second death seemed more than we could endure. We all sorrowed deeply, but I was agonized and could not be comforted.

"My daughter was next afflicted. Grief, anxiety, and watching had overtaxed her powers of endurance, and her strength gave way, and she was brought upon a bed of suffering. I had now lost confidence in both the physicians I had employed. Another physician was recommended to me as being successful in treating the sick; and, although he lived at a distance, I was determined to obtain his service.

"This third physician professed to understand my daughter's case. He said she was greatly debilitated, and that her nervous system was greatly deranged, and that fever was upon her, which could be controlled, but that it would take time to bring her up from her present state of debility. He expressed perfect confidence in his ability to raise her up. He gave her powerful medicine to break up the fever. This was accomplished; but



as the fever left, the case assumed more alarming features, and grew more complicated. As the symptoms changed, the medicines were varied to suit the case. While under the influence of new medicines, she would for a time appear revived, which would flatter our hopes that she would get well, only to make our disappointment more bitter as she became worse.

"The physician's last resort was colomel. For some time she seemed to be between life and death. She was thrown into convulsions. As these distressing spasms ceased, we were aroused to the painful fact that her intellect was weakened. She began slowly to improve, although a great sufferer. Her limbs were crippled as the effect of the powerful poison which she had taken. She lingered a few years, a helpless, pitiful sufferer, and died in much agony."

After this sad relation, the father looked imploringly at the physician, and entreated him to save his only remaining child. The physician looked sad and anxious, but made no prescription. He rose to leave, saying that he would call the next day.

The next day the physician was again in the sick room, standing by the bedside of the afflicted daughter. Again he left the room without giving medicine. The father, when in the presence of the physician alone, seemed deeply moved, and inquired impatiently: "Do you intend to do nothing? Will you leave my only daughter to die?" The physician said: "I have listened to the sad history of the death of your much-loved wife and your two children, and have learned from your own lips that all these have died while in the care of physicians, while taking medicines prescribed and administered by their hands. Medicine has not saved your loved ones, and as a physician I solemnly swear that none of them need or ought to have died. They could have recovered if they had not been so drugged that nature was enfeebled by abuse, and finally crushed." He stated decidedly to the agitated father: "I cannot give medicine to your daughter. I shall only assist nature in her efforts, by removing every obstruction, and then leave nature to recover the exhausted energies of the system." He placed in the father's hand a few directions, which he enjoined upon him to follow closely:—

"Keep the patient free from excitement and every influence calculated to depress. Her attendants

should be cheerful and hopeful. She should have a simple diet, and should be allowed plenty of pure soft water to drink. Bathe frequently in pure soft water, followed by gentle rubbing. Let the light and air be freely admitted to her room. She must have quiet and undisturbed rest."

The father slowly read the prescription, and wondered at the few, simple directions it contained, and seemed doubtful of any good resulting from such simple means. Said the physician: "You have had sufficient confidence in my skill to place the life of your daughter in my hands. Withdraw not your confidence. I will visit your daughter daily and direct you in the management of her case. Follow my directions, and I trust in a few weeks to present her to you in a much better condition of health, if not fully restored."

The father looked sad and doubtful, but submitted to the decision of the physician. He feared his daughter must die if she had no medicine.

After a few weeks' time I was again in the room with the father and daughter. The daughter was sitting by the side of her father, cheerful and happy, with the glow of health upon her countenance. The father was looking upon her with happy satisfaction, his countenance speaking the gratitude of his heart that his only child was spared to him. Her physician entered, and after conversing with the father and child for a short time, arose to leave. He addressed the father thus:—

"I present to you your daughter restored to health. I gave her no medicine, that I might leave her with an unbroken constitution. Medicine never could have accomplished this. Medicine deranges nature's fine machinery, and breaks down the constitution, and kills but never cures. Nature alone possesses the restorative powers. She alone can build up the exhausted energies, and repair the injuries she has received by inattention to her fixed laws."

He then asked the father if he was satisfied with his manner of treatment. The happy father expressed his heartfelt gratitude, and perfect satisfaction, saying:—

"I have learned a lesson I shall never forget. It was painful, yet it is of priceless value. I am now convinced that my wife and children need not have died. Their lives were sacrificed, while in the hands of physicians, by their poisonous drugs."



## Temperance.

### I WISH YOU A MERRY CHRISTMAS.

BY REV. W. E. CHURCHILL.

I WISH you a Merry Christmas,  
My brother temperance men,  
Who every day are striving  
Intemperance tide to stem,  
We've spent a happy Christmas  
Without strong drink before;  
And this year, without the monster,  
We hope to spend one more.

I wish you a Merry Christmas,  
Dear readers, one and all,  
And this can be obtained, we know,  
Without King Alcohol;  
For he does cause continually  
Distress and many a sorrow,  
Makes wounds upon a Christmas day  
And headaches on the morrow.

I wish you a Merry Christmas,  
But 'midst our joy let's think  
How many hearts are desolate  
Through that accursed drink.

I wish you a Merry Christmas,  
And friends around shall see,  
Without the fiery water,  
How happy we can be.

I wish a Merry Christmas  
To every child and man,  
Indeed, to every woman too,  
Who practices our plan.  
In such a godly warfare  
Right onward let us steer;  
So I wish you a Merry Christmas  
And a happy coming year.

—Selected.

### USE OF ALCOHOL AS A MEDICINE.

A CONGRESS of medical men convened in the auditorium of Prohibition Park, Port Richmond, Staten Island, to consider the place of alcohol in medicine. Some twenty important papers were read, and Dr. N. S. Davis, of Chicago, a well-known Methodist, who had the high but deserved honor of presiding at the International Medical Congress at Washington some years ago, presided.

Some of the secular papers are attacking him for being present, and lending his influence to what they consider a fanatical view of the subject discussed. Dr. Davis stands too high to be affected by anything that they can say. Vast evil has been done by the indiscriminate prescripion of alcohol

as medicine. It has been left to the caprice of patients how much to use and when to stop; habits have been formed worse than the disease for which the remedy was taken. We regard alcohol as the most dangerous medicine generally prescribed, except opium and cocaine. Without going so far as those who would deny to alcohol any place in medicine, or who say they would die rather than take it under medical advice, we believe that it is seldom *necessary*, and that physicians should make an honest and conscientious effort to use a substitute whenever possible, and that patients should be on their guard against physicians who do not show at least as much caution when they prescribe alcohol as when prescribing poisons in which a mistake would be speedily fatal. The moral dangers of forming a habit of self-medication by alcohol merge speedily into the physical, and the death of the body sometimes precedes, at other times follows, the destruction of the reputation and the character.—*N. Y. Christian Advocate*.

### MOTHER'S WHISKY BOTTLE.

THE years rolled on, and the once thrifty farm was neglected. Everything was going to ruin, Nat and Jud included. There was no concealing, no smoothing over the fact any longer; they were drunkards. Perhaps it was well that the deacon had passed beyond earthly sin and sorrow, but the mother was left alone. She sadly saw her boys sink lower and lower in sin, and she was powerless to save them. She wondered if Providence could allow her to be afflicted. It was a mystery why her boys should be drunkards, when she had always been a temperance woman. To be sure, she had not gone to extremes, but she had never failed to express her temperance principles, and had tried to instill them into the character of her boys. She had failed to help them, and one day she learned the reason.

The minister was in the sitting room, talking with Nathan; he had vainly tried to help him.

"Nathan," he said desperately, "I wonder what could have brought you to this—with the best of parents and advantages. What was it?" The mother in the kitchen paused to hear the answer.

Nathan turned almost fiercely, and said:—

"You want to know, do ye? Well, I can tell you in a few words; but I wish you wouldn't be



trying any more to save me, I'm past help. I must have liquor as long as I breathe. What brought me to this? Well, sir, nothing more or less than *mother's whisky bottle!*"

A piteous, trembling cry came through the kitchen. It was too sudden—that fearful revelation. Had she ruined the boys she loved better than life? They took her up from the bare floor where she had fallen, and laid her on the bed, tenderly, reverently. They had never blamed her, those boys, and they had never meant that she should know that her medicinal whisky had formed their terrible appetite. It was not long after that that they laid her down by the deacon's side. She was crushed under the sad truth which had come to her with its weight of sorrow and remorse, and she could not rally.

Often through the village streets staggered the Lindley boys, now drunken sots, with no home and no one to care for them. Everyone wondered what brought them to such depths; but only the minister knows that it was "mother's whisky bottle."—*Sel.*

#### THE WHOLESOMENESS OF BEER.

BEER is supposed by some to be an innocent and wholesome beverage, and it was once confidently claimed that if more beer were used there would be less drunkenness. This claim, however, can scarcely be maintained with seriousness hereafter. The consumption of beer in this country has become enormous, but drunkenness has not been banished or diminished.

The *Scientific American* says concerning the beer drinker: "The use of beer is found to produce a species of degeneration of all the organs. . . . Intellectually, a stupor amounting to paralysis arrests the reason, changing 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. Compared with inebriates who use different kinds of alcohol, *he is more incurable*, and more generally diseased. 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 our large cities are beer drinkers*. Recourse to beer as a substi-

tute for other forms of alcohol merely increases the danger and fatality."

#### AN INDICTMENT AGAINST ALCOHOL.

COL. ROBERT INGERSOLL, whose views upon the subject of temperance are as much to be approved and admired as his religious notions are to be condemned, in a recent speech before a jury in a distillery case, made the following eloquent indictment of the demon alcohol:—

"I am aware there is a prejudice against any man engaged in the manufacture of alcohol. I believe from the time it issues from the coiled and poisonous worm in the distillery until it empties into the hell of death, dishonor, and crime, that it is demoralizing to everybody that touches it, from the source to where it ends. I do not believe that anybody can contemplate the subject without being prejudiced against the crime. All we have to do is to think of the wrecks on either side of the stream of death, of the suicides, of the insanity, of the poverty, of destruction, of the little children tugging at the breasts, of weeping, despairing wives asking for bread, of the men of genius it has wrecked, of the struggling with imaginary serpents produced by this devilish thing; and when you think of the jails, of the almshouses, of the asylums, of the prisons and scaffolds on either bank, I do not wonder that every thoughtful man is prejudiced against this vile stuff called alcohol. Intemperance cuts down youth in its vigor, and age in its weakness. It breaks the father's heart, bereaves the doting mother, extinguishes natural affection, erases conjugal love, blots out filial attachment, and blights parental hope, and brings premature age in sorrow to the grave. It produces weakness, not strength; sickness, not health; death, not life.

"It makes wives widows, children orphans, fathers fiends, and all paupers. It feeds rheumatism, nurses gout, welcomes epidemics, invites cholera, imports pestilence, and embraces consumption. It covers the land with misery, idleness, and crime. It engenders controversies, fosters quarrels, and cherishes riots. It crowds your penitentiaries, and furnishes victims for the scaffold. It is the blood of the gambler, the element of the burglar, the prop of the highwaymen, and the support of the midnight incendiary. It countenances the liar, respects the thief, esteems the blasphemer. It violates obligations, reverences fraud, honors in-



famy. It defames benevolence, hates love, scorns virtue and innocence. It incites the father to butcher his offspring, and the child to grind the parental ax. It burns up men, consumes women, detests life, curses God, and despises heaven. It suborns witnesses, nurses perfidy, defiles the jury box, and stains the judicial ermine. It bribes voters, disqualifies voters, corrupts elections, pollutes our institutions, and endangers the government. It degrades the citizen, debases the legislator, dishonors the statesman, and disarms the patriot. It brings crime, not honor; terror, not safety; despair, not hope; misery, not happiness; and with the malevolence of a fiend, calmly surveys its frightful desolations, and, unsated with havoc, it poisons felicity, kills peace, ruins morals, whips out national honor, curses the world, and then laughs at its ruin. It does that and more—it murders the soul. It is the sum of all villainies, the father of crimes, the mother of all abominations, the devil's best friend and God's worst enemy."

#### OPINIONS OF EMINENT MEN ON TOBACCO.

THE medical journal called *The Lancet* says: "Juvenile smoking is getting more and more common, with the result of impaired eyesight, thinning of the hair, and other symptoms of excessive draughts on the tropic nerve centers. And how is the practice to be stopped when it is directly encouraged—even Sunday-school prizes taking the form of meerschaum pipes? Not till education instructs the youth of the country in the fabric and functions of health, and inspires them with a manlier ideal than that of merely aping the manners of their elders, will premature indulgence of every kind cease to act on them for evil."

Dr. B. W. Richardson, F. R. S., says: "Smoking tobacco, and the use of tobacco in every form, is a habit better not acquired, and when acquired is better abandoned. The young should especially avoid the habit. It gives a doubtful pleasure with a certain penalty."

Sir Benjamin Brodie, Bart., F. R. S., who was physician to the queen, remarks: "From the best observations which I have been able to make on the subject, I am led to believe that there are very few who do not suffer harm from it, to a greater or less extent. Boys, even at the best schools, get the

habit of smoking, because they think it manly and fashionable to do so, not unfrequently because they have the example set them by their tutors, and partly because there is no friendly voice to warn them as to the special ill consequences to which it may give rise where the process of growth is not yet completed, and the organs are not yet fully developed."

Dr. Conquest observes: "In my now lengthened medical life I have often seen the worst and most intractable forms of indigestion, and the most distressing and fatal cases of stomach and liver diseases, traceable to snuff and tobacco."

Dr. Arnott: "I don't smoke, I never smoked, and, God helping me, I never will smoke. Tobacco drains the life sap out of the smoker's cheeks."

The Rev. Francis Close, D. D., late dean of Carlisle: "Evidences arise every day which convince me more and more that the prevalent use of tobacco, especially by the younger portion of the community, is destroying the physical stamina of our country, stripping youth of its bloom and beauty, and manhood of its virility, with a reflex influence on morals which is truly deplorable."

Wm. Chambers (*Chambers' Journal*): "The odious practice of tobacco smoking by the young concerns the national welfare and is worthy of very general consideration. Everyone in his sphere is called on, as a matter of moral obligation, to do what lies in his power to discountenance and abate a practice so needless and reprehensible."

*Cope's Tobacco Plant* (tobacco trade journal): "Few things could be more pernicious for boys, growing youths, and persons of unformed constitution, than the use of tobacco in any of its forms."

Edward Hanlin, the champion sculler of the world, says: "In my opinion, the best physical performances can only be secured through the absolute abstinence from the use of alcohol and tobacco. This is my rule, and I find after three years' constant work at the oar during which time I have rowed many notable match races, I am better able to contend in a great race than when I first commenced. In fact, I believe that the use of liquor and tobacco has a most injurious effect upon the system of an athlete, by irritating the vitals, and consequently weakening the system."

R. B. Grindrod, M. D., F. R. C. S., of Malvern: "Opium is a narcotic, tobacco is a narcotic, alcohol is a narcotic. These narcotics destroy the nervous system."—*Selected*.



### CASES OF DEBILITY.

NOTHING is more common when a man gets out of health, from mere overwork, from some improper use of his health, from some misuse of his faculties, or some other thing that ought to be remedied by the rules of hygiene—that ought to be prevented and cured by the removal of its cause—nothing is more common than to tell a man to take a little wine, instead of telling him to look into his surroundings, and get rid of the cause. I find that what is wanted with these cases of debility is regular work, proper hygiene, mental discipline of the individual, and a proper system of diet and regimen; and then I find that they get well infinitely better without drink than they do with it. Whenever a man tells me that he cannot eat his dinner without a glass or two of wine, I know the wine has got hold of him to that extent. I know it is all the more reason why he should leave it off, and if he will leave off, in a week he will eat more than he did before, will digest it infinitely better, and get stronger in every way.—*Dr. Townsend.*

### EFFECT OF ALCOHOL UPON THE BRAIN.

ALCOHOL seems to have a special affinity for the brain. This organ absorbs more than any other, and its delicate structure is correspondingly affected. The "vascular enlargement" here reaches its height. The tiny vessels become clogged with blood that is unfitted to nourish, because loaded with carbonic acid, and deprived of the usual quantity of the life-giving oxygen. The brain is, in the language of the physiologist, malfunctioned. The mind but slowly rallies from the stupor of the fourth stage of drunkenness, and a sense of dullness and depression remains to show with what difficulty the fatigued organ recovers its normal condition. So marked is the effect of the narcotic poison that some authorities hold that "*a once thoroughly intoxicated brain never fully becomes what it was before.*"

In time, the free use of liquor hardens and thickens the membrane enveloping the nervous matter; the nerve corpuscles undergo a "fatty degeneration;" the blood vessels lose their elasticity; and the vital fluid, flowing less freely through the obstructed channels, fails to afford the old-time nourishment. The consequent deterioration of the nervous substance—the organ of thought—shows

itself in the weakened mind that we so often notice in a person accustomed to drink, and at last lays the foundation of various nervous disorders—epilepsy, paralysis, and insanity. The law of heredity here again asserts itself, and the inebriate's children often *inherit the disease which he has escaped.*

Chief among the consequences of this perverted and imperfect nutrition of the brain is that intermediate state between intoxication and insanity well known as delirium tremens. It is characterized by a low, restless activity of the cerebrum, manifesting itself in muttering delirium, with occasional paroxysms of greater violence. The victim almost always apprehends some direful calamity; he imagines his bed to be covered with loathsome reptiles; he sees the walls of his apartment crowded with foul specters; and he imagines his friends and attendants to be fiends come to drag him down to a fiery abyss beneath.—*Dr. Carpenter.*

### "A BILLION OF DOLLARS."

THAT is less than the liquor traffic costs this country every year. It takes by far the largest part of it out of the pockets of the laboring class, and gives them nothing of value in return. The greatest foe of the poor man is the drink. It is the greatest monopoly in the land. What do the political papers say about it?—Nothing. They are silent as the grave. In fact, they are silent partners in the "gigantic crime of crimes of the nineteenth century." To cover their shame and to turn the attention of the people from their iniquitous course, they make a great hue and cry about other matters of infinitely less importance, fill their papers with inflated accounts of baseball, horse races, bowling teams, and sports generally. No notices of temperance meetings are allowed to appear in their columns. They are supremely under the control of the liquor oligarchy. Meanwhile, more than a billion of dollars comes out of the pockets of the people, with no honest return for the money spent.—*National Temperance Advocate.*

GOD has bountifully provided for the sustenance and happiness of all his creatures; if his laws were never violated, if all acted in harmony with the divine will, health, peace, and happiness, instead of misery and continual evil, would be the result.—*Christian Temperance and Bible Hygiene.*



## Miscellaneous.

### "TO EVERY MAN HIS WORK."

BY FANNIE ROLTON.

It takes the rain and the sunshine  
 And the soil and the seed and the dew,  
 And the dawn and the dark and the starlight,  
 And the wind blowing softly through,  
 And the heaven tenderly brooding,  
 And the earth's warm bosom sod,  
 And over and in and around us  
 The great, ever-fathering God,  
 That a flower may bloom by the wayside  
 Of a desolate path we have trod.

O flower, fragile and fragrant,  
 So cast aside and so lost,  
 How little we prize thy fine beauty,  
 Bought at such infinite cost,  
 Bringing such infinite blessing,  
 Born of all things and of  
 The earth and the air, and yet drawing  
 Thy exquisite beauty above  
 Out of the heart eternal  
 From the very bosom of love!

No wonder the poet of nature,  
 The seer of poet seers,  
 Found in the meanest of blossoms  
 Thoughts all too deep for his tears;  
 For could the lesson but reach us  
 That's written upon thy soul,  
 How we would learn of myriads  
 Under our Master's control,  
 Learn that we, too, are his artists,  
 Giving our touch to his whole!

O trembling hand, tender spirit,  
 In some darkened chamber apart,  
 Giving a touch to the sufferer,  
 Easing some woe-burdened heart,  
 Think not thy ministry worthless;  
 Love has its infinite power.  
 Who knows if the dew or the sunshine  
 Gives the best hue to the flower?  
 Who knows whether prayer or great doing  
 Adds most of heaven to the hour?

Ye who stand high or sit lowly,  
 Great are ye both if ye do  
 God's given task, if ye're channels  
 For his great life to pour through.  
 Envy not high, scorn not lowly,  
 Work where ye are in God's peace.  
 Let the sun shine, the dew gather,  
 Lest the sweet soul flower cease.  
 One plants, one waters, but always  
 God himself gives the increase.

### HIS UNKNOWN FRIEND.

MRS. WILLIS was a kind-hearted woman who lived in a college town. It was the habit of the friends of members of the graduating class to present to them, on Commencement day, flowers, books, or other little gifts expressive of their affection and good wishes. Mrs. Willis had observed that while some of the most popular lads were loaded with tokens of friendship, there were others who seemed to have no friends, and were unnoticed.

On the next Commencement day, therefore, she made up a bunch of flowers and attached to it a card conveying a kindly message. This she sent to the usher, with a request that he would give it to any one of the students who happened to be neglected. A shy, awkward lad received it, and took it with evident surprise and pleasure.

The incident soon passed from her mind. Ten years later, however, she visited an inland city, and there became acquainted with a young physician, who had already attained a high standing among his brother practitioners.

One day just before returning home she noticed in his office a faded bunch of flowers under glass.

"That has a story which I should like to tell you before you go," he said. "I began life as a poor farm boy. I had no relatives. I saved money enough to go to school, and afterwards to college. But I lived during three years in dire poverty. I wore the coarsest clothes. I rented a room and cooked my own food, which was so scanty that I used to stagger as I walked up to recitation. My poverty made me dread to meet even my fellow-students.

"Young people need approbation and affection. An occasional word of sympathy would have strengthened me like wine. No such words came. There were days when all my struggles seemed useless to me, for who cared?"

"When at last I stood on the platform and received the diploma earned by four years of work and privation, I looked over the mass of faces and thought, 'Not one of them is turned to me with a kind look.' All the other men had their relatives and friends. There was nobody to give me a good wish at my entrance into the world. I was tired, and my heart was sick and bitter.

"But just before we left the platform, that bunch of flowers was handed to me. A card was tied to



it, on which was written, 'From a friend who hopes that your life may always bring you, as today, the reward for honest endeavor.'

The doctor's voice grew husky.

"Why, madam, those words saved me! I had a friend. Somebody had approved me, cared for me. Never were roses as sweet as those. I would I would not disappoint my friend, that I would work as I never had done before. I have tried to do it; I have many dear friends now, but not one of them has given me such help as came to me through those faded roses."

Mrs. Willis thanked him for his story, with the tears in her eyes, and bade him farewell.

The little seed which she had carelessly planted had given back to her this rich flower and fruit. Every seed that we plant brings forth its fruit and flower, either in this life or in the life to come.—

*Selected.*

#### • DON'T.

A TRUE Christian never snubs anybody; yet the habit of slighting, snubbing, or looking down upon less fortunate acquaintances, is common enough to make the following advice very timely:—

Don't snub a boy because he wears shabby clothes. When Edison, the inventor of the telephone, first entered Boston, he wore a pair of yellow linen breeches in the depth of winter.

Don't snub a boy because his home is plain and unpretending. Abraham Lincoln's early home was a log cabin.

Don't snub a boy because of the ignorance of his parents. Shakespeare, the world's poet, was the son of a man who was unable to write his own name.

Don't snub a boy because he chooses a humble trade. The author of "Pilgrim's Progress" was a tinker.

Don't snub a boy because of physical disability. Milton was blind.

Don't snub a boy because of dullness in his lessons. Hogarth, the celebrated painter and engraver, was a stupid boy at his books.

Don't snub a boy because he stutters. Demosthenes, the great orator of Greece, overcame a harsh and stammering voice.

Don't snub anyone—not alone because some day they may outstrip you in the race of life, but because it is neither kind nor right nor Christian.—

*Selected.*

#### HOT MILK.

A GREAT many men who are overworked and underfed think they are too busy to eat lunch at midday, and resort to stimulants as a substitute for food. It only takes a minute to step into a barroom and take a drink. This makes them feel better for a time, but the effect soon passes away, and another is taken to get rid of the empty feeling. The habit grows until it takes eight, ten, or more drinks a day to keep them going. Alcoholic stimulants are the worst thing in the world for an empty stomach, finally causing catarrh of the stomach, interfering with the secretions of the liver, and destroying the ability to assimilate food. This is where hot milk comes in. Cold milk is too harsh; it shocks the weakened stomach; hence give it hot. Limewater lightens and livens it—makes it more easily digested. A good many men fast growing prematurely old, and bringing upon themselves a multitude of ills by the steady and excessive use of alcoholic stimulants instead of the nutritious food which they should take, have been reclaimed by the use of hot milk. If you find you are losing your appetite for food, and correspondingly gaining it for alcoholic drinks, try it. It will do you good.—*Pearson's Weekly.*

#### • THE FINGER NAILS.

THERE is a common belief that the finger nails are poisonous, which idea is natural enough, considering the fact that scratches made by them are generally quite irritable and much inclined to unusual inflammation. The reasoning is erroneous, however, or, as far as is known, the nails themselves do not have any poisonous properties. The trouble excited by them is due to the foreign deposits under them. In other words, if one keeps his finger nails clean, scratches caused by them will be no more irritable than those produced by any like instrument that is considered innocent. The results of the examinations made in Vienna show that it is more important that the finger nails be kept clean than is supposed. Seventy-eight were made, and there were found thirty kinds of micrococci, eighteen different bacilli, and three kinds of sarcenæ; besides, common mold spores were present in many instances.

It would seem from this that the spaces under the finger nails were favorable hiding-places for minute organisms which are more or less prejudicial



to health, and that therein lies the poisonous element attributed to the nails. Furthermore, that cleanliness of the nails is a very important essential. It is not sufficient to use merely a knife blade, but at the toilet a nail brush and plenty of soap and water should be called into service. Surgeons long ago learned that deposits under the nails were a menace, and that through them wounds were easily poisoned. This led to extreme care in the matter of personal cleanliness on their own part and on the part of all their assistants. Before an operation is performed, all who touch the patient or the instruments which are to be used must first clean their hands thoroughly with soap and water, being especially careful to have the spaces under the nails absolutely clean; then the hands are put into disinfectant solutions.—*Ex.*

#### RULES FOR GOOD HEALTH.

1. BE regular with your habit.
2. If possible, go to bed at the same hour every night.
3. Rise in the morning soon after you are awake.
4. A sponge bath of cold or tepid water should be followed by friction with towel or hand.
5. Eat plain food.
6. Begin your morning meal with fruit.
7. Don't go to work immediately after eating.
8. Be moderate in the use of liquids at all seasons.
9. It is safer to filter and boil drinking water.
10. Exercise in the open air whenever the weather permits.
11. In malarious districts do your walking in the middle of the day.
12. Keep the feet comfortable and well protected.
13. Wear woolen clothing the year round.
14. See that your sleeping rooms and living rooms are well ventilated, and that sewer gas does not enter them.
15. Brush your teeth at least twice a day, night and morning.
16. Don't worry; it interferes with the healthful action of the stomach.
17. You must have interesting occupation in vigorous old age. Continue to keep the brain active. Rest means rust.

A YELLOW horse is like a duty. It has to be dun.

#### THE EFFECTS OF LIQUOR.

SOME think because there is no law specifically prohibiting intoxicating drinks in the ten commandments, that this subject lies outside of any divine law. Such a special prohibition would not be in accordance with the principles on which the divine government is conducted. This would involve the necessity of similar laws to prohibit other poisons, as arsenic, opium, etc. The protection of the human body *in all cases* is provided for by the command, "Thou shalt not kill." Every invasion of the laws of health is met by these words; they cover all causes of injury to the body, as well as death by violence.

It is true that intoxicating liquors are seldom the immediate cause of death. Being taken in small doses, the exhilarating effects first appear. This is the purpose of their use; but when this is reached, there is a reaction, and if the drinking is continued, a paralysis follows, caused by its effects on the brain and the nervous system connected with it. The man then becomes dead drunk, insensible and helpless. In this state he is said to sleep. Sleep is a natural state, from which a man wakes with restored vigor; this is a paralysis, which would consign him to death if the heart and lungs were not kept in motion by nervous centers that have but a slight connection with the brain.

The arteries, the circulating channels of the blood through which the alcohol passes, carry but a small portion to these centers, hence the slight effect on these organs. The alcohol is equally diffused in the blood; but as the flow of the blood to the brain is more than six times as much, in proportion to its size, as to the rest of the body, we see the reason why the head reels, and the insensibility of the brain comes first. If the same proportion of the alcoholic poison was carried to the nerve center, which sustains the vital organs, the heart and lungs, every gathering of drunken revelry would leave its dead in the halls of their carousing, and every drunken inebriate when he topples and falls would be a corpse. It is a merciful provision of God's providence that a stop is put to drinking in this way, and life is sustained, and the brain regains its vital energy as the alcohol passes off.—*Sci.*

A CERTAIN physician thinks that tight lacing may after all be a public benefit, because it kills off the foolish girls and leaves the sensible ones to grow into women.



## Mothers Corner.

### FOR LOVE'S SAKE.

SOMETIMES I am tempted to murmur  
 That life is flitting away,  
 With only a round of trifles  
 Filling each busy day—  
 Dusting nooks and corners,  
 Making the house look fair,  
 And patiently taking on me  
 The burden of woman's care.

Comforting childish sorrows,  
 And charming the childish heart  
 With the simple song and story,  
 Told with a mother's heart;  
 Setting the dear home table,  
 And clearing the meal away,  
 And going on little errands  
 In the twilight of the day.

One day is just like another—  
 Sewing and piecing well  
 Little jackets and trousers,  
 So neatly that none can tell  
 Where are the seams and joinings—  
 Ah! the seamy side of life  
 Is kept out of sight by the magic  
 Of many a mother and wife.

And oft when I'm tempted to murmur  
 That time is flitting away,  
 With the selfsame round of duties  
 Filling each busy day,  
 It comes to my spirit sweetly,  
 With the grace of a thought divine:  
 "You are living, toiling for love's sake,  
 And the loving should never repine.

You are guiding the little footsteps  
 In the way that they ought to walk,  
 You are dropping a word for Jesus  
 In the midst of your household talk;  
 Living your life for love's sake,  
 Till the homely cares grow sweet—  
 And sacred the self-denial  
 That is laid at the Master's feet."

—Sel.

### BABY'S FIRST BED.

BY MARY A. ALLEN, M. D.

THE prevalent idea now is that baby must have a bed to himself, even from the very outset. Just how this is to be accomplished within narrow quarters, or with limited means, is often a serious problem. When there are no limitations, the crib drawn close to the bed, with the intervening side

let down, meets all requirements. If the crib side does not let down, lifting the baby over it is a very serious objection in its use. If the sleeping room is too small for the bed and a crib, and the family arrangements will allow the mother to sleep alone, a very comfortable bed can be made for baby on the farther side of the big bed. Here can be placed the separate quilts and blankets for his use, and here he can sleep quite as much alone as in a crib, and so near the mother that she has only to stretch out her hand to assure herself of his condition, and when she needs to bring him close to her, she does not even need to lift him, but merely pulls him to her breast.

If two grown people must occupy the bed, another plan must be adopted for baby, as it is very detrimental to him to sleep between two persons. In this position he must of necessity breathe the atmosphere from under the clothing, which is loaded with impurity. Under these circumstances a very ingenious method of disposing of him is to make his bed in a basket and suspend it over the bed.

Where economy is no motive, a pretty basket may be bought, of a size suitable for the little one, and this basket, lined and wadded, makes a soft nest. Outside, the basket may be trimmed with a valance of silesia, covered with Swiss muslin and adorned with ribbons, and the whole thing become a dainty and beautiful resting-place, one great charm of which is that the baby can be transported in it from room to room, or moved about to escape the draught, or the light, at the mother's will. She can carry it and baby down into the parlor to exhibit him to admiring friends without disturbing his sleep, and he and his basket will be sure to receive the rapturous admiration of all beholders. If economy must be taken into consideration, a common clothes basket may be used, and this, tastefully lined and trimmed, will become a pretty bed, though not quite as convenient of transportation as the smaller and more dainty basket just described. This basket, suspended over the bed, takes up no room, and brings the baby within easy access of the mother by night or day, and is a safe place to leave the little one to sleep, if he must be left alone in the daytime, for if he should fall out of it, he would only fall on the bed underneath. The gentle swinging motion of the basket is a better method of rocking the child than the jarring cradle that rests upon the floor. The



basket should be suspended by a rope at each end to two hooks at the ceiling. If the men of the household have no time, or do not feel inclined to put up these hooks, a woman with a little skill with tools need not be deterred from making the attempt herself.—*The Advance*.

### BABY'S PLAYTHINGS.

BY MARGARET MONTGOMERY.

START with one firm principle,—don't amuse her; it injures her. Let her amuse herself. Help her to do it, but don't let her know you are helping.

My little one has been entertained for hours with a small pin cushion, well stocked with pins, which she took out and stuck in again to her heart's content. Of course, before she was given such a plaything she had learned that her mouth was not the proper receptacle for quite everything. Before that little lesson was entirely learned, an old whalebone and a cane-seated chair were a combination for the choicest amusement. It was funny to watch with what absorbing interest she tried to get the bone in the desired hole in the canes. It was a little thing to do, but the chubby fingers were such uncertain agents that it was a pleasure and interest for more than a moment.

Her playing box held some queer treasures. A string of horse-chestnuts was one thing. And what a marvelous knack she had for whacking other people with those horse-chestnuts, while her own tender noggin escaped! Then there were clothespins, and a good strong bottle with beans in it that made a most delightful rattle. Then, too, there was an ivory rattle, with a whistle and silver bells, given by an adoring auntie,—at least there was for a few days, and then the rattle had no bells or whistle, and baby was once more crowing triumphantly over her bean-bottle rattle. Then she has a little gourd, with the seeds in it, that stood good service during the rattle period. As a little baby, she got a great deal of pleasure out of a little doll, fantastically dressed, and fastened to a piece of stout rubber. As the baby doll jumped and danced on the end of the rubber, the baby girl jumped and danced from her place as though she were running in competition with it.

She has a lot of building blocks; nothing fancy about them. The people who know only toyshop

building blocks would stare at them. A carpenter made them for me out of inch boards. Some of them are three inches long and two wide, and others are two inches long and one wide. Such splendid tall houses as her fat little fingers can make, and fences, and sidewalks, and railroads, and houses; and she has so many of them that any architectural ideas she may have are not trammelled by want of materials.

My baby girl has a doll that is dear to her loving little heart. It is made from one of the Butterick patterns, and is a rag dolly from head to foot, and stuffed with rags. Maybe her inky face is not artistic, but baby loves her all the same; and the staring look of the ink soon softened down under the subdued blending of the dirt baby and dolly seemed so soon to find.

She has a little wagon. We had to go to the toyshop for that, but if she had only had a big brother, he should have had the pleasure and profit of making it for her, even if it should be rougher than the one we bought her.

She has a big cotton-flannel "Jumbo," so big she can barely carry him around. This she loads into her wagon with a reckless disregard of his legs and tusks, and wheels him around contentedly.

When other moods take her, she sits on Jumbo as serene a little princess as any who rides an elephant under oriental skies.

My baby has no rocking-horse, but you would feel that your pity for her was wasted if you could see her gleeful face when she starts out as "papa's boy," with a cocked cap, made from a newspaper, and bravely mounted on her noble steed, which, in prose, is an old broom handle with a string run through a gimlet hole. And how that broom handle does "get up"! It makes better time than any stationary rocking-horse. It is a magnificent trotter, and not bad on a run. When playmates come in, she is prepared for a splendid drive by having a set of lines and straps, knit out of gay wools, and made merry with little bells.

When baby was a real baby, she had charming picture books made out of muslin with pictures pasted on. The pictures were not choice, but among them was a delightful number of horses and dogs and kittens and babies. Now she is such a big girl she is ready to make her own books. The very best use I know to which the patent office reports can be applied, is to make picture books for the little folks. For the pictures,



I have some old agricultural papers with a perfect treasure of horses in them. Then my baby has very little use for the fashion supplements, as far as her clothes are concerned, so they will supply her with unlimited girls and ladies. She has her own little scissors, with rounding points out of regard for her precious eyes, and she can cut out the pictures in a clumsy way, and it is better for her to do it herself, even if the result is not so good as though older fingers helped. For a year or so to come I shall manage the mucilage bottle myself.

A little toy from the toyshop that baby values is a tiny scrubbing brush, and what a cleanly little woman she is! and how she scrubs with her pail of "make-believe" water beside her! On ironing day, she has her own little iron and ironing board, and the little feet make many a journey to the stove to "hot it." It is very harmless heat it gets, for baby irons are best "hotted" on the stove-hearth.

As soon as she gets a little older, she shall have a playhouse, which shall be a box, and she shall be encouraged to fit it up herself—not by spending her money for furniture to go in it, but by using her ingenuity and skill in making it pretty. I hope she will make Brussels carpets out of bits of dress goods, and all sorts of furniture out of pasteboard and similar materials. She will value such a house more than a handsome one expensively furnished, and it will teach her, unconsciously, more than one lesson.—*Selected.*

#### BABY'S DRESS.

BABY'S dress "should be comprehensive, inclusive, and unobtrusive," and of the utmost simplicity. The dress should be warm, soft, and elastic, and allowing freedom of movement. If it can be afforded, Jæger's flannels are of the best. Simplicity and comfort are the great desiderata; all lace and embroidery should be omitted, and everything should be of the finest, though plainest, material. As few pins as possible should be employed, using buttons and tapes instead.

In dressing, the child should be jostled as little as possible. The garments should be made so as to slip one inside of another, the waist having several rows of buttons to accommodate several skirts. The abdominal binder should be knit, the shirt of thin woolen and with long sleeves. The next garment should be of flannel, with an

outside slip of muslin, these being put together and put on all at once. The diaper should be soft and large enough to protect, and must be changed often. Socks should be knit and long. When the child is older, the skirts may be shorter and should have support from the shoulders.—*E. P. Davis.*

#### FIRST STEPS IN TRAINING A CHILD.

BY CORA B. BREWSTER, M. D.

ONE of the first and most important things for a young mother to learn is that a judicious "letting alone" is the very best thing for the baby.

Babies, especially first babies, are great sufferers from too much attention. It is scarcely necessary to insist upon the fact that the first month of a child's life is a most important period in its educational training. A great deal can be accomplished by accustoming the baby to lie still in its bed when awake. Its resting-place should be a bed or crib, not a cradle, because the motion in rocking is most injurious to the little child. I have often seen a crying, fretful child put in a cradle and rocked so violently that its cries ceased, not from a soothing sensation, however, but from vertigo. We are all familiar with the sensation caused by moving rapidly in a swing or rocking-chair, and in a child this sensation is much more readily induced.

Anxious mothers, on the watch for every movement, are far too apt to take the child up the moment it moves or wakens; it looks so pretty with the pink color in its little cheeks, and the bright eyes opening with awakening interest. It is very tempting to take it up and toss it around, sing to it, make all those uncanny noises which some mothers think essential to its development; and baby is so bright and winsome that few reflect how bad all this excitement must be for its nervous system, or trace a connection between the noisy chirping and tossing of the play hour and the restless, uneasy sleep in the evening. It is not a welcome fact, but it is a very pregnant one, that the less babies are talked to and noticed the first year the better. All success in training them, indeed, depends upon this calm letting them alone, leaving the nerves unwrought upon, and allowing the little frame time to become accustomed to the strain upon it of acquaintance with this restless, rioting world of ours.



The children of the working poor are in this respect far better off than those of the well to do; if later they miss much in the culture of good habits, they are as babies left so much alone that, take them all in all, they are peaceable and quiet.

One rarely hears the charwoman or seamstress talk of walking up and down all night with a fretful, excitable baby. One of the compensations of poverty is that its children are left in peace, for the reason that no one had time to spend in exciting them. It may be a negative training that they get, but it is the very best sort of training for a baby under twelve months, and one that may be very advantageously copied by mothers and nurses. The most beautiful baby I ever saw, perfect in its happy contentment, was the child of a hard-working woman, who was obliged to spend many hours away from home every day. The training of the little one was systematically carried on. It was nursed every four hours and then put back in its crib and judiciously left alone. During its mother's absence it was left in charge of a responsible girl, and, indeed, this baby with its five brothers and sisters caused less care and anxiety than are often caused by one child in a less well-regulated home.—*Ex.*

### THE CARE OF CHILDREN.

BY J. C. JUMP, M. D.

THE proper care of a child should begin generations before it is born. No man or woman who is afflicted with any hereditary disease, or any acquired disease that may be transmitted, has a moral right to enter the marriage relation. No woman should marry who is not willing to assume the duties and responsibilities of maternity.

As much care should be exercised in the propagation of the human race as a thrifty stock breeder uses in propagating horses and cattle.

A mother's care of her child should begin as soon as she is aware that she is to become a mother. She should use every means in her power to maintain a high grade of health for herself. Frequent bathing, followed by friction with a coarse towel to secure a glow after a bath, daily walks, properly protected if the weather be unpleasant, plenty of wholesome exercise indoors, a simple but nourishing diet composed partly of fruits, are means in the hands of nearly every woman to main-

tain good health. The mother should, for the sake of her child, as well as for her own good, maintain a cheerful frame of mind, read good books, hear good music and lectures, see beautiful pictures, birds, flowers, and landscapes, in short, cultivate a taste for everything beautiful, pure, noble, and true. God lays a great responsibility on parents when he permits them to aid him in the work of creation.—*Selected.*

### HOW OFTEN SHOULD THE BABY NURSE ITS MOTHER?

DR. J. LEWIS SMITH answers this question in an article on the "Care and Feeding of Infants," in the *Dietetic Gazette*. An infant, after the first month, should be applied to the breast every two hours from six in the morning to six in the evening, if it be awake, but at longer intervals between six in the evening and six in the morning, so that it takes the breast ten times in twenty-four hours. But mathematical exactness is not to be expected in this matter. If the baby in the daytime be three hours in healthy normal sleep, it should not be disturbed. But many young mothers, solicitous for the welfare of their charge, and anxious to have their babies thrive, apply them to the breast whenever they fret or are restless, and by too frequent nursing produce indigestion and diarrhea, and increase the fretfulness which they wish to avoid. The effect of too frequent and excessive nursing in the infant is like that of too frequent eating and overeating in the adult. Mothers devoted to their infants often suffer in their health from lack of sleep. Awake often during the night, and suckling whenever awake, they injure themselves and their babies by the physical deterioration in their condition which their self-imposed duties produce; and they furnish milk, if not in diminished quantity, at least of poorer quality than would be the case if they had the requisite amount of quiet, undisturbed rest. The infant should not take the breast more than once during the seven or eight hours required for sleep.—*Medical Brief.*

KILLED BY THE CIGARETTE.—Lockport, N. Y., October 18. A boy named Fred Long, aged fourteen years, died yesterday from heart disease, superinduced by cigarette smoking. Nevertheless, the family are poor, and the burial expenses will be borne by the city.



## Household.

### "PATCHIE."

BY MRS. PERRY.

THE bell had rung, the school was out,  
And from the hall with busy feet  
The boys rushed forth with laugh and shout,  
And crowded through the village street,  
Like prisoners from their cells broke loose,  
Escaping from the calaboose.

Across the street and all alone  
A small boy walked with rapid gait,  
Like one unknowing and unknown,  
With head erect and form so strait;  
He heeded not the crowd that cried,  
"See 'Patchie' on the other side."

I wondered much why this should be,  
But when I looked I knew too well;  
The noblest of them all was he,  
But, sad to think, more sad to tell,  
He from the crowd had been detached  
Because his pantaloons were patched.

No answering word escaped him there;  
I watched him as he climbed the hill,  
Then thought, "Each other's burdens bear  
And thus the law of Christ fulfill."  
And so I joined him on the road,  
Hoping to lighten his sad load.

I spoke in loving words, and kind;  
He, smiling, looked up in my face—  
He had a true and noble mind—  
And answered, with a manly grace,  
"My father, sir, has long been dead,  
And mother earns our daily bread."

"To school she sends me every day;  
I do the best there, sir, I can,  
And mother says she'll get her pay  
When I grow up to be a man;  
Kind sir, I hope that I shall be  
All my mother wishes me.

"They call me 'Patchie;' I don't care,"  
Said he, while passing through the gate;  
"It's what we *are*, not what we *wear*,  
That makes us good and makes us great."  
He touched his cap, and said, "Good-night;"  
I whispered, "Noble, brave, and bright!"

—*Selects.*

### INFLUENCE OF DIET ON CHARACTER.

THE *Dietetic Gazette* says: "By searching we might find that the egotism, conservatism, and tenaciousness of the Englishman are as much the

results of his beef and ale as is his gout; that the sparkling bonhomie of the Frenchman comes from his cuisine and bubbling champagne, as do also his mercurial disposition and his passionate life; that the macaroni and fortified wines bestow song and art on the Italian, as do beer and sauerkraut stamp solidity and patriotism on the German. America, ever able to give the world a lesson, contributes rush and dyspepsia as the production of hog and whisky.—*Boston Journal of Health.*

### QUERIES.

ANSWERS BY DR. W. P. BURKE.

"DR. BURKE: Please tell us some of the ways of overloading the stomach."

Overloading the stomach may occur, as all are aware, from the large quantity eaten, so the organ cannot deal well with it. The stomach may be overloaded by there being too great variety of food, so much so that what should be digested in the duodenum, partly stops the action of the stomach on the food which it is specially designed to digest. Again, the digestibility of different kinds of foods may be such that after the more easily-digested foods have passed out, some remain in the stomach, which is a hindrance to its exhausted powers. The different kinds of food, starchy, nitrogenous, and oily, require the action of different digestive juices, and different articles of food require different periods of time for digestion, and, the capacity of the stomach and duodenum being limited, they may be easily overloaded and their powers so impeded as to cause indigestion. We find it quite common to eat a large meal of fish, flesh, fowl, and pastry, and finish off with raw salad and oil, eaten with cheese, and then dessert of fruits, almonds, and other nuts washed down with wines. This is a common way of overloading the stomach, and retribution will come at last; if not in the shape of pain and uneasiness, it will come in the shape of gout, rheumatism, eczema, or other affections of the skin, and neuralgias.

"EDITORS OF THE PACIFIC HEALTH JOURNAL: Please give us a few points on the use of buttermilk."

Buttermilk contains less fatty matter than skim milk, but the nitrogenous, saccharine, and saline matters are retained. It is very useful as an article of diet. It is a refreshing summer drink and always allowable in sickness, especially in fevers with



stomach troubles. It has a gentle action on the liver and kidneys.

**TOASTING BREAD.**—Many have asked us how to toast bread. We will say that when bread is properly toasted, its digestibility is greatly increased. To render the sides of bread crisp and leave the interior spongy and soak it with butter, is to render toast quite indigestible. The bread should be cut in thin slices, then thoroughly dried. This must be done by a *slow heat*. After thoroughly drying, then toast. The fire should not be so hot as to burn it, but it should be toasted a nice brown. The inside should be brown as well as the outside. When managed in this way, it becomes quite digestible, and when hot cream is poured over it, the dish is very palatable and constitutes a nourishing diet. Stale bread is preferable to new, and is firm and more friable under the action of the teeth; it is also more easily penetrated by the digestive juices than new bread. Good bread grows stale slowly.

#### CONDIMENTS.

WHAT are they and of what use? Webster calls them "pungent substances, as pepper or mustard." People have an idea that they are useful to stimulate the human body. Animals avoid them, and usually even the household cat objects to pepper and mustard. These substances are irritants. Mustard will blister the skin in a short time if properly applied. Red pepper will make a very painful sore if moistened and laid upon the skin. Black pepper also will irritate the skin and cause inflammation.

It is a mystery how people came to suppose that the use of such substances was beneficial. The stomach is as easily irritated as the outer skin. How much "heartburn," which is generally stomach irritation, is caused by strongly peppered and spiced food! The stomach is inflamed, the nerves cry out in pain, then the poor victim takes something worse, perhaps, to ease the pain caused by the irritating condiment. Then the results of the use of these foreign and irritating substances are not confined to stomach trouble. While inflammation of the stomach, and even cancers, no doubt are encouraged by using them, that is not all. Kidney complaints are becoming more and more prevalent. One fruitful cause is irritation from the

use of pepper, mustard, and the like. The kidneys feel the effects at once, when such things are used. Bright's disease and kindred complaints are caused by this bad habit, and those suffering from such complaints should carefully avoid *all stimulants*. Another bad effect is overstimulation of the heart, often causing death from heart failure.

How sad that even babies are fed on food seasoned with pepper! The heathen in Africa stuff their new-born babes with cayenne pepper, and if they live through it they think they are "worth raising." Some civilized people do about as badly, but seem not to understand results as well as the Africans. Those who never use them have a more natural taste and enjoy food better. If you want to be really healthy, let them alone.—*E. W., in the Vanguard.*

#### COOKING RECIPES FOR DECEMBER.

FURNISHED BY MRS. F. C. M'CLURE.

1. **CARROT SOUP.**—The red part of three medium-sized carrots, two small turnips, one onion, salt to taste; mince the onion and turnips fine and simmer in one quart of water until quite thoroughly cooked; grate the red part of the carrots and strain the soup on it; stew one-half hour and season with cream or a little butter that has been worked to a cream; add this just before serving; serve with crackers made crisp by heating in the oven a few minutes; serve hot.

2. **ESCALLOPED TOMATOES.**—Scald, pare, and slice one dozen medium-sized tomatoes. Alternate the tomato with rolled cracker or stale bread crumbs until a granite earthen pudding dish is about three-fourths full; add a little salt and sugar to taste. If there is not sufficient moisture, add a little hot water. Bake for one hour in a moderate oven. Just before serving, pour over the top a small cup of rather thick cream. Serve hot. Macaroni broken in small pieces and boiled tender may be used in place of part of the rolled cracker if a change is desired, adding cracker for the last layer.

3. **ORANGE CUSTARD.**—"A delicious dish for dessert, to be eaten cold with cake, is made of oranges. Pare five or six, and cut them in thin slices; pour a cup of pulverized sugar over them;



boil one pint of milk, add while boiling one tablespoonful of cornstarch, which you have first rubbed smooth in a little cold milk; cook fifteen minutes, then add the yolks of three eggs well beaten, to which a spoonful or two of milk has been added. After adding the egg, you must stir every moment till it begins to thicken like custard; cool a little and pour over the oranges; beat the whites of the eggs to a stiff froth, add a tablespoonful of sugar, put this over the custard, and set in the oven to brown. If you dislike the taste of cornstarch, substitute two eggs or a tablespoonful of gelatine."

4. STEAMED COTTAGE PUDDING.—"For six or eight persons, use two cupfuls of sifted flour, one cupful of milk, one small cupful of sugar, two eggs, one tablespoonful of melted butter, two teaspoonfuls of grated lemon rind. Mix the butter and sugar; then add the unbeaten eggs, and beat the mixture until it becomes light. Now add the milk, and finally the flour in which the baking powder has been mixed. Pour this batter into a well-buttered two-quart mould. Have the inside of the cover also oiled, and place the cover on the mould. Set in a steamer over a pot of boiling water, and cook rapidly for an hour and a quarter. Turn out on a warm dish, and serve with strawberry sauce."

5. STRAWBERRY SAUCE.—"Pour one cup of sugar over one quart of strawberries which have been washed. Let the fruit stand for two or three hours. Ten minutes before serving-time put it into a stewpan on the fire. It should be heated simply to boiling point and will then be ready for use."

6. BOILED TURNIP.—First get nice white turnips, pare rather a thick rind, and slice them, then cut into cubes about half an inch square; prepare about two quarts in this way and place in a stewpan containing about two quarts of water. Boil for half an hour; then draw off all the water, and add a half teaspoonful of sugar, one small tablespoonful of creamed butter, one teaspoonful of salt, and half a pint of stock. Cook rapidly until the stock has about half boiled away. Serve in a covered tureen. Boil dry and wash them if preferred; especially if there is any woody fiber in them, it is better to wash and run through a colander.

7. NOODLES FOR SOUP.—Beat up one egg, add a

pinch of salt, and flour to make it very stiff. Roll out into a sheet so thin as to be almost transparent, rub it over with flour, and let it stand an hour to dry, then roll it up like a scroll, and, beginning at one end, shave it down fine as you would a head of cabbage for straw; shake them up with more flour and put them into the soup. Boil twenty minutes.

### GOOD COOKING.

BY MRS. EMMA P. EWING.

WE condense the following from Kate Fields, Washington, and hope many young wives may profit by Mrs. Ewing's experience:—

I'm ashamed to confess that when I was married I knew no more about housekeeping than the young ladies of to-day. I could write stories and silly rhymes, and I could teach, but the moment I married I hadn't a practical leg to stand on.

My husband was a confirmed dyspeptic. Being a country lawyer, he had ruined his stomach by eating the awful messes at country hotels, and I became appalled at my ignorance of my duty. I couldn't make bread or coffee, or broil a steak.

But I've learned something by twenty years' experience. In my days of apprenticeship there were no books fit to study on this subject. Chemistry had not been applied to cookery. Everything was experimental. I found that some foods agreed with Mr. Ewing, others didn't, and the first thing I learned was how to make the bakers' best bread.

The art of bread-making is to bring fermentation to the perfect point and there arrest it. If carried beyond that point, the size of the loaf is greatly increased, and nutrition and quality are deteriorated in the same proportion. For this bakers are not to blame. Women insist on size, knowing nothing of quality.

I see women constantly putting bread into the mouths of their families which is nothing more or less than slow poison. Expostulate and they reply, "Bread is the staff of life," refusing to admit any difference in kinds of bread.

It's dreadful. Chemistry teaches that when flour, water, and yeast are mixed and held at a proper temperature, the dough becomes perfectly light in five hours and ready for the oven. If baked at once, the bread contains all the nutrition in the wheat. When, however, subjected to ignorant treatment, it loses eight-tenths of its quality, and in many cases becomes actually poison.



Britons have reason to be thankful, for nobody but a professional makes bread in England, or anywhere else in Europe, for the matter of that. The difference between English and Continental bakers is that the latter know their business—at least in France and Austria—and the former don't. But the people eat just the same.

Chicago makes bread as it is made in Vienna. New York and Boston, being older towns, stick to old ways, and their bread will not compare with that of Chicago. New York bread is second-rate; Boston, third-rate; and the bread in Washington is abominable, far worse than in Boston.

In teaching myself to cook I interviewed everybody possible and found the majority hopelessly ignorant. I soon became convinced that the grandest benevolence would be the founding of training schools in cities for the instruction of housekeepers. The misery of servantgalism is largely due to ignorant mistresses.

When I opened my school of cookery in Chicago eleven years ago, leading women came with their daughters to learn in the interests of their servants. I never once advertised that school, having more pupils than I could attend to during the two years of its continuance. It stopped, unfortunately, because there was no competent person to take my place, though sixty leaders of society were ready to back a successor, could she be found. There are not more than six women in the Union who are fit to teach the art and science of cooking; but as it is a line of work which pays splendidly, the demand has been supplied by women who have had no means of qualifying.—*St. Louis Magazine.*

#### INTEREST THE CHILDREN.

A LADY gave us a rule, not long since, by which she had succeeded in interesting her lively, fun-loving boys, so they preferred to remain at home evenings to seeking amusement elsewhere.

Other mothers who are troubled by the frequent requests of their children to go on the street or to the store as soon as it is dark, may like to hear it repeated.

She said: "I remember that children are children, and must have amusements. I fear that the abhorrence with which some good parents regard any play for children, is the reason why their children go away from home for pleasure. Husband and I used to read history, and at the end of each

chapter ask some questions, requiring the answer to be looked up if not given correctly.

"We follow a similar plan with the children; sometimes we play one game, and sometimes another, always planning with books, stories, plays, or treats of some kind to make the evenings at home more attractive than they can be made abroad. I should dislike to think anyone else could make my children happier than I can, so I always try to be at leisure in the evening, and to arrange something entertaining.

"When there is a good concert, lecture, or entertainment, we all go together and enjoy it; for whatever is worth the price of admission for us older persons, is equally valuable to the children, and we let them see that we spare no expense when it is really for their advantage to be out an evening.

"But the greater number of our evenings are spent quietly at home. Sometimes it requires an effort to sit leisurely talking and playing with them when my workbasket is filled with unfinished work, and books and papers lie unread on the table; but as the years go by, and I see my boys and girls growing into home-loving, modest young men and maidens, I am glad I have made it my rule to give the best of myself to my family."—*Sel.*

#### GERMS AND BOILS.

BOILS are caused by germs, but it is not fully determined just how the germs find access. They are probably received through some slight abrasion or other injury to the skin. The pus which is discharged is full of germs. A slight injury in the vicinity of any of the glands of the body through which germs are given opportunity for entrance, is often followed by enlargement of the glands. An injury to the face, for instance, will cause the glands of the neck and jaw to swell. Sometimes from inflamed tonsils, germs find access, and are carried by the lymphatics along to some point where they obstruct the blood vessels and form a tiny clot, which gives the germs a chance to feed and grow upon dead blood, and in this way develop a boil.

Sometimes germs of consumption are similarly taken to the lungs. Enlarged lymphatic glands about the neck or elsewhere should receive attention, because they may lead to something else. They often take on tuberculosis degeneration, and



after a while reach the lungs. It is best to have the glands removed by surgery while the enlargement is still slight. Otherwise, gland below gland may be found affected, and the operation come to be quite a serious one. It is very rare that they can be cured by any remedy. A simple enlargement of the glands can sometimes be driven away by arsenic, but may develop a disorder worse than the enlarged glands.—*Selected.*

#### CANDIES AND SWEETS.

THE civilized "sugar tooth" is a monstrosity, although it is a taste which is cultivated from babyhood with most American children. As to candies they are something more than sweets; they are sweets adulterated with things which are harmful; for it is almost impossible to get candies made from pure sugar. The "sugar" from which most of them are made grew in a corn-field—an article known to commerce as glucose. At one time we wanted some glucose very much, and had been trying vainly to get it, when someone suggested that we try a candy manufactory. We did not suppose that the proprietor would own to using the stuff, but he did, and sold us all we wanted at four cents a pound. We asked him if he thought it was fit to eat, and he replied: "No; I wouldn't eat it for anything. I make the candy for other people to eat." There is no doubt but many children are kept sick and fretful, especially with stomach and bowel troubles, from having too much sweets. Sugar causes an excessive flow of mucus, and brings on catarrh of the stomach, often while children are very young; and it a most obstinate disease to cure. Give the little ones oatmeal and preparations of wheat, which are half starch. In the process of digestion, this starch will be changed into sugar, and in this way they will be furnished with all the sweets their systems require, if with the grains they take plenty of fruits, with their natural, healthful sweets. If they are not taught to like candies and other artificial "goodies," they will have no appetite or craving for them.—*Good Health.*

A YOUNG Syracuse lady has become so addicted to the use of cloves that her health is becoming broken, and her physician says that unless she abandons the habit she will pay the penalty with her life. Possibly it is the deadly clove that is undermining the health of so many men.—*Kansas Mercury.*

## Healthful Dress.

### WE REAP WHAT WE SOW.

FOR pleasure or pain, for weal or woe,  
'Tis the law of our being, we reap as we sow.  
We may try to evade them, may do what we will,  
But our acts, like our shadows, will follow us still.

The world is a wonderful chemist, be sure,  
And detects in a moment the base or the pure;  
We may boast of our claims to genius or birth,  
But the world takes a man for just what he is worth.

We start in a race for fortune or fame,  
And then, when we fall, the world bears the blame;  
But nine times out of ten, 'tis plain to be seen,  
There's a "screw somewhere loose" in the human machine.

Are you wearied and worn in this hard earthly strife?  
Do you yearn for affection to sweeten your life?  
Remember this great truth has often been proved,  
We must make ourselves lovable, would we be loved.

Though life may appear a desolate track,  
Yet the bread that we cast on the water comes back.  
This law was enacted by heaven above,  
That like attracts like and love begets love.

We are proud of our mansions of mortar and stone;  
In our gardens are flowers from every zone;  
But the beautiful graces that blossom within  
Grow shriveled and die in the upas of sin.

We make ourselves heroes and martyrs for gold,  
Till health becomes broken, and youth becomes old.  
Ah! did we the same for a beautiful love,  
Our lives might be music for angels above.

We reap what we sow—oh, wonderful truth!—  
A truth hard to learn in the days of our youth;  
But it shines out at last, as the "hand on the wall,"  
For the world has its "debit" and "credit" for all.

—*Selected.*

### FASHION.

How many girls and women, under the influence of the prettiness of a stylish gown or bonnet, of a costume the components of which are the ideal of material harmony, can be persuaded to acquiesce in the following description of that subtle, versatile, and imperious sprite, Fashion?

"Devotion to wrong fashion is productive of physical disease, mental imbecility, and spiritual withering. Apparel insufficient to keep out the cold and the rain, or so fitted upon the person that the functions of life are restrained; late hours, filled with excitement and feasting; free draughts of wine, that make one not beastly intoxicated, but only fashionably drunk, and luxurious indolence, are



the instruments by which this unreal life pushes its disciples into ill health and the grave. Along the walk of prosperous life death goes a-mowing—and such harvests as are reaped! Materia medica has been exhausted to find curatives for these physiological devastations. Dropsies, cancers, consumption, gout, and almost every infirmity in all the realm of pathology have been the penalties paid. To counteract the damage, pharmacy has gone forth with medicament, panacea, elixir, embrocation, salve, and cataplasm.

“To-night with swollen feet upon cushioned ottoman and groaning with aches innumerable, will be the votary of luxurious living, not half so happy as his groom or a coal heaver. Wrong fashion is the world’s undertaker, and drives thousands of hearses to Greenwood, and Laurel Hill, and Mount Auburn.

“But worse than that, this folly is the cause of intellectual depletion. This endless study of proprieties and etiquette, patterns and styles, is bedwarfing to the intellect. I never knew a woman nor a man of extreme fashion that knew much. How belittling the study of the cut of a coat, or the tie of a cravat, or the wrinkle in a sleeve, or the color of a ribbon! How they are worried if something gets untied or hangs away, or is not nicely adjusted! With a mind capable of measuring the height and depth of great subjects, able to unravel mysteries, to walk through the universe, to soar up the infinity of God’s attributes—hovering perpetually over a new style of cloak! I have known men reckless as to their character, and regardless of interests momentous and eternal, exasperated by the shape of a vest button. What is the matter with that woman wrought up into the agony of despair?—Oh, her muff is out of fashion!”

Worse than all, this folly is not satisfied until it has extirpated every moral sentiment and blasted the soul. A wardrobe is the rock upon which many a soul has been riven. The excitement of a luxurious life has been the vortex that has swallowed up many souls. What room for elevating themes in a heart filled with the trivial and unreal?

In the wild tumult of the last day—the mountains falling, the heavens flying, the thrones uprising, the universe assembling, and the boom of the last great thunder peal, and under the crackling of a burning world—what will become of the disciple of unholy fashion?—*Mothers’ Magazine.*

### STREET-SWEEPING DRESSES.

It is astonishing that a single woman can be found in this enlightened day who is willing to use her skirts as a street sweeper, and then ever put them on again. After having enjoyed for so long the comfort and convenience of skirts clearing the ground, it is a wonder that anyone is willing to go back to the slavery of the uncleanly, indecent, trailing skirts of twenty or so years ago. And yet dozens of just such women are seen upon the streets every day, as serenely dragging their gowns through the most abominable filth as if they were pursuing the legitimate occupation of street sweepers for a compensation.

But we are happy to say that on the whole these trailing skirts are largely in the minority. If there are dozens of women who wear them, there are scores who do not, and will not. Said a wealthy and fashionable lady the other day:—

“I just have to stand over my dressmaker, and see to it myself that she makes my skirts of reasonable length, so determined is she that they shall trail upon the ground. But I will not have it.”

We know there are many other ladies of wealth, of elegance, and, above all, of good sense, who take the same stand. May their number increase.

But even the uncleanliness of the practice is not its greatest objection. There is absolute danger of infection from the germs which swarm in the filth of the streets, and which will cling to the clothing if they have the chance. A New York physician recently said to the mother of three daughters:—

“Let me advise you to have the trailing skirts cleaned in the open air immediately after coming in from the street. You may not believe me, but in the filth, dust, and dirt collected on the hosiery, shoes, and underwear by the trailing, flopping skirt, there is enough germ life to sicken your whole family. I have nothing to say against the fashion, but if you were in my family and addicted to it, I should make you to play Turk and leave your shoes, stockings, and trailing robes outside the door.”—*Selected.*

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WE desire to call the attention of parents to a choice Christmas present for the children; we know *they* will be delighted with it. And as the supply is limited, we advise them to send in their orders early, so that there may be no disappointment among "the little tots." *Our Little Friend*, volume 1, is a handsome and valuable treasure book for children. It is the first year's issue of that paper, bound in cloth, with gilt side title. Contains much valuable instruction. Price, postpaid, \$1.00. Address Pacific Press, publishers, Oakland, Cal.

### A New Motor.

MESSRS. PALMER & REY, of San Francisco, have lately put upon the market a new vapor motor called the "Hercules" Gas and Gasoline Engine. This engine is the sim-

plest yet invented, and runs like a clock. Anyone who needs power for wood sawing, pumping, or for any other work which can be done with from one to ten horse power, should send for a catalogue.

### The "Altruist"

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### Beatty's Pianos and Organs.

HON. DANIEL F. BEATTY, the great organ and piano manufacturer, is building and shipping more organs and pianos than ever. In 1870 Mr. Beatty left home a penniless plow boy, and by his indomitable will he has worked his way up so as to sell so far nearly 100,000 of Beatty's organs and pianos since 1870. Nothing seems to dishearten him; obstacles laid in his way, that would have wrecked any ordinary man forever, he turns to an advertisement and comes out of it brighter than ever. His instruments, as is well known, are very popular and are to be found in all parts of the world. We are informed that during the next ten years he intends to sell 200,000 more of his make; that means a business of \$20,000,000 if we average them at \$100 each. It is already the largest business of the kind in existence. Send to Daniel F. Beatty, Washington, New Jersey, for catalogue.

IN Bulletin 94 of the Agricultural Experiment Station of the University of California, of which Prof. E. W. Hilgard is director, a very exhaustive setting forth of the cultivation of the ramie plant and its composition is given by M. E. Jaffa, and also the fertilizing value of "greasewood," by Professor Hilgard. Those who are engaged, or think of engaging, in the cultivation of this plant will find this Bulletin of profit. Address Prof. E. W. Hilgard, Berkeley.

AN exchange says: "A drink of whisky is resorted to by the toper to 'make him feel better.' Alcohol seems to produce a temporary elation, which many makers of patent medicines take advantage of. If a dose of the medicine seems to affect the patient at once, the presumption is that he will go on taking the remedy. Besides this, if the alcohol habit is once formed, it will be hard work to discontinue taking the medicine, just as it is hard to stop drinking whisky when the habit is once formed. Look out for a majority of the 'bitters'—they are simply disguised alcohol."

"ALL AROUND THE YEAR, 1892," is a most charming calendar, composed of heavy, gilt-edged cards, tastily tied



with white silk cord, and a delicate, silvered chain attached, by which they may be hung on the wall or elsewhere, and are so arranged on rings that they may be turned over as each month shall be needed for reference.

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Two articles in the November *Lippincott's* that will be read with a great deal of interest are "The Evolution of Money and Finance," by J. Howard Cowperthwait, and "The Restoration of Silver," by John A. Grier. The first is a strong plea for gold only as a standard measure of value. Mr. Grier, from the bimetalist's point of view, attacks this article and puts in a plea for the equal use of both gold and silver as a measure of value. Among other articles of interest to be noted in this November number are: "Some Colonial Love Letters," by Anne H. Wharton, and George Alfred Townsend, who, under the name of "Gath," is the most famous of newspaper correspondents, allows himself to be interviewed, and gives the history of his journalistic experiences in "An Interviewer Interviewed," and others.

JOEL W. SMITH, M. D., of Charles City, Iowa, will have an article in the forthcoming volume (XIV) of "Transactions of the American Public Health Association" on "Sulphuring or Bleaching Dried Fruit a Mistake, if Not a Crime." He claims that the fruit is thus deprived of its true rich taste and flavor. He says: "Later investigations have proved the presence of sulphate of zinc, 'white vitriol,' in all samples of fruit where zinc-surfaced trays were used to hold the sulphured fruit while drying. Interested parties have charged the German prohibition of American evaporated apples to rival trade opposition, but there is no German fruit to compete with them. The real cause was the finding of zinc poison in considerable quantity." If this and much more be true, and we see no reason to doubt it, there ought to be an emphatic letting alone of bleached dried fruit.

### WINTER'S COLD.

THE cold weather is again upon us, and it is the part of wisdom to meet the demands of the season, but not simply for the promotion of our comfort, which is wise, but for the promotion of the health. Since, as we are constituted, we are able to resist and endure almost extremes of temperature, and since the human body is able to conform measurably to existing circumstances, this cold weather may come upon us while a part of our summer constitution remains, finding us not quite ready for it, this fact indicating the necessity for unusual precautions. Indeed, later in the winter, after our systems have adapted themselves to a low temperature, we are able to endure with a degree of comfort a temperature which, at this time, may seem very uncomfortable. It is desirable, a duty, to be well protected against this inclement season, or the extremes of cold, to be reasonably clothed,

neither too warm—which is debilitating—nor too cold, with the same result. The time-honored rule to keep the feet warm and the head cool, will never lose its force. The head may be kept cool by temperance in all things, abstaining from the "cup of devils," to use Scripture language, by the adoption of simple food, such as is easy of digestion, not deranging the stomach, so intimately connected with the brain, and the feet warm by reasonable exercise and labor, without which no one can be comfortable and happy.

SCIENCE gives the following significant facts concerning the results of smoking by boys: "In an experimental observation of thirty-eight boys, of all classes of society, and of average health, who had been using tobacco for a period ranging from two months to two years, twenty-seven showed severe injury to the constitution and insufficient growth; thirty-two, the existence of irregularity of the heart's action, disordered stomachs, cough, and a craving for alcohol; thirteen had intermittency of the pulse, and one had consumption. After they had abandoned the use of tobacco, within six months' time one-half were free from all their former symptoms, and the remainder had recovered by the end of the year."—*Szl.*

### BANANAS AS FOOD AND MEDICINE.

DR. JOHN DOUGALL, of St. Mungo's College, Glasgow, has a letter in a recent issue of the *Glasgow Herald* on the banana. He quotes from Stanley's "In Darkest Africa," showing that "for infants, persons of delicate digestion, dyspeptics, and those suffering from temporary derangements of the stomach, the flour, properly prepared, would be of universal demand." During Stanley's two attacks of gastritis, a slight gruel of this flour, mixed with milk, was the only material that could be digested. It is odd, also, as pointed out in Stanley's book, that in most banana lands,—Cuba, Brazil, West Indies,—the valuable properties of the banana as an easily-digested and nourishing food have been much overlooked. Dr. Dougall has made some experiments in making banana flour. He concludes that it should be made from the ripe fruit at its place of production. In trying to make it from bananas purchased in Glasgow, he obtained, on drying the pulp, a tough, sweet mass like toasted figs, an appearance probably due to the conversion of starch into sugar. Bananas contain only about fifty per cent of pulp, and of this about seventy-five per cent is water. They would yield, therefore, only one-eighth part of flour.

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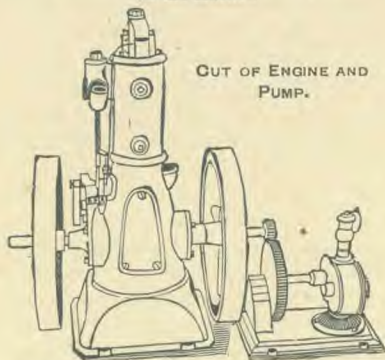


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**Medium Oatmeal Crackers.**—Made about the same as the above, only they are not fermented; per lb. . . . . 10 cts.

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

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

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

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

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

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

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

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